

TRANSFORMING PUBLIC HEALTH INEQUITIES THROUGH INCLUSIVE SEXUAL HEALTH EDUCATION: THE ROLE OF ADULT SCHOOLS

Kirsten White, MPP

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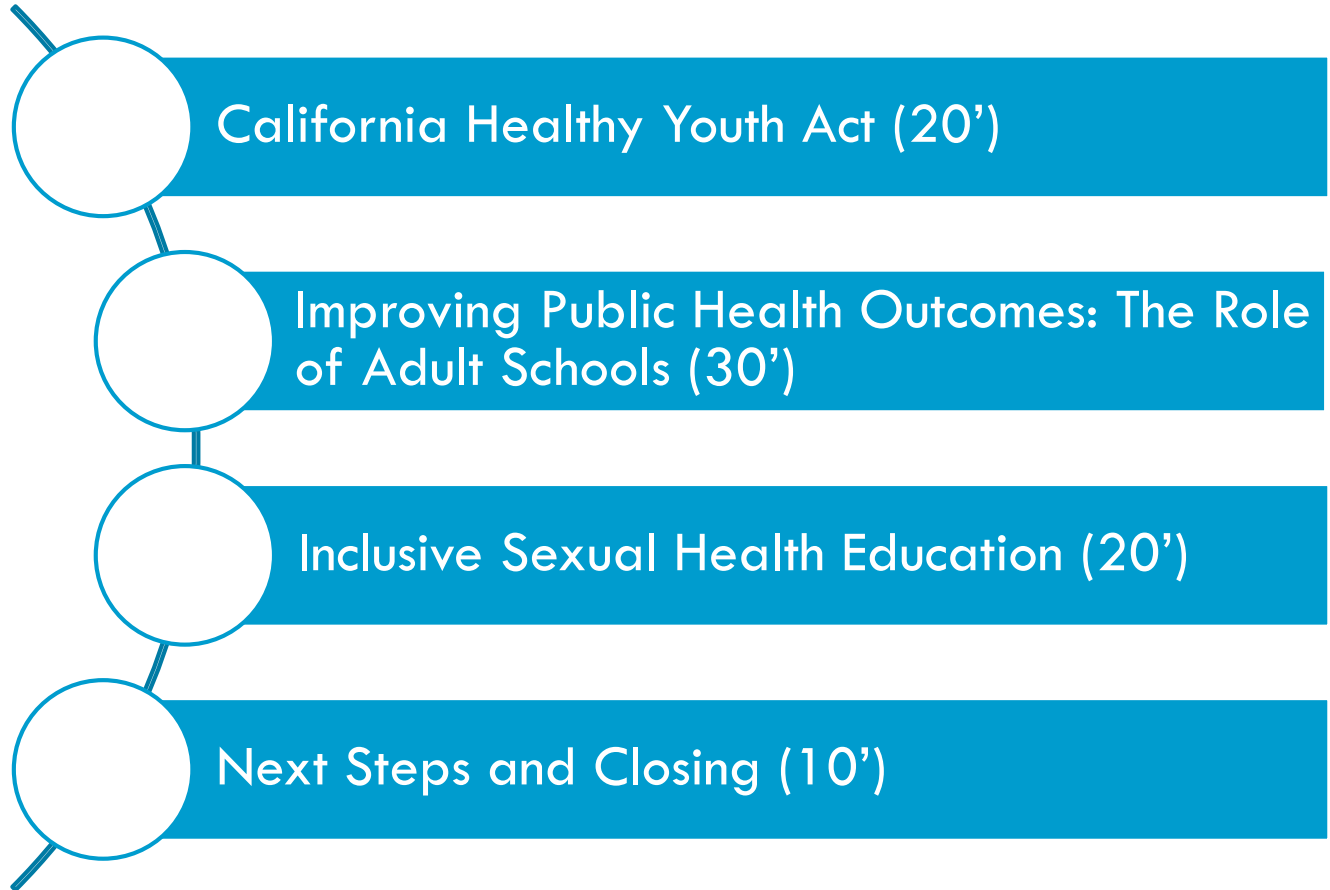
Resource Development Associates

Agenda

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Objectives:

- Learn about the California Healthy Youth Act
- Discuss the role adult schools can play in meeting the promises of the Healthy Youth Act
- Brainstorm action steps that administrators and/or instructors can take



Introductions: Presenter

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- Hello! My name is Kirsten, and I manage the Solano Adult Education Consortium with my stellar team at RDA.
- My background is in teaching and curriculum development, and I have developed sexual health curriculum for Planned Parenthood in Washington State and a community-based health clinic network in the Bay Area.

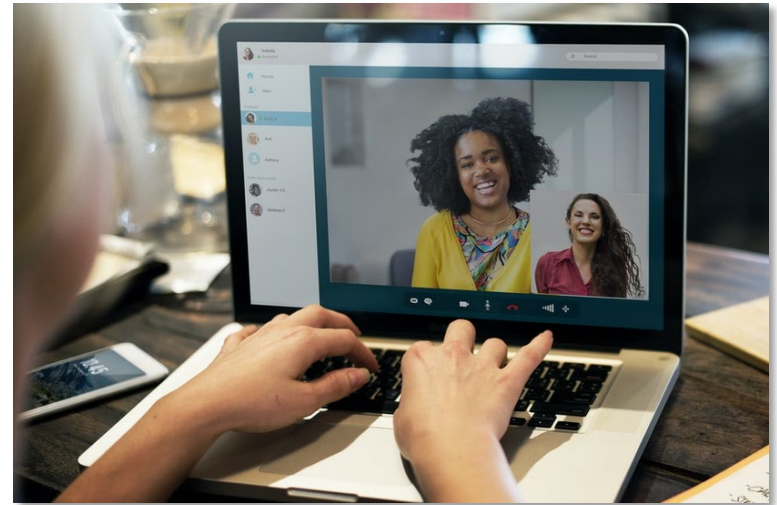
Kirsten White, MPP
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Resource Development Associates

Introductions: Participants

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In the chat, please share:

- ▣ Your name
- ▣ Your school or agency
- ▣ What you hope to learn (your “why” for joining us today)



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California Healthy Youth Act

Have you heard of the Healthy Youth Act?

- a) Yes, and I have a solid understanding of it
- b) Yes, but I do not know much about it
- c) No, I had not heard of it before today

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Checkpoint

What is the California Healthy Youth Act?

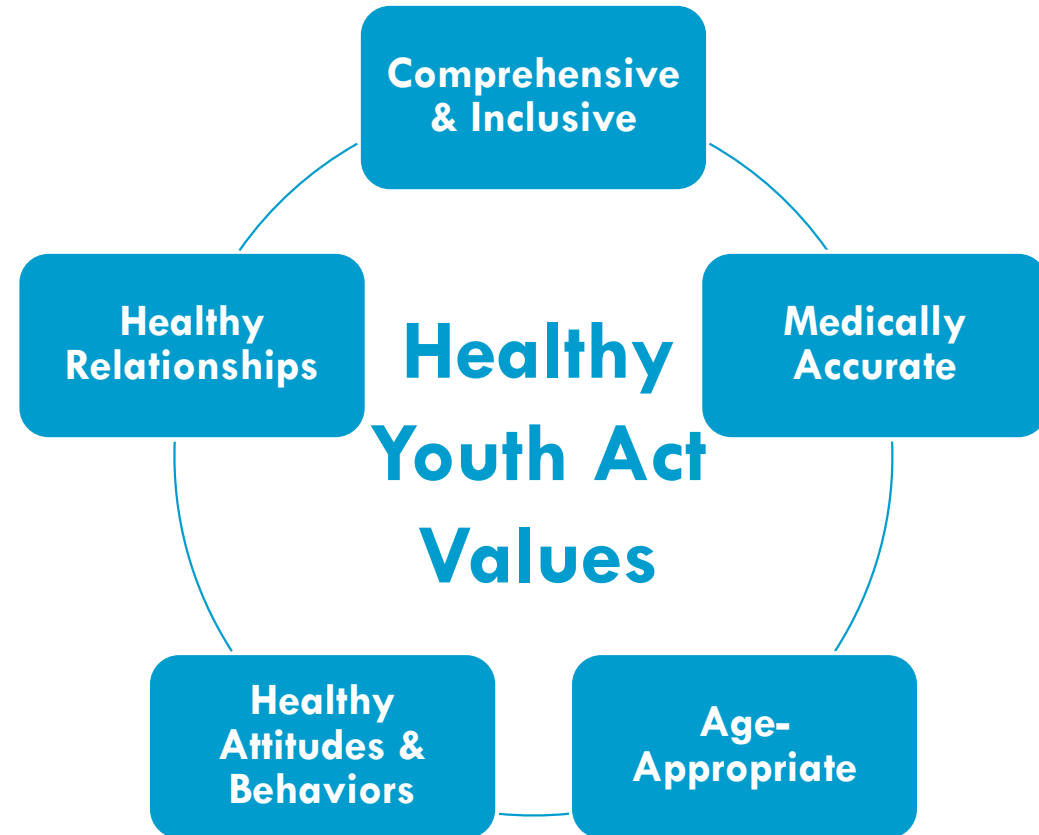
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□ HISTORY

Healthy Youth Act
(Education Code 51930-51939)
went into effect in January
2016

□ WHAT CHANGED?

- Sexual health must be taught once in middle school and once in high school
- Integrated prevention education
- Language on relationship abuse, trafficking
- Focus on healthy attitudes and behaviors



What is the California Healthy Youth Act?

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- The Healthy Youth Act is a guidepost for **comprehensive and inclusive sexual health education** for all students, regardless of culture, race/ethnicity, creed, English learner status, gender identity, disability, or sexual orientation.



What is the California Healthy Youth Act?

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- The Healthy Youth Act focuses on:
 - ▣ **Functional** health and sexual health information;
 - ▣ **Inclusive** language;
 - ▣ **Comprehensive, medically-accurate** approach to teaching sexual health, including STI/HIV prevention, pregnancy prevention, healthy relationships, LGBTQ+ health issues, gender identity/expression, and minor consent law

What is the California Healthy Youth Act?

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- Empowers youth & young adults to:
 - ▣ Protect their **sexual and reproductive health** from HIV, other sexually transmitted infections, and unintended pregnancy;
 - ▣ Develop **healthy attitudes** concerning adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family;
 - ▣ Have **healthy, positive, and safe relationships and behaviors**;
 - ▣ Understand sexuality as a **normal part of human development**

Improving Public Health Outcomes: The Role of Adult Schools

Which of the following are true?

Since the passing of the Healthy Youth Act...

- a) all CA students are receiving comprehensive sexual health education
- b) sexual health outcomes have improved across all age groups in CA
- c) all districts are implementing the Healthy Youth Act to fidelity

Which of the following are true?

Since the passing of the Healthy Youth Act...

- ~~a) — all CA students are receiving comprehensive sexual health education~~
- ~~b) — sexual health outcomes have improved across all age groups in CA~~
- ~~c) — all districts are implementing the Healthy Youth Act to fidelity~~

California Healthy Youth Act: Implementation Challenges & Successes

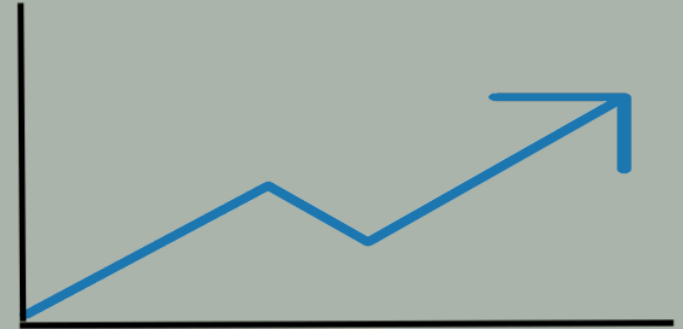
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- Unfunded mandate
- Some districts remain in non-compliance, others voted to delay implementation indefinitely
- The state's larger unified districts — Los Angeles, San Francisco, Oakland and San Diego — are moving forward with Healthy Youth Act-aligned comprehensive sexual health curriculum

Sexual Health Outcomes: California's Public Health Crisis

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Sexually transmitted diseases (STDs) reach epidemic levels in California.



- In 2018, the number of reported cases was:
 - 25,344 for syphilis (all stages) - 265% more than 10 years ago
 - 79,397 for gonorrhea - 211% more than 10 years ago
 - 232,181 for chlamydia - 56% more than 10 years ago
- STDs are increasing in all regions of the state, among both men and women. Disparities in STD rates persist throughout the state, with the highest among young people (ages 15-24), African-Americans, and gay, bisexual, and other men who have sex with men. Underlying drivers of the increases of STDs relate to a complex web of social factors. Some people diagnosed with STD have experienced substance use, incarceration, the exchange of sex for money/housing/other resources, poverty, homelessness and disparities in access to care.

Sexual Health Outcomes: California's Public Health Crisis

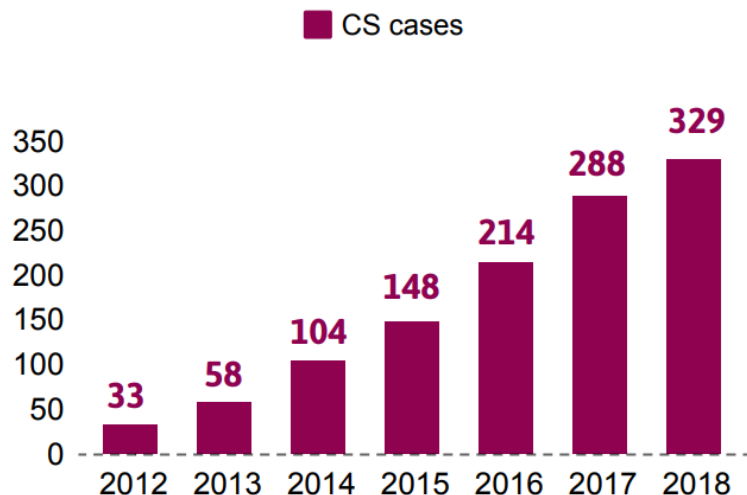
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- In recent years, the greatest increases in syphilis were among women. From 2008-2018, the total number of reported early syphilis cases increased 743% among women compared to 268% among men. Cases of congenital syphilis, which occur when infection is transmitted from mother to child during pregnancy, increased 391% over the same period.



In 2018, **15%** of women of childbearing age diagnosed with syphilis were pregnant.

- The number of infants born with congenital syphilis increased for the 6th year in a row.



- Congenital syphilis can cause **severe illness in babies including premature birth, low birth weight, birth defects, blindness, and hearing loss.** It can also lead to **stillbirth and infant death.**
- In 2018 alone, there were 19 infant stillbirths, 3 neonatal deaths, and 31 infants born with other symptoms or complications from syphilis.
- Congenital syphilis is preventable with testing and treatment during pregnancy.

Sexual Health Outcomes: California's Public Health Crisis

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- Chlamydia and gonorrhea are the most commonly reported STDs in California. Although these STDs are curable, they often don't show symptoms and go undetected, which **can lead to serious complications, like infertility.**
- Chlamydia and gonorrhea disproportionately impact people in their teens and twenties:



Less than **2 out of every 10 people** in California is between the ages of 15-24



BUT people ages 15-24 make up more than **5 out of every 10 chlamydia cases** in California



AND they make up more than **3 out of every 10 gonorrhea cases** in California.

- Emerging antibiotic resistance among gonorrhea is a concern. Gonorrhea is among the Centers for Disease Control and Prevention's top three urgent threats for developing drug resistance.

Improving Public Health Outcomes: The Role of Adult Schools

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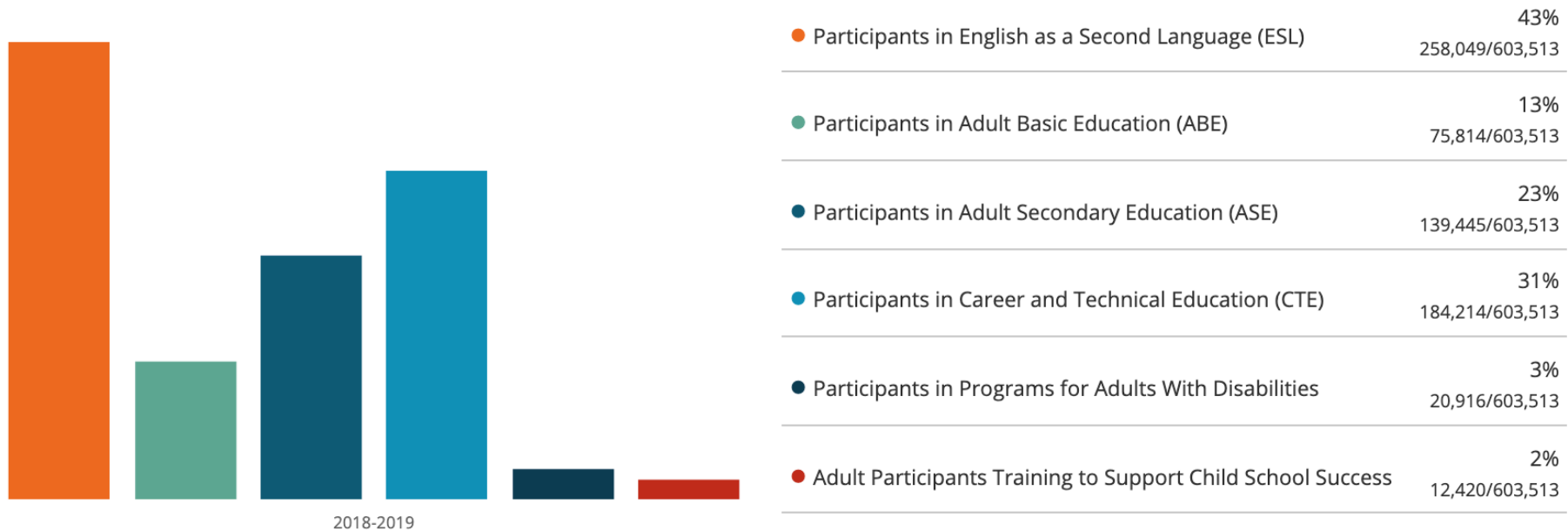
- California's adult schools serve nearly **a million students statewide**
- Majority of adult students have **at least one barrier to employment**
- Adult schools can **help deliver on the promises of the Healthy Youth Act** with their own students, many of whom face barriers to education and self-sufficiency that put them more at risk for sexual health morbidities



Improving Public Health Outcomes: The Role of Adult Schools

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- **California's adult school students, 2018-19:**
- 897,325 students, 67% with 12+ contact hours

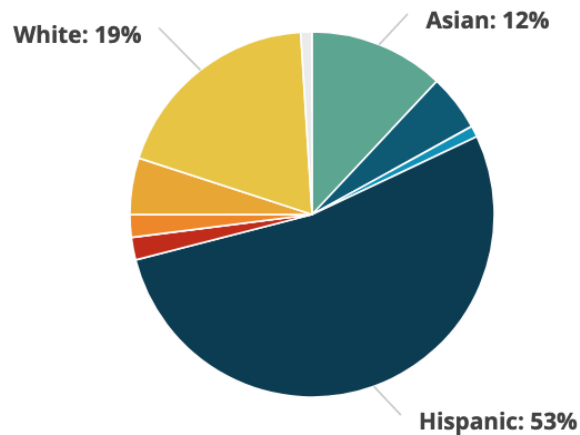


Improving Public Health Outcomes: The Role of Adult Schools

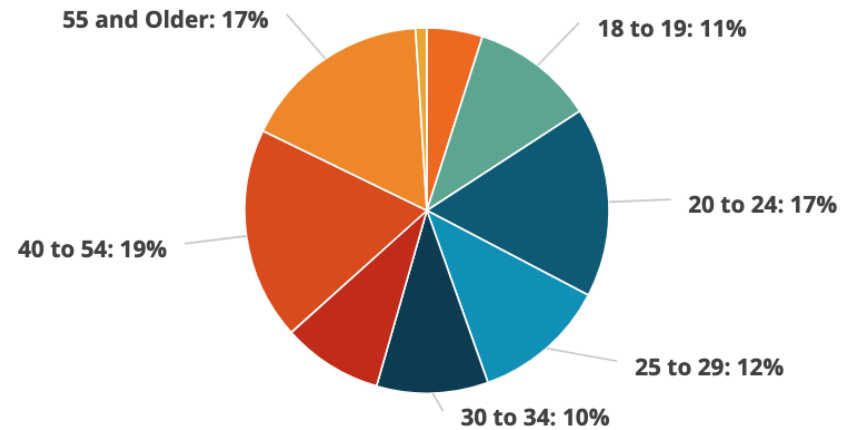
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□ California's adult school students, 2018-19:

Ethnicity



Age Group



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Inclusive Sexual Health Education

What are your thoughts?

- a) Offering inclusive sexual health education is something I can see my site doing
- b) Offering inclusive sexual health education is something I do not see my site doing
- c) My site already offers sexual health education
- d) I need to learn more information about what inclusive sexual health education looks like before I can say one way or another

Inclusive Sexual Health Education: Imagining Implementation

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- ❑ **Resources**
 - ▣ Instructor
 - ▣ Aligned curriculum
- ❑ **Duration**
 - ▣ 10-15 hours (estimated)
- ❑ **Commitment**
 - ▣ To providing medically-accurate, inclusive, comprehensive sexual health curriculum
 - ▣ To supporting student questions and resource needs



Inclusive Sexual Health Education: Imagining Implementation

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- ❑ **Brainstorm:** What are potential action steps?

- ❑ **Evaluate Need:** Student surveys or interest forms
- ❑ **Instructional:** Offer elective, stand-alone classes or workshops, integrate sexual health curricula into existing courses
- ❑ **Professional Development:** Continuing education credit opportunities, in-service with subject matter expert
- ❑ **Student Services:** Onsite health resources, informational posters



- ❑ **Consortium Level:** One member holds the expertise, use roving model

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Next Steps and Closing

What are you walking away with?

In the chat, please share what you are taking with you from this presentation. Anything interest or energize you? Are you left with more questions?

Resources

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Background on Healthy Youth Act

- California Legislative Information
- California Department of Education
- ACLU of Northern California

Exploring Sexual Health Curricula

- Advocates for Youth
- SIECUS
- SFUSD Health Education “Be Real, Be Ready” Curriculum
- UCSF Healthy Youth Act Implementation Toolkit

Evaluating Sexual Health Curricula

- CDC Health Education Curriculum Analysis Tool (HECAT)
- Healthy Teen Network

Professional Development

- California Department of Public Health SHE Training Program

THANK YOU



Questions?

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Resource Development Associates

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