
Sex Ed is a Solution: Getting Involved at the Local Level

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Reproductive Health Coordinators Meeting
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Adolescent & School Health Program



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STANDARDS & INSTRUCTIONAL SUPPORTS
Office of Teaching, Learning, and Assessment

Presentation Objectives

By the end of this presentation, participants will be able to:

- Gather information about Oregon's K-12 sex education policy and understand the roles and responsibilities of local school districts.
- Consider how sex education is a public health solution to multiple health issues
- Navigate the Sexual Violence Prevention Data/Resource Map and understand the many components of local data



A little about us...

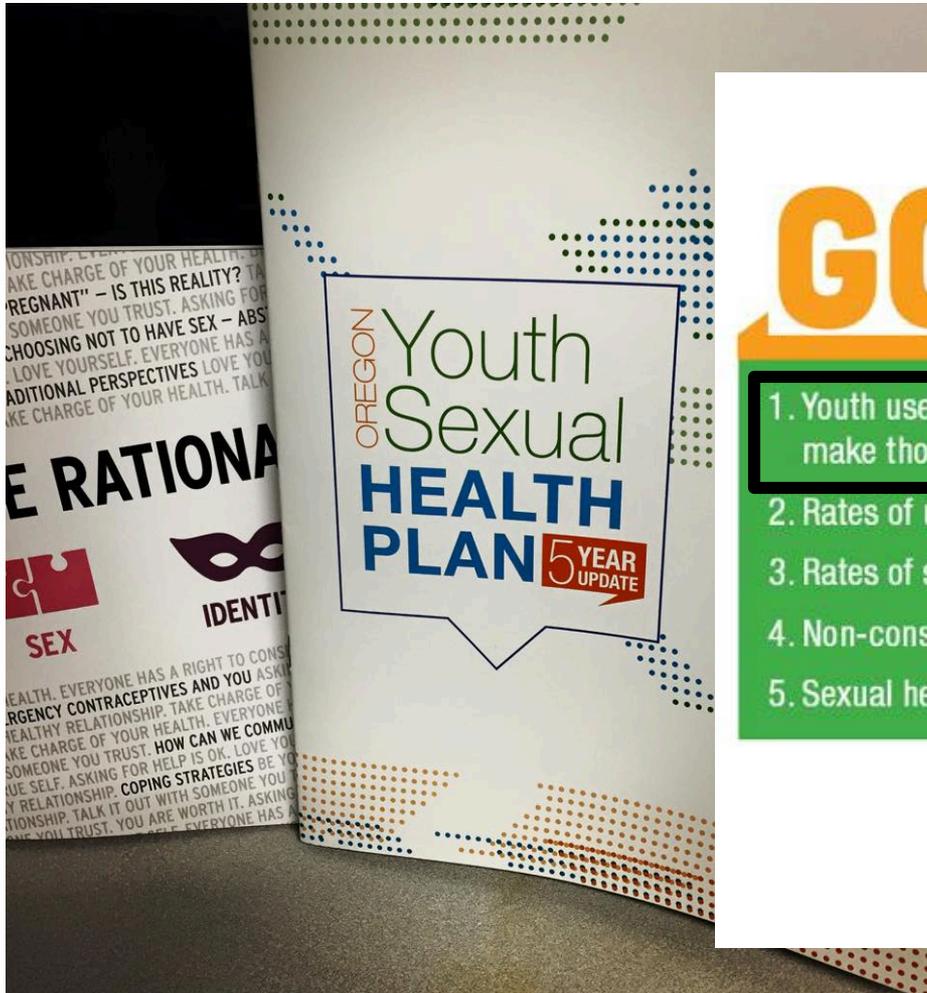


Photo credit: Johnson Family



Photo credit: Foster-Lawson Family

2009: Oregon's Youth Sexual Health Plan



GOALS

OREGON
YOUTH SEXUAL
HEALTH PLAN

1. Youth use accurate information and well-developed skills to make thoughtful choices about relationships and sexual health.
2. Rates of unintended pregnancy are reduced.
3. Rates of sexually-transmitted infections are reduced.
4. Non-consensual sexual behaviors are reduced.
5. Sexual health inequities are eliminated.

OREGON YOUTH SEXUAL HEALTH REPORT
FIVE YEAR UPDATE

3

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Let's Talk about Sex Ed in Oregon Schools

Human Sexuality
Education Law
(2009)

ORS 336.455

Healthy Teens
Relationships Act
(2013)

HOUSE BILL 4077

"Erin's Law"
Child Sexual Abuse
Prevention (2015)

SENATE BILL 856

Human Sexuality Education

OAR Rule 581-022-1440



K-12 Plan of Instruction Law Citation

Human Sexuality Education

OAR Rule 581-022-1440

581-022-1440 (2)

Each school district shall provide: an age-appropriate, **comprehensive plan of instruction** focusing on human sexuality education, HIV/AIDS and sexually transmitted infections and disease prevention in elementary and secondary schools as an integral part of health education and other subjects. [...]

K-12 Plan of Instruction Community-Developed Example

Human Sexuality Education

OAR Rule 581-022-1440

581-022-1440 (3)

Parents, teachers, school administrators, local health department staff, other community representatives, and persons from the medical community who are knowledgeable of the latest scientific information and effective education strategies shall develop the plan of instruction required by this rule, and in alignment with the **Oregon Health Education Standards and Benchmarks**, cooperatively.

K-12 Comprehensive Sexuality Education Plan

North Clackamas School District Guidelines



North Clackamas School District
Milwaukie, Oregon 97222
<http://www.nclack.k12.or.us/>

Adopted: November 17, 2016



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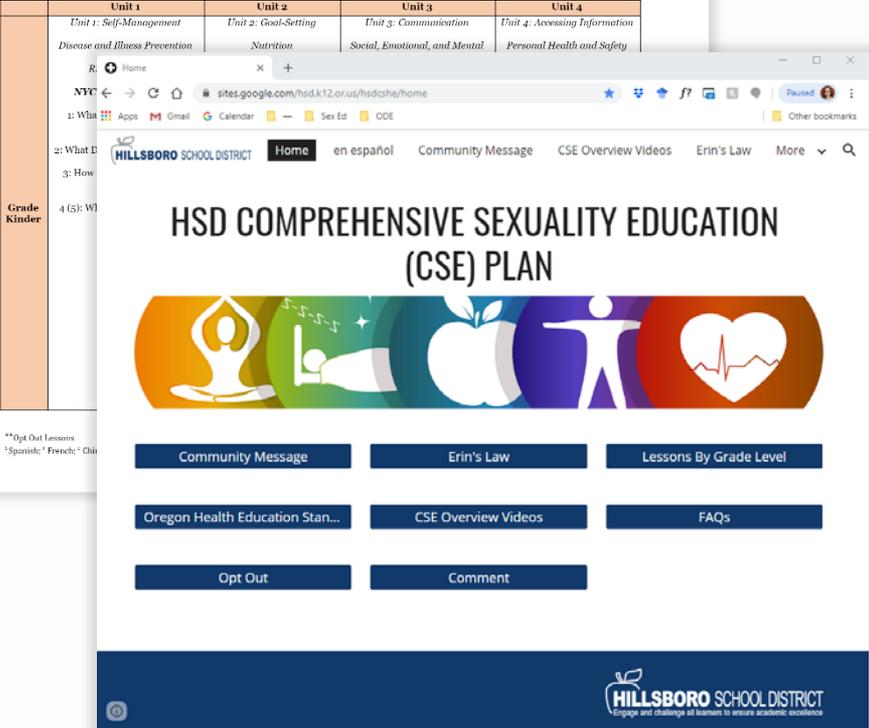
Curriculum & Instructional Materials

Instructional materials are part of the **comprehensive plan of instruction**

- Local Control State
- [ODE Reviewed Health Education Curricula](#)
- [Hillsboro School District CSE Plan Website](#)
- [Portland Public Schools Sample Health Ed Website](#)

SAMPLE: K-12 HEALTH SCOPE AND SEQUENCE
Personal Health, Social, Emotional, and Mental Health; Alcohol, Tobacco, and Other Drugs; Sex Education; Violence Prevention
Teach the Skill → Model the Skill → Functional Knowledge → Practice the Skill → Assess the Skill

| Unit 1 | Unit 2 | Unit 3 | Unit 4 |
|--------------------------------|----------------------|-------------------------------|-------------------------------|
| Unit 1: Self-Management | Unit 2: Goal-Setting | Unit 3: Communication | Unit 4: Accessing Information |
| Disease and Illness Prevention | Nutrition | Social, Emotional, and Mental | Personal Health and Safety |



