



HIV and Sexual Health Education Resources **Office of Superintendent of Public Instruction (OSPI)**

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School personnel often contact OSPI to request recommendations for DVDs and videos for use in providing sexual health education, including HIV prevention education. All materials listed in this document are provided for informational purposes only and should be reviewed by districts for local suitability and alignment with district policy.

We highly recommend that schools use DVDs and other supplemental materials as part of a comprehensive prevention curriculum, rather than as stand-alone instruction. Opportunities for skill development are key to effective HIV prevention and other sexual risk reduction.

OSPI does not approve specific instructional materials for use by schools and districts, other than KNOW (<http://www.k12.wa.us/HIVSexualHealth/KNOW.aspx>), the HIV Prevention Curriculum developed by OSPI at the direction of the WA Legislature.

OSPI, in coordination with the WA Dept. of Health (DOH), does review sexual health instructional materials for consistency with the Healthy Youth Act, as directed by the WA Legislature. A list of reviewed materials is available: <http://www.k12.wa.us/HIVSexualHealth/InstructionalMaterials.aspx>.

Legislative Requirements: Districts adopting sexual health education materials or bringing in outside speakers should review, or submit to DOH for review, those materials/speakers for compliance with:

- The AIDS Omnibus Act: <http://apps.leg.wa.gov/rcw/default.aspx?cite=28A.230.070>;
- The Healthy Youth Act: <http://apps.leg.wa.gov/rcw/default.aspx?cite=28A.300.475>;
- The 2005 Guidelines for Sexual Health Information and Disease Prevention:
<http://apps.leg.wa.gov/rcw/default.aspx?cite=28A.300.475>;
- State and federal civil rights and equity laws/policies: <http://www.k12.wa.us/Equity/default.aspx>.

All sexual health instructional materials, including HIV/AIDS prevention materials, must be:

- Medically and scientifically accurate.
- Age-appropriate.
- Appropriate for students regardless of gender, race, disability status, or sexual orientation.
- Include information about **both** abstinence **and** other methods of preventing unintended pregnancy and sexually transmitted diseases (i.e. cannot recommend or encourage one approach to the exclusion of the other).

Refer to legislation (see above) for additional requirements.

Curriculum Assessment: Several tools are available for district use to assess curricula and supplemental resources for compliance with guidelines and requirements. [Washington-specific tools are available from OSPI](#), as well as the Centers for Disease Control (CDC) Sexual Health Education Curriculum Assessment Tool (SHECAT). Materials can also be sent to DOH for medical/scientific accuracy review.

Student Learning Standards: [Health and Physical Education K-12 Student Learning Standards](#) (2016) provide grade-level student learning outcomes to assist districts in developing age-appropriate sexual health instruction that reflects best practice as determined by national and state experts and up-to-date

research. Use of these outcomes is not required. Districts in WA may choose whether or not to offer sexual health education and what instructional materials to use, as long as they comply with state law.

KNOW Curriculum: Use of KNOW is not required. Other HIV materials used must comply with AIDS Omnibus requirements. Four DVDs are suggested for use with the 2014 revised versions of KNOW:

- Grades 5/6 KNOW: “The Puberty Workshop: HIV and AIDS,” Human Relations Media, www.hrmvideo.com/catalog/puberty-workshop-hiv-aids. Referenced in the curriculum.
- Grade 5 KNOW: “HIV and Me,” Redefine Positive. Developed by the publisher to align with grade 5 KNOW, it has been reviewed by OSPI and DOH and meets requirements for use in WA schools. <http://www.redefinepositive.com/download.html>.
- Grade 6 KNOW: “Understanding HIV/AIDS: Understand the Facts, Fight the Stigma, Stay Safe,” Redefine Positive. Developed by the publisher to align with grade 6 KNOW. It has been reviewed by OSPI and DOH and meets requirements for use in WA schools when used with the “Discussion Guide.” <http://www.redefinepositive.com/download.html>.
- Grades 7/8 KNOW: “Understanding HIV and AIDS,” Human Relations Media, <http://www.hrmvideo.com/catalog/understanding-hiv-and-aids>. Referenced in the curriculum.
- High School KNOW: this version of the curriculum is out of date and not recommended for use until OSPI is able to update it. Districts may use any curriculum reviewed by DOH and/or CDC for medical accuracy and that complies with the AIDS Omnibus Act.

Centers for Disease Control and Prevention (CDC): Several videos have been developed by the CDC for use with adults. Some MAY be appropriate for use with high school students. It is recommended that teachers preview these (and other) resources before using and that they be used in the context of a comprehensive curriculum, and not as stand-alone instruction:

- <http://www.cdc.gov/cdctv/diseaseandconditions/hiv/hiv-aids-101.html>
- <http://www.cdc.gov/cdctv/diseaseandconditions/hiv/stop-hiv-together-jamar-rogers.html>

National Institute of Allergy and Infectious Diseases (National Institutes of Health): “[Approaches to an HIV Cure](#)” video, July 2018.

Other Resources (Note: OSPI does not approve, endorse or recommend specific resources on these websites. They are provided for informational purposes only. Schools/districts are encouraged to review any materials before using with students).

AMAZE, a collaboration of Advocates for Youth, Answer and Youth Tech Health, provides online videos and other resources for youth ages 10-14, parents and teachers. <http://amaze.org/about/>.

Advocates for Youth publishes a comprehensive listing of curricula and other resources, including the National Sexuality Education Standards: <http://advocatesforyouth.org/publications/publications-a-z/1939-learning-about-sex>.

Blood Lines, a documentary video directed and produced by HIV-positive youth, was updated in 2015: <http://www.blood-lines.org/synopsis.html>.

Rutgers University (Answer) provides sexual health education resources for professionals, parents and teens, including free on-line videos (<http://sexetc.org/sex-ed/videos/>) and on-line professional development workshops: <http://answer.rutgers.edu/>. They offer a low-cost lesson plan (free to subscribers) to accompany a Sex, Etc. article: “HIV/AIDS: What’s Changed in 25 Years,” [Sex Etc., Spring 2019](#).