

California Healthy Youth Act Compliance Toolkit

This toolkit synthesizes the key requirements of CHYA to make compliance easier for you. Inside, you'll find a **compliance checklist** for the law, links to **CHYA-compliant curricula**, **funding resources**, and a **glossary**.

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Last updated: March 8, 2023

CHYA Toolkit

The **California Healthy Youth Act (CHYA)** is a state law that requires school districts provide students with integrated, accurate, and inclusive sexual health education and HIV prevention education at least once in high school and once in middle school.

Compliance is required by law, and great for your community.

California students need CHYA. Did you know that:

- 1] Among California high school students who are sexually active, 88.1% reported they did not use both a condom during and birth control pills, an IUD, implant, patch, or birth control ring before their last sexual intercourse.¹
- 2] 19.2% of California high school students reported experiencing sexual violence within the 12 months before being surveyed.²
- 3] 28.5% of self-identifying gay, lesbian, or bisexual California high school students reported being bullied on school property during the 12 months before being surveyed.³
- 4] 89% of California parents support comprehensive sexual health education that includes information about prevention methods for HIV, others STIs, and unintended pregnancy – support that remains consistent regardless of the parents’ locale, religion, politics, race, or education level.⁴

Studies show that sex education mandated by CHYA can decrease bullying and harassment in schools, increase academic performance, prevent sexual abuse, help young people develop healthier relationships, reduce sexual health disparities among young LGBTQ+ people, and reduce unintended pregnancy as well as HIV and other STIs.

Students deserve—and have a right—to be taught a well-tested curriculum by experienced teachers who can make sure every student gets the information and answers they need to thrive.

CHYA Compliance Checklist

Schools should incorporate CHYA in three ways:

<p>Board Policies</p>	<p><input type="checkbox"/> Adopt Board Policies Regarding Sexual Health and HIV Prevention Education Instruction. These Policies Should Affirm the Requirements and Purposes of CHYA.</p>
<p>Parental Notification</p>	<p><input type="checkbox"/> Parental Notification and Opportunity to Opt-Out Provided at the Beginning of the School Year</p> <p><input type="checkbox"/> Parental Notification of Instruction and Opportunity to Review Curriculum</p>
<p>Curriculum</p>	<p><input type="checkbox"/> 1] Medically Accurate, Age Appropriate, Unbiased, and Knowledge/Skills Based</p> <ul style="list-style-type: none"> • Medically accurate and age appropriate are defined by law in EC §51931 <p><input type="checkbox"/> 2] Culturally Inclusive and Appropriate</p> <ul style="list-style-type: none"> • Instruction and materials are appropriate for use with pupils of all races, genders, sexual orientations, ethnic, and cultural backgrounds <p><input type="checkbox"/> 3] Inclusive and Instructive on Different Sexual Orientations, Genders, Gender Expressions, and Gender Identifies</p> <ul style="list-style-type: none"> • Instruction affirmatively recognizes that people have different sexual orientations, includes examples of same-sex relationships, and explores the harm of negative gender stereotypes <p><input type="checkbox"/> 4] Encourages Students to Communicate with Parents, Guardians, or Other Trusted Adults and Provides Information about Local Resources</p> <p><input type="checkbox"/> 5] Teaches the Value of and Prepares Students to Form Healthy Relationships</p> <p><input type="checkbox"/> 6] Includes Information on Sexual Harassment, Abuse, and Violence as well as Sex Trafficking</p> <p><input type="checkbox"/> 7] Provides Information on Abstinence from Sexual Activity and Injection Drug Use</p> <ul style="list-style-type: none"> • Informs students that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other STIs and that abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy <p><input type="checkbox"/> 8] Covers the Nature, Transmission, Prevention, Treatment, and Social Views of HIV and other STIs</p> <ul style="list-style-type: none"> • Provides information about the effectiveness and safety of all FDA approved methods that prevent or reduce the risk of contracting HIV and other STIs <p><input type="checkbox"/> 9] Provides Information about Contraception, Pregnancy, and Pregnancy Outcomes</p> <ul style="list-style-type: none"> • Provides information about the effectiveness and safety of all FDA approved contraceptive methods and includes an objective discussion of all legally available pregnancy outcomes <p><input type="checkbox"/> 10] Does Not Teach or Promote any Religion or Religious Doctrine</p> <p><input type="checkbox"/> 11] Accessible to English Learners and Students with Disabilities</p> <p><input type="checkbox"/> 12] Includes a Discussion of the Affirmative Consent Standard.⁵</p>