HILLSBORO SCHOOL DISTRICT | Home | en español | Community Message | CSE Overview Videos | Erin's Law | More

HSD COMPREHENSIVE SEXUALITY EDUCATION (CSE) PLAN

Community Message | Erin's Law | Lessons By Grade Level

Oregon Health Education Stan... | CSE Overview Videos | FAQs

Opt Out | Comment

HILLSBORO SCHOOL DISTRICT
Engage and challenge all learners to ensure academic excellence



Public Health Division's support of K-12 sex education is growing

- Adolescent & School Health Program
- Maternal & Child Health Program
- Injury and Violence Prevention Program
- HIV/STD/TB Program
- Reproductive Health Program



A story: let's go back in time - 2009

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FIVE YEAR UPDATE

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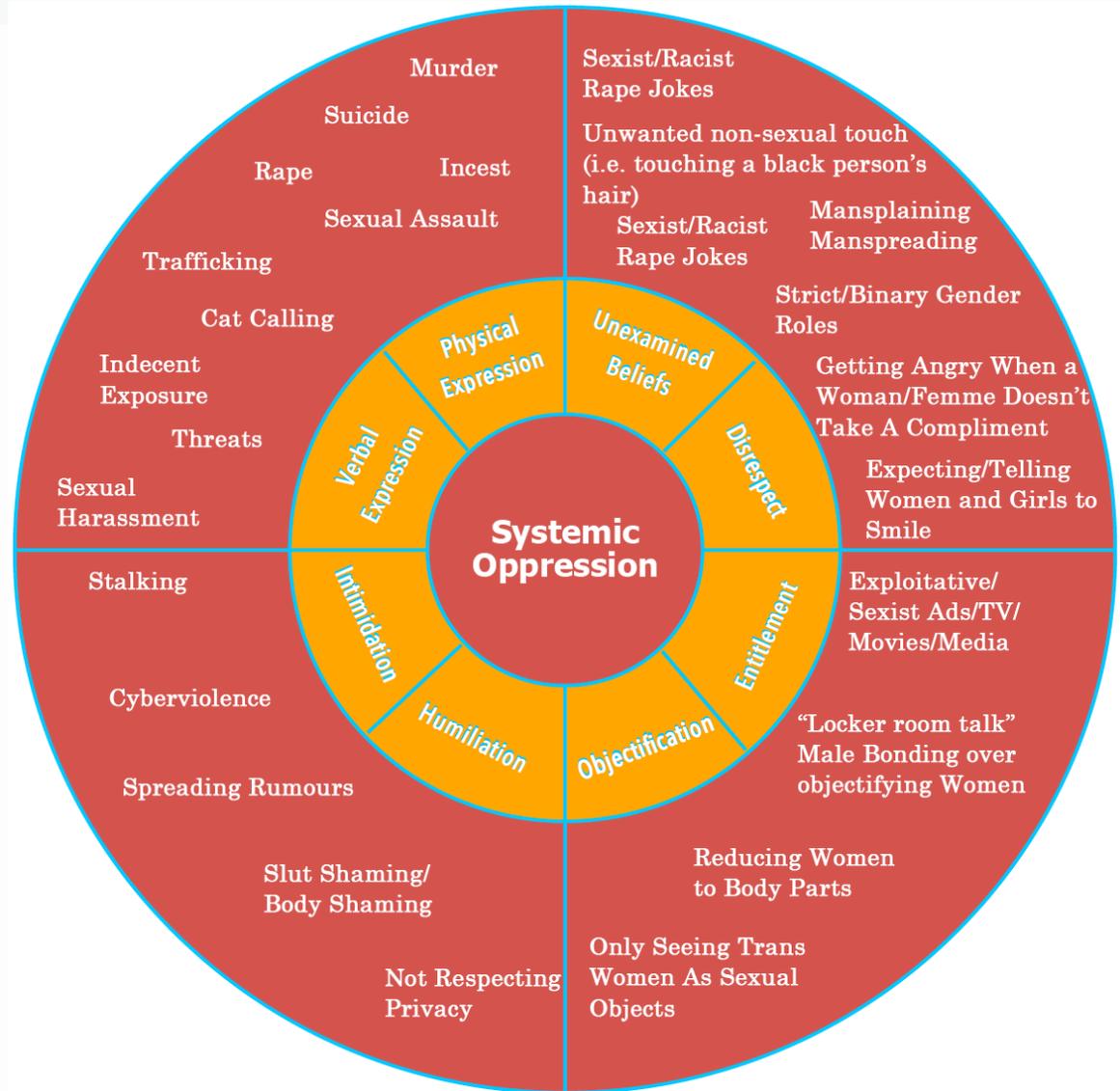
CDC Stop SV Technical Package

