



SEXUAL
HEALTH
EDUCATION



MISSION AND VISION

- The Office of Student Health and Wellness aims to remove health-related barriers to learning such that students may succeed in college and life.
- To create a Healthy CPS that serves as a national benchmark for student health and wellness.



HEALTH STATUS

High School Youth Risk Behavior Survey

- 52.2% of students reported having had sexual intercourse.
- 12% reported having sexual intercourse for the first time before age 13 years.
- 35.7% of currently sexually active students did not use a condom during their last sexual intercourse.
- 27.1% of students reported never being taught about HIV or AIDS in high school.

Chicago Department of Public Health Data

- In 2011, Cook County was 1st and 2nd for number of gonorrhea and chlamydia cases in the country for youth age 15-19 in urban cities.*
- Over the past 10 years there has been a 52% increase in the number Chicago youth diagnosed with HIV.*
- Some communities in Chicago have teen birth rates as high as 90/1,000 in females 15 to 19 yrs/old*





FAMILY LIFE AND COMPREHENSIVE SEXUAL HEALTH EDUCATION PROGRAM

- Has existed in CPS since 1965
- Established under the Critical Health Problems and Comprehensive Health Education Act. (105 ILCS110/)
- Program currently funded by the Centers for Disease Control and Prevention



SEXUAL HEALTH EDUCATION POLICY

All students in grades K – 12 to receive sexual health education annually

Minimum teaching minutes: K-4: 300 mins per grade, 5-12: 675 mins per grade

Principal designate a minimum of 2 instructors per school

Topic areas identified and aligned with National Sexuality Education Standards

Sexual Health Education training requires 80% proficiency requirement

Abstinence as a component of healthy sexual decision making

Parent involvement in education





WHAT PARENTS & GUARDIANS NEED TO KNOW

- School identify dates to teach
- Schools to communicate with parents/guardians
 - When education will occur
 - Notify 3 times (via email, phone, parent night, in writing)
 - Parents/guardians can choose to not have their child be part of sexual health education- must provide written notification opting their child out
 - Encourage open communication with their child on these topics
- Parent/guardian meetings
 - Instructor provides opportunity for review of curriculum and materials



K-4 INSTRUCTION

Foundational instruction includes anatomy and physiology, puberty and adolescent development, identity, reproduction, healthy relationships and personal safety, often referred to as Family Life Education.

Some of the lesson titles include:

Public vs. Private

Good Touch, Bad Touch

Smart About Strangers

Respecting Everyone

Families

Bullying

My Body

All Living Things Reproduce

Gender and Identity

Keeping My Body Healthy

Respecting Myself and Others

Building Relationships

What is Puberty



5-12 INSTRUCTION

Expansion of topics to include: puberty and adolescent development, sexually transmitted infection, including HIV, information on abstinence, medically recommended contraceptives, informed decision making and identity.

Some of the lesson titles include:

Puberty

Health and Hygiene

Human Reproduction

Abstinence and Contraceptives

Gender and Identity

Personal Safety and Abuse

Pregnancy and Birth

STI and HIV Prevention

Decision Making

Delay Tactics and Refusal Skills

Adolescent Development

Self-esteem and Body Image

Healthy Relationships

(Cyber)Bullying

Dating Violence

Sexual Violence

Gender Expression and Sexual Orientation

External Influences and Sexual Health



PARENT ENGAGEMENT: WHAT WE KNOW

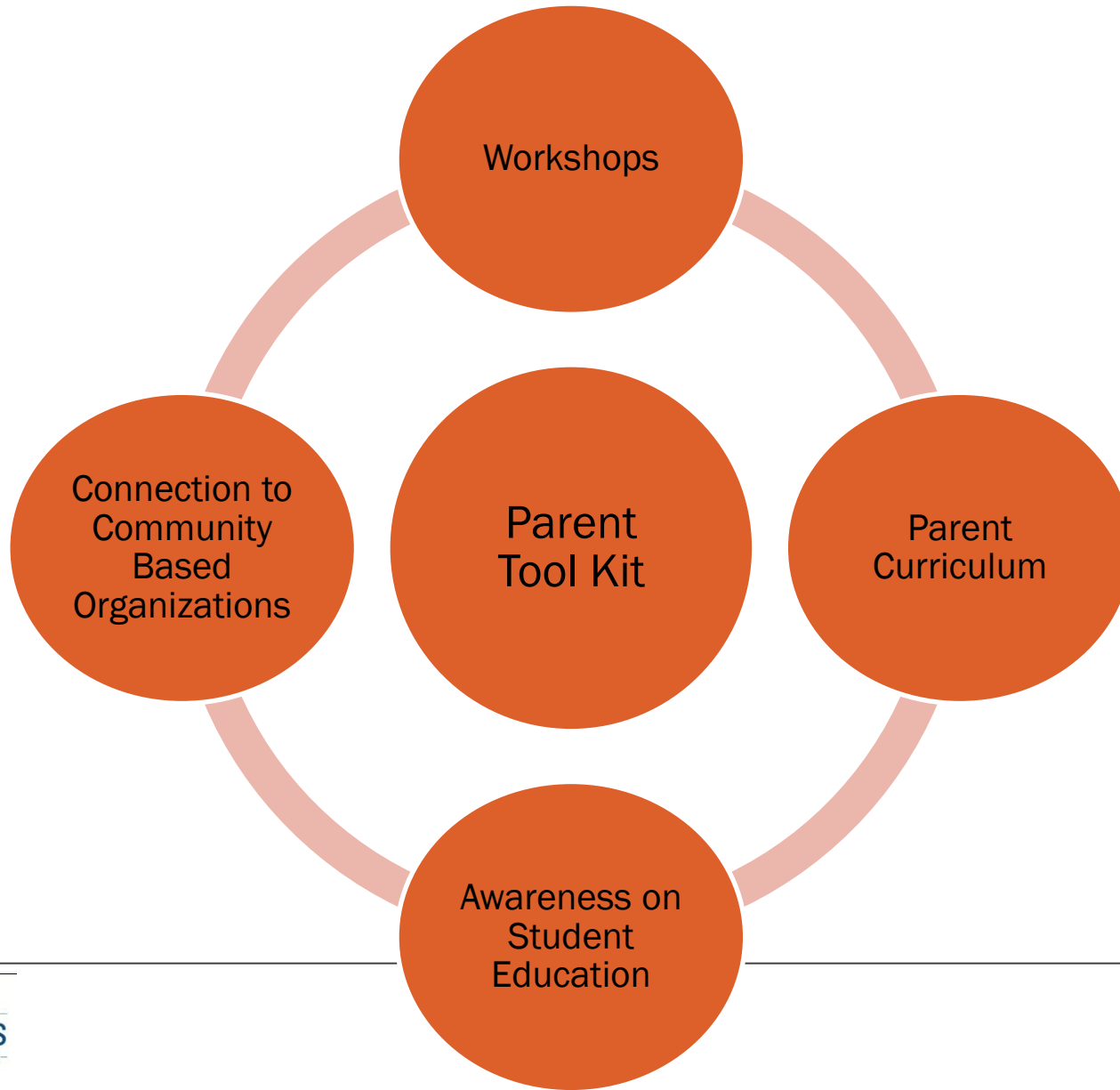
- National Campaign Polling Data: What teens have to say
- 87% of teens reported that it would be easier to delay sex and avoid pregnancy if they were able to have open and honest conversation about these topics with parents
- **HOWEVER:**
- 35% report talking to their parents about contraception
- 72% talk to their friends

Potential of Parental Influence:





PARENT ENGAGEMENT: PARENT SURVEY





SEXUAL HEALTH EDUCATION PROGRAM CONTACT INFORMATION

Mary Beth Szydlowski, MPH, CHES

Senior HIV/STI Prevention Specialist

Office of Student Health and Wellness

773/553-1970

meszydlowski@cps.edu