



# New York State Needs

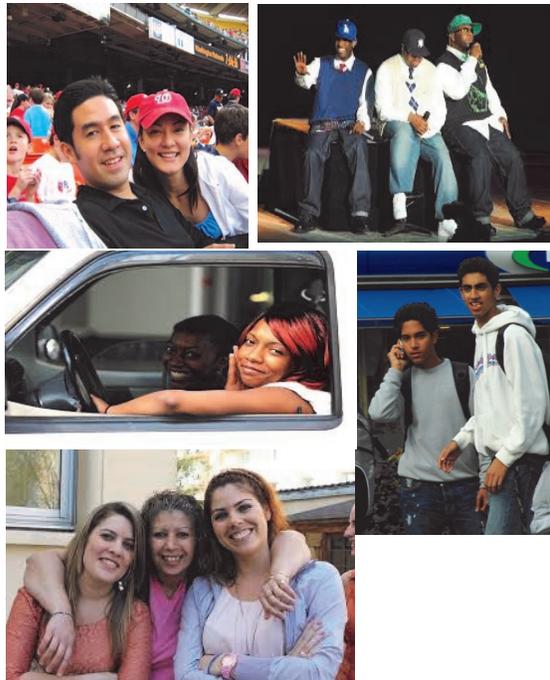
## Comprehensive Sexuality Education

### Benefits of CSE

- Healthy students do better in school and have higher grades than their less healthy peers.
- Formal school sexuality education that includes delaying sex and methods of contraception can improve the health and well-being of youth.
- A coordinated approach that includes family, community, school health services, healthy school environment and health education helps youth to be academically successful.
- Evaluations of comprehensive sexuality education programs show these programs increase parent-child communication, delay the onset of sexual activity, reduce the frequency of sexual activity, reduce the number of sexual partners, increase condom and contraceptive use, decrease unintended pregnancy, STDs, and dating violence.
- Results from an evaluation of a high school HIV/STD and pregnancy prevention program showed a savings of \$2.65 in total medical and social costs for every \$1.00 spent on the program.

### And it doesn't

- Promote promiscuity
- Encourage early sexual activity
- Increase sexual activity
- Send confusing messages to adolescents



### WHAT'S CURRENTLY HAPPENING?

NYS Education Department Commissioners Regulation 135.3 requires that elementary and secondary school curriculum include a sequential health education program for all pupils K-6 and a half year course in both middle and high school. Appropriate instruction concerning Acquired Immune Deficiency Syndrome (AIDS) is part of the program and is to be designed to provide accurate information to pupils concerning the nature of the disease, methods of transmission, and methods of prevention; shall stress abstinence as the most appropriate effective pre-marital protection against AIDS; and shall be age appropriate and consistent with community values. Family life/sexual health education is not required.

### WHAT ARE THE COMPONENTS?

- **Policy** - at the State and School District level guiding schools towards best practices in Comprehensive Sexuality Education, including: family and community involvement, quality K-12 curriculum, regular ongoing professional development, and monitoring and assessment of instruction and student learning.
- **Parent/Family Engagement** - Parents are the primary sexuality educators of their children. Quality sexuality education supports family involvement in the development and implementation through advisory councils, homework, parent-child communication, parent opt-out and other meaningful opportunities.
- **Community Engagement** - Community involvement is critical. Many agencies have expertise in the area of quality sexuality education and can support schools in numerous ways, including advisory council involvement, best practices, professional development, youth development and much more.
- **Pre-K through 12th grade Curriculum, Instruction and Assessment**—aligned with the NYS Health Education and National Sexuality Education Standards. Quality curriculum are medically accurate, bias-free, focused on the development of critical skills and functional knowledge, evidence-based or research-informed.
- **Professional Development** - certified teachers need ongoing quality professional development and supports including best practices, strategies, knowledge and methodologies in health and sexual health education.
- **Implementation, Monitoring and Sustainability**- curriculum shall be implemented with fidelity and regularly monitored to ensure students receive the benefit of the instruction, needed modifications are made, and it is integrated into the instructional program of the school.



**Healthier Students are Better Learners**

# Why Comprehensive Sexuality Education?

## WHAT IS THE NEED?

- In 2013, about 38% of NY State high school students reported they had sex; almost 13% said with 4 or more partners.
- 3 in 10 young women become pregnant at least once before age 20.
- Youth age 15-25 contract almost 50% of sexually transmitted diseases annually.
- As of 2012, there were 1,512 NY youth ages birth to 19 living with HIV or AIDS.
- A majority of LGBT youth in NY regularly hear homophobic, sexist and negative remarks about their gender expression.
- Children born to teen mothers are more likely to have lower skills in math, reading, language, communication, as well as lower social skills.
- Dating abuse is associated with unhealthy sexual behaviors.
- In 2010, public spending on teen childbearing in NY totaled \$337 million.

Access citations at [www.nyscap.org](http://www.nyscap.org)



**Improve** academic achievement and student success

**Increase** and/or maintain healthy sexual behaviors

**Increase** abstinence from unhealthy and/or high risk sexual behaviors

**Delay the onset** of first involvement with unhealthy or high risk sexual behaviors

**Decrease** unhealthy and/or high risk sexual behaviors

**What is NYSCAP** and how does it help to support Comprehensive Sexuality Education? The New York State Council on Adolescent Pregnancy Prevention is a non-profit organization made up of people and organizations providing leadership in teen pregnancy prevention and supporting healthy adolescent development and well-being across New York State.

## How can you help?

- **Join NYSCAP and other organizations that support quality grade K-12 comprehensive sexuality education in schools**
- **Educate**.....legislators, school and community leaders, school boards, parents and families, community members and ultimately children and adolescents
- **Support**.....State and district legislation, policies and best practices to ensure comprehensