



AB329 & Comprehensive Sex Education

A Health Initiatives for Youth Workshop
for Marin County Educators

Context: AB329

- Signed by Governor Jerry Brown last October; in force as of this year
- Requires what was previously only optional: comprehensive sex ed “at least once” in MS and “at least once” in HS
- Specifically includes: “knowledge and skills necessary to protect [student] sexual and reproductive health from HIV and other STIs and from unintended pregnancy”; “adolescent growth and development, body image, gender, sexual orientation, relationships, marriage, and family,” and more
- Allows parental ‘opt-out’



Context: AB695

- Signed by Governor Jerry Brown last October; in force as of this year
- ‘Affirmative consent’ law
- Specifically includes: “instruction in sexual harassment and violence, including information on the affirmative consent standard”
- Encourages integration with general sex ed curriculum



What is comprehensive sex ed?

- As opposed to “abstinence only”
- Integrates broader conception of sexuality and identity – beyond just “where babies come from”
- Many ways to split into categories – we use five:
 - Gender, Orientation, and Identity
 - Consent, Communication, and Decision-making
 - Anatomy and Sexual Physiology
 - Fertility, Menstruation, and Birth Control
 - STIs & HIV



Gender, Orientation, & Identity

- Diversity of gender and sexual orientation
- Difference between sex & gender
- Identities and relationships
- Family
- LGBT Identities and Struggles
- Allyship & Anti-bullying



Consent, Communication, & Decision-making

- Healthy Relationships
- Partner choice
- Negotiation and communication skills
- Affirmative consent for sexual behavior
- Substance use and decision-making



Anatomy & Sexual Physiology

- Body parts and terminology
- Sexual and reproductive functions
- Intersex and non-binary bodies
- Sexual arousal cycle and body mechanics



Fertility, Menstruation, & Birth Control

- Menstrual cycle
- Hormone basics
- Birth control methods
 - Various classification rubrics
 - Mechanism of action
 - Pros and Cons, including effectiveness
- Pregnancy Basics



STIs & HIV

- Types of STIs and associated qualities
- Symptoms and effects
- Transmission
- Prevention
- Accessing Sexual Health Care



Sex Educator Skills: More than Just Content

- Comfort with sexuality
- Client-centered education
- Harm reduction
- Nonjudgmentalism
- Strengths-based approach
- Age appropriate delivery
- Dialog creation
- Including health and pleasure