Published Curricula

Rights, Respect, Responsibility

Advocates for Youth

[FREE curricula; training for purchase]

<http://advocatesforyouth.org/3rs-curriculum>

Be Real. Be Ready.

Adolescent Health Working Group

[FREE curricula and tools]

<https://ahwg.org/be-real-be-ready-2017/>

Healthy Oakland Teens

Oakland Unified School District

[FREE curricula, contact Katie Kelly-Hankin at katie.kelly-hankin@ousd.org to request]

<https://www.ousd.org/healthyoaklandteens>

Making Proud Choices! California Edition

ETR Associates

[Free tools, including a CHYA compliance tool; curricula and training for purchase]

<http://www.etr.org/ebi/programs/making-proud-choices/>

Unhushed

Unhushed

[Free content available; full curricula and training for purchase]

<https://unhushed.org/>

Planned Parenthood Los Angeles Sexual Health Curriculum

Planned Parenthood Los Angeles

[Classroom presentation facilitated by PPLA educators and teacher training options; contact info@pp-la.org for information]

<https://www.plannedparenthood.org/planned-parenthood-los-angeles/local-education-training>

Positive Prevention PLUS

Positive Prevention Plus

[Curricula and training for purchase]

<http://www.positivepreventionplus.com/>

Teen Talk

Health Connected

[Curricula and training for purchase]

<http://www.health-connected.org/#!/our-curricula/czks>

For a more detailed and descriptive curricula requirement checklist please visit:

The California Healthy Youth Act Implementation Toolkit

https://thop.ucsf.edu/sites/thop.ucsf.edu/files/custom_download/CA%20Healthy%20Youth%20Act%20Toolkit%20Portfolio%20%28combined%20files%29_0.pdf

CHYA Compliance Tool

https://www.etr.org/ebi/assets/File/CHYA-CAT-2020-FINAL_9-1-20.pdf

Funding Resources

Mandate Block Grant

- **Institution:** California Department of Education.
- **What is funded:** AIDS prevention or instructions education.
- **Eligibility:** Local educational agencies, counties of education, school districts, charter schools, grades K-12.
- **Funding Amount:** Funding is based on average daily attendance.
- **Application deadline:** Every fiscal year, due August.
- **Contact Info:** mandate@cde.ca.gov

California Personal Responsibility Education Program (CA PREP)

- **Institution:** Family and Youth Service Bureau, Administration for Children and Families.
- **What is funded:** Programs that provide sexual health education to adolescents via effective, evidence-based program models. The program focuses on how to prevent pregnancy and sexually transmitted infections.
- **Eligibility:** State funding in US territories. State PREP programs must target services to youth, ages 10-19, who are at high-risk for pregnancies. This group includes youth in or aging out of foster care, homeless youth, youth with HIV/AIDS, victims of human trafficking, pregnant and/or parenting youth who are under age 21, and youth who live in areas with high teen birth rates.
- **Funding amount:** Range from \$125,000 to \$425,000 based on the county, tier and project.
- **Application deadline:** 3 year funding period. Application usually due in March. Next in 2025.
- **Contact info:** ASH_ED_RFA@cdph.ca.gov

Teen Pregnancy Prevention Program (TPPP)

- **Institution:** The Office of Adolescent Health.
- **What is funded:** The implementation and evaluation of evidence-based programs and innovative approaches to reducing pregnancy among adolescents.
- **Eligibility:** States, non-profit organizations, school districts, universities.
- **Funding Amount:** \$350,000- \$2,000,000.
- **Application deadline:** Five year project period. Next round 2023.
- **Contact Info:** opa@hhs.gov