| STOP SV | | |
|-----------|---|---|
| | Strategy | Approach |
| S | Promote Social Norms that Protect Against Violence | <ul style="list-style-type: none"> • Bystander approaches • Mobilizing men and boys as allies |
| T | Teach Skills to Prevent Sexual Violence | <ul style="list-style-type: none"> • Social-emotional learning • Teaching healthy, safe dating and intimate relationship skills to adolescents • Promoting healthy sexuality • Empowerment-based training |
| O | Provide Opportunities to Empower and Support Girls and Women | <ul style="list-style-type: none"> • Strengthening economic supports for women and families • Strengthening leadership and opportunities for girls |
| P | Create Protective Environments | <ul style="list-style-type: none"> • Improving safety and monitoring in schools • Establishing and consistently applying workplace policies • Addressing community-level risks through environmental approaches |
| SV | Support Victims/Survivors to Lessen Harms | <ul style="list-style-type: none"> • Victim-centered services • Treatment for victims of SV • Treatment for at-risk children and families to prevent problem behavior including sex offending |

Resource:
[CDC's Stop SV Technical Package](#)

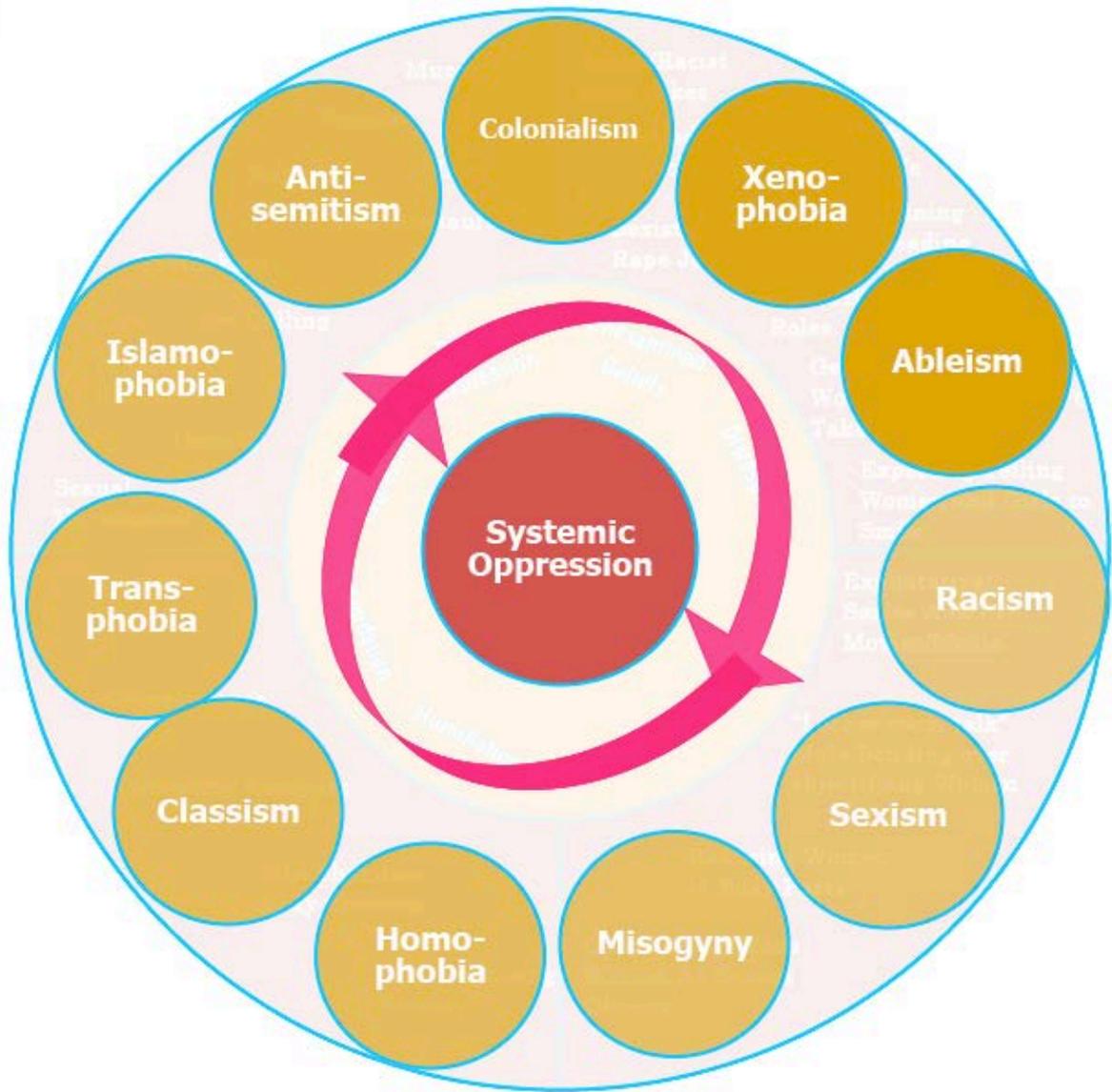


All roads (and violence) lead back to systemic oppression



[Resource:
Supporting
Survivors of
Sexual Violence](#)

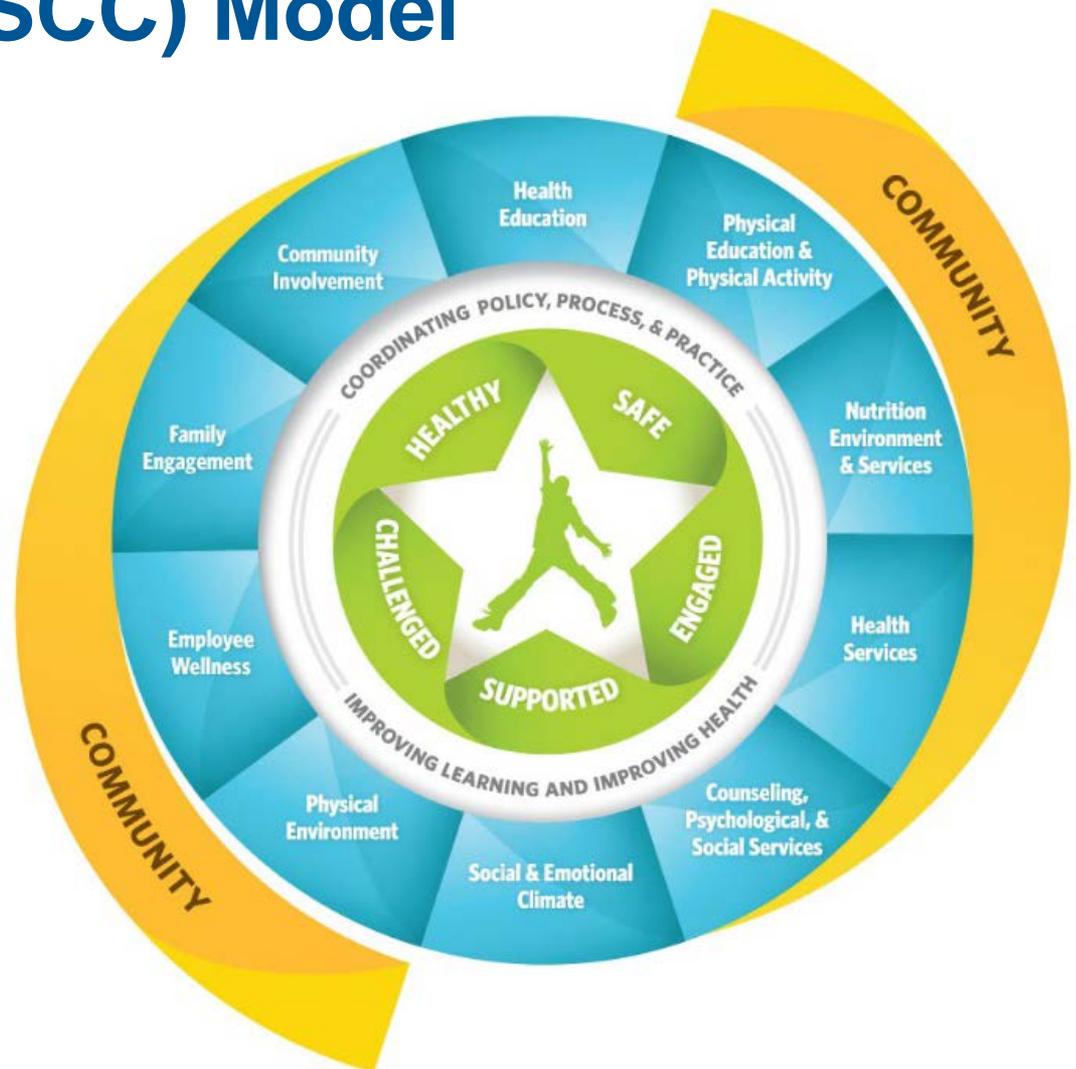
Systemic oppression means...



