

Middle School Health Curriculum

Comprehensive Sexual Health Education
Spring 2026



California Healthy Youth Act (CHYA)

What is the California Healthy Youth Act?



CHYA



- CHYA is a law per Ed. Code 51930 - 51939. You can read more about CHYA [here](#).
- CHYA was enacted on January 1, 2016.
- Requires comprehensive sexual health education in addition to HIV Prevention Education that has been in effect for 30 years.
- CHYA mandates this instruction once in middle school and once in high school.

Teaching Health Education in CA



California updated (2016) how we teach comprehensive sexual health education to include:

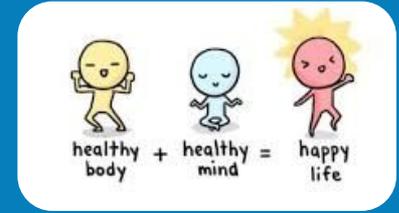
- **Medically accurate**
- **More inclusive instruction**
- **More accessible instruction**
- **Communication with trusted adults**
- **Teaching skills: decision making and interpersonal communication skills are highlighted in the law**



The purpose of CHYA is to provide students with...



- The **knowledge and skills to protect** their sexual and reproductive health.
- The **knowledge and skills to develop healthy attitudes** concerning adolescent growth, development, body image, relationships, etc.
- The understanding of **sexuality as a normal part** of human development.
- Integrated, comprehensive, **accurate, and unbiased** sexual health and HIV prevention instruction.
- The **knowledge and skills** necessary to have **healthy, positive, and safe relationships and behaviors**.



**What
themes do
we notice?**



Spring 2026



What will health education look like for
SDUHSD middle school students?



Curriculum Development



These lessons were developed in collaboration with the following partners over a period of five years:

- SDUHSD 7th and 8th grade Science and Special Education Teachers
- SDUHSD Instructional Specialists
- SDUHSD Administrators
- San Diego County Office of Education Health and Physical Education Coordinator
- San Diego County Department of Public Health
- California Department of Education



Feedback from SDUHSD students and community partners continues to be incorporated annually.

What Topics Will Be Addressed?

Unit*	7th Grade	8th Grade
Classroom Culture and Climate	X	X
Growth and Development	X	
Healthy Relationships	X	X
Pregnancy and Parenting	X	X
Contraception and Abstinence	X	X
HIV and Sexually Transmitted Infections (STI's)		X
Sex Abuse, Violence, and Human Trafficking	X	X

*Under the [California Healthy Youth Act](#), all comprehensive sexual health and HIV prevention instruction and materials in grades K-12 must be inclusive of lesbian, gay, bisexual, transgender, and/or queer (LGBTQ) students. Learn more [here](#).

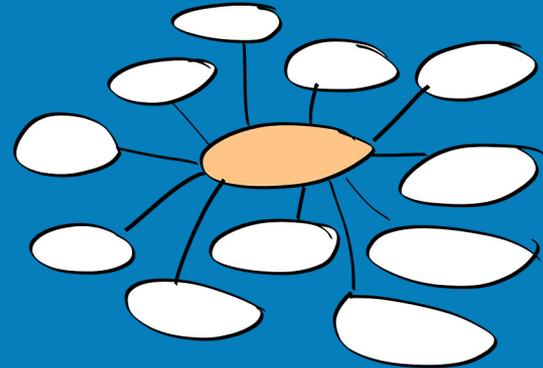
What will these lessons look like?



All lesson activities are housed in slide decks to support consistency across classes.

Units incorporate a variety of lesson activities such as:

- Discussions
- Skill-building activities
- Readings
- Videos
- Card Sorts
- Concept Mapping
- Decision-Making Strategies



Key Curricular Points



- Age-appropriateness was carefully considered when placing topics in 7th/8th grade.
- All information shared with students is medically accurate.
- Content is aligned with the California Healthy Youth Act (CHYA) and Health Education Standards.
- Teachers can adjust instructional strategies and resources (Kahoot, Google Forms, etc.) to meet the needs of their students.

Reminders



All curricular materials were made available for parents to review beginning on **March 27, 2026** on our district [Health Education webpage](#).



[SDUHSD Health
Education Webpage](#)

Opting Out of Health Education

What are parents' rights and what is the process to opt out of health education?



Opt Out Rights

Summary

- Per state law (Ed. Code 51938(a)), parents have the right to **opt their child out of part or all** of comprehensive sexual health education
 - Under the California Healthy Youth Act, all comprehensive sexual health and HIV prevention instruction and materials in grades K-12 must be inclusive of lesbian, gay, bisexual, transgender, and/or queer (LGBTQ) students. Instruction must affirmatively recognize that people have different sexual orientations and, when discussing or providing examples of relationships and couples, must be inclusive of same-sex relationships. It must also teach students about gender, gender expression, gender identity, and explore the harm of negative gender stereotypes. This means that schools are required to teach about sexual orientation and transgender, cisgender, and non-binary gender identities. Learn more [here](#).
- Parents must be **notified** about sexual health education

What is the Opt-Out Process?



- **Parents receive notification (March 27, 2026)** about sexual health education from district/site administration & SDUHSD passive consent information
 - Notification to be sent a **minimum of 14 days prior** to the start of instruction
 - Information may also be accessed on the health website beginning March 27, 2026.
- **Parents are able to opt out** of some or ALL of the Health Education units
- **Parents must submit a written request that they want to opt out their child from sexual health education** to school administration (letter or email is appropriate)
 - Students under the age of 18 are unable to opt-out themselves
- Students who are opted-out of health education will complete **alternative assignments** during CHYA education class time
 - **All parents may access curricular materials** on the health website, beginning March 27 should they wish to use these resources with their children at home

Have a question or concern?



Reach out to us! We are here to help!

- ❑ Contact your student's Middle School Principal/Assistant Principal.
- ❑ Contact your student's Science Teacher.
- ❑ Submit a question on the Google Form at the bottom of the [district health education website](#).

STILL HAVE A QUESTION?

Please complete this [brief form](#).

Q & A