Other Sources

- **National School Lunch Program (NSLP):** NSLP is a federally assisted meal program operating in public and nonprofit private schools. The program has a condition of a holistic wellness policy, that could include means to fund comprehensive sex education.
- **Promoting Adolescent Health through School-Based HIV Prevention:** A source for HIV, STD, and unintended pregnancy prevention efforts in the nation's schools.
- **California Department of Education funds:** Provides an overview of all education funding available within the state of California.
- **The Centers for Disease Control and Prevention (CDC) funds:** Funding sources for research that is fundamental to helping states and communities prevent violence
- **Rape Prevention and Education (RPE) program:** Funds for educational seminars, training programs for professionals, preparation of informational material, education and training programs for students and campus personnel designed to reduce the incidence of sexual assault at colleges and universities, education to increase awareness about drugs used to facilitate rapes or sexual assaults.
- **Grants.gov:** An E-Government initiative providing a centralized location for grant seekers to find and apply for federal funding opportunities.

Glossary

“Age Appropriate” refers to topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group. (§ 51931).

“Comprehensive Sexual Health Education” means education regarding human development and sexuality, including education on pregnancy, contraception, and sexually transmitted infections. (§ 51931).

“HIV Prevention Education” means instruction on the nature of human immunodeficiency virus (HIV) and AIDS, methods of transmission, strategies to reduce the risk of HIV infection, and social and public health issues related to HIV and AIDS. (§ 51931).

“Medically Accurate” means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the federal Centers for Disease Control and Prevention, the American Public Health Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists. (§ 51931).

“Opt-Out” means a parent or guardian of a pupil has the right to excuse their child from all or part of comprehensive sexual health education, HIV prevention education, and assessments related to that education through a passive consent (“opt-out”) process. A school district shall not require active parental consent (“opt-in”) for comprehensive sexual health education and HIV prevention education. (§ 51938)

“Purposes of CHYA” are as follows:

- 1] To provide pupils with the knowledge and skills necessary to protect their sexual and reproductive health from HIV and other sexually transmitted infections and from unintended pregnancy.
- 2] To provide pupils with the knowledge and skills they need to develop healthy attitudes concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family.
- 3] To promote understanding of sexuality as a normal part of human development.
- 4] To ensure pupils receive integrated, comprehensive, accurate, and unbiased sexual health and HIV prevention instruction and provide educators with clear tools and guidance to accomplish that end.
- 5] To provide pupils with the knowledge and skills necessary to have healthy, positive, and safe relationships and behaviors. (§ 59310)

Note: The California Fair, Accurate, Inclusive, and Respectful Education Act (“FAIR Act”) requires instruction in social sciences to include the early history of California and a study of the role and contributions of both men and women, Native Americans, African Americans, Mexican Americans, Asian Americans, Pacific Islanders, European Americans, lesbian, gay, bisexual, and transgender Americans, persons with disabilities, and members of other ethnic and cultural groups, to the economic, political, and social development of California and the United States of America, with particular emphasis on portraying the role of these groups in contemporary society. § 51204.5 The FAIR Act is distinct from CHYA, however they both confer rights for students to receive comprehensive education.

References

[1] California Youth Risk Behavior Survey, CDC (2019), <https://nccd.cdc.gov/youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=CA&YID=2017&LID2=&YID2=&COL=S&ROW1=N&ROW2=N&HT=QQ&LCT=LL&FS=S1&FR=R1&FG=G1&FA=A1&FI=I1&FP=P1&FSL=S1&FRL=R1&FGL=G1&FAL=A1&FIL=I1&FPL=P1&PV=&TST=False&C1=&C2=&QP=G&DP=1&VA=C1&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>

[2] Id.

[3] Id.

[4] Norman A. Constantine et al., Sex Education: The Parent's Perspective, Public Health Institute (2007), <https://www.mikemcmahon.info/SexEdSurvey07.pdf>

[5] Required as defined in EC §33544(a)(2).