[Resource:
Supporting
Survivors of
Sexual Violence](#)

Examining the Systems: Whole School, Whole Community, Whole Child (WSCC) Model

- [CDC WSCC Model](#)
- We need to be in communication, and in community



K-12 sex education is a solution to multiple public health issues

Unintended pregnancy
STI's including HIV
Dating/domestic violence
Sexual violence
Racism
Homophobia/Transphobia
Health care access
Media literacy/health literacy
Mental health
Substance abuse
Suicide

**Larger question:
is sex ed actually
happening in
local school
districts?**



Oregon needed a map

- *Engage* the local community, e.g.,
 - Assess the burden of sexual violence in the adolescent population
 - Assess factors that intersect sexual violence, sexual health
- *Document* current state of outcomes, risk and protective factors, policy, resources.
- *Facilitate insight*, e.g.,
 - Differences in risk and protective factors between communities
 - What are the prevention/promotion priorities of the community? Are those aligned with the scope of the problem(s)?
 - What has changed over time/remained the same?
 - Where should [scarce] resources be deployed for the greatest effect?



Oregon Sexual Violence Prevention Resource Map

healthoregon.org/svpmap



Oregon launches new tool to help prevent sexual violence, bullying

Natalie Pate, Salem Statesman Journal

Published 1:07 p.m. PT Jan. 25, 2019 | Updated 6:00 a.m. PT Jan. 26, 2019

Preventing sexual violence requires early, appropriate sex ed

The Register-Guard

Oregon Puts Sexual Violence Prevention On The Map

By THE JEFFERSON EXCHANGE TEAM • JAN 22, 2019

New tool shows sex stats for Ore. youth

Youth pregnancy rate in Malheur County high

Hunter Marrow The Argus Observer Jan 30, 2019  1

New tool created to help prevent youth sexual violence in Oregon

FOX 12 Staff

© Posted Jan 16, 2019 |  0

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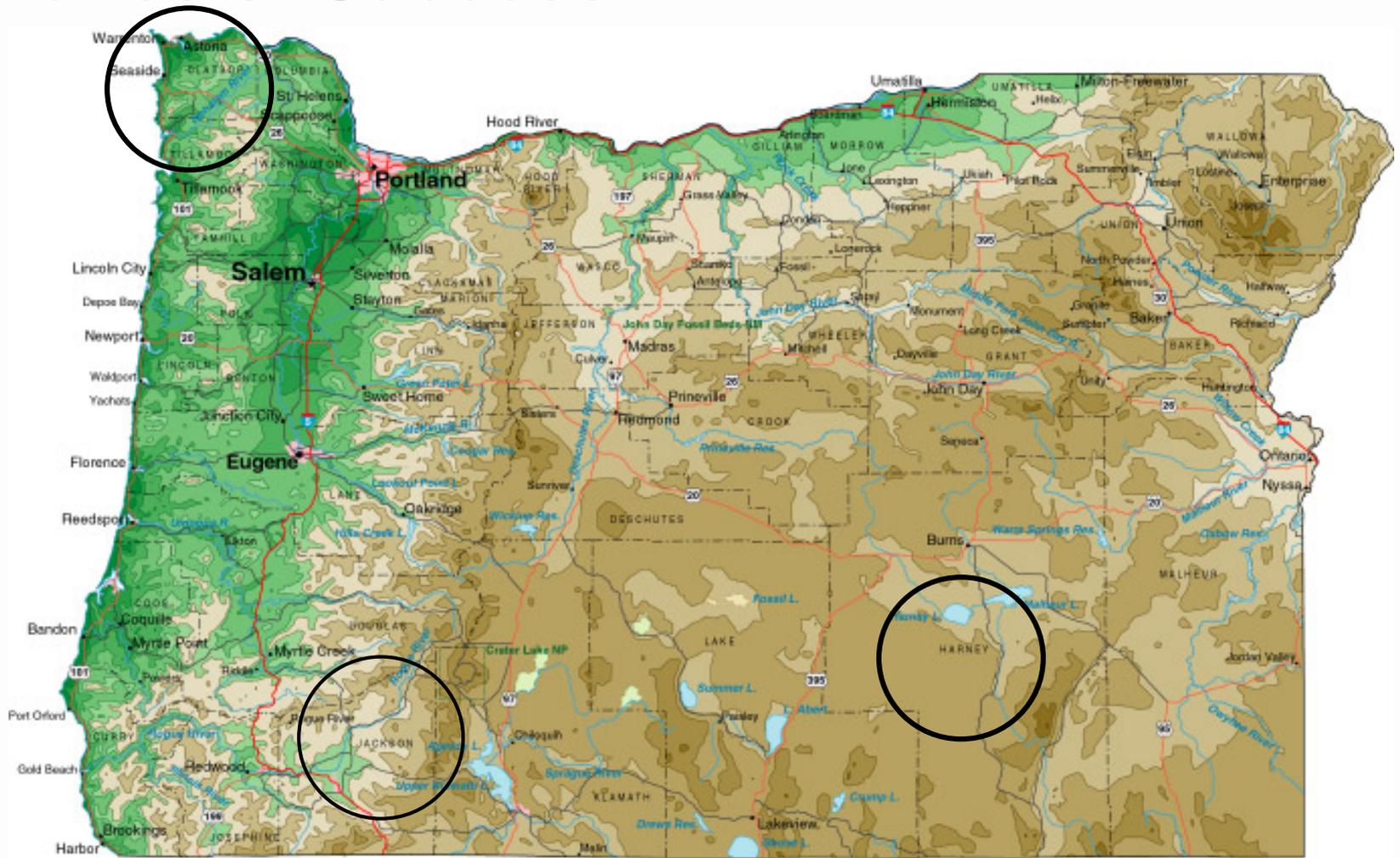


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Stories of Success



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Possible Scenarios

- Someone asked you to provide instruction as a guest speaker in the local high school – how can you use the map to plan and guide some of your work?
- Someone is telling you they are not receiving sex education in school – how can you use the map?
- Someone notices an uptick in sexually transmitted infections among youth – how might you use the map to address this issue?
- Someone is sharing anecdotes about youth behaviors and/or experiences – how can you use the map?
- Someone is interested in helping their local school district with implementation of sex education K-12 – how can you use the map?
- Someone needs support due to domestic violence/sexual assault – how can you use the map?



What can you do?

- Look up your county, region, school district on the map
- Familiarize yourself with Oregon policies and health standards
- Connect with your local school district
- Consider your capacity to help your local school district
 - can you be a guest speaker?
 - can you help administrators develop a plan?
 - can you write a letter of support to the Board?
 - can you do a training for school administrators about reproductive health?
- Build relationships with your local public health authority doing PE 46 work
- Advocate for K-12 sex education in your local school district



Resources

- [Oregon Sexual Violence Prevention Resource Map](#) — Use it!!!
- Oregon Department of Education (ODE) [Sex Ed Page](#):
 - [Letter from Director of ODE, Colt Gill](#)
 - [Comprehensive Sexuality Education in OR 1-pager](#)
 - Sex Ed FAQ Sheet — [English](#) / [Spanish](#)
 - [Comprehensive Sex Ed Advocacy Toolkit](#)
 - ODE Guidance for [Guest Speakers of Sex Ed](#)
 - [Oregon Health Education Standards](#)
 - [SATF Comprehensive Health Education Standards & Performance Indicators Infographics](#)
- Sex Ed List Serv ([Sign Up Here](#))
- Sex Ed Made Simple [Webinar Series](#)
- CDC [Whole School, Whole Community, Whole Child \(WSCC\) Model](#)



THANK YOU FOR YOUR TIME



Get in Touch

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