

KNOW YOUR RIGHTS

SEX ED EDITION

The **California Healthy Youth Act (CHYA)** is a state law committed to informing **YOU**, as students, about your sexuality and helping you make responsible decisions about your sexual and reproductive health.

What does CHYA Do?

CHYA recognizes the need for honest sex education that informs students about sex, sexuality, relationships, consent, contraception, condoms, and ways to protect yourself and build a healthy future. The law requires all California public and charter school districts to teach comprehensive sex education at least once in middle school and once in high school.

Why is CHYA important?

CHYA helps us understand sexuality and relationships as normal parts of human development. It makes sure that your school provides you with the information and tools necessary to have positive and safe relationships, and develop healthy attitudes concerning your growth and development, body image, gender, and sexual orientation.

Comprehensive sex education must be:

Medically Accurate



Verified



Age Appropriate



Unbiased



The information shared in sex education class must be supported by thorough **research** and recognized as **accurate** and **objective** after proper vetting and review by experts. Instruction and materials **may not** reflect or promote a **bias** against any actual or perceived disability, gender, gender identity, gender expression, race or ethnicity, nationality, religion, or sexual orientation. Instruction must be **age-appropriate** and appropriate for students with **disabilities**, students who are **English language learners**, and for students of **all races, ethnic and cultural backgrounds, genders, and sexual orientations**.

What needs to be taught in my sex ed class?

Healthy Relationships

Contraception

Sexual Harassment, Abuse & Violence

Sexual Orientation & Gender Identity

Pregnancy & Outcomes

HIV & other STIs

More details and action steps you can take on the other side!



Curriculum Components

Pregnancy & Pregnancy Outcomes

Information about pregnancy, including the importance of prenatal care, legally available pregnancy outcomes (parenting, adoption, and abortion) and California's newborn safe surrender law.

Contraception

Must include discussion about the effectiveness and safety of all FDA-approved contraceptive methods. Including, but not limited to, intrauterine methods (IUDs), emergency contraception, the Pill, male and female condoms and other barrier methods: the Ring, the Patch, implants, and the Shot.

Sexual Orientation & Gender Identity

Affirmatively recognize different sexual orientations, and be inclusive of same-sex relationships when providing examples of couples or relationships. Must also teach about gender, gender expression, gender identity, and explore the harm of negative gender stereotypes.

Healthy Relationships

Encourage students to communicate with their parents or other trusted adults. Must provide students with the knowledge and skills to develop healthy relationships and make healthy decisions about sexuality.

HIV and other Sexually Transmitted Infections

Topics include the nature, transmission, prevention, treatment, and social views of HIV and other STI's. Information about the value of delaying sexual activity must be included and must be accompanied by information about other methods for prevention.

Sexual Harassment, Abuse & Violence

Information about sexual assault, intimate partner violence, sexual harassment, adolescent relationship abuse, and sex trafficking as well as students' legal rights to access resources related to each.

Remember: Abstinence-only education is NOT comprehensive sex ed!

While abstinence is the only certain method to prevent unintended pregnancy and STIs, the law requires your school to educate you on other methods in addition to abstinence

Remember: Comprehensive sex ed does NOT promote any religion!

Instruction and materials you receive from your school cannot promote any religion or religious doctrine.

WHAT DOES THIS MEAN FOR YOU?

CHYA ensures you receive the sex ed you need and deserve. The same way your school is required to teach you English and math, it **must** teach you comprehensive sex ed and ensure that your instructors are trained in the necessary and appropriate courses.

ACTION STEPS! IF YOUR SCHOOL IS NOT COMPLYING WITH CHYA:

➡ CHECK-IN WITH YOUR PEERS

There's power in numbers! Talk to your friends about their rights under CHYA and see if they are getting the education you are entitled to. If not, approach the issue as a group as you navigate the next steps.

➡ TALK TO A TRUSTED ADULT

Speak up by connecting with a trusted teacher, administrator, or counselor about how your school is failing to provide you with the sex ed you are entitled to under the law.

➡ REACH OUT TO US!

Whether you've already reached out to the school or are unsure if you're receiving comprehensive sex, email us at the info below to get the conversation started. We're here to help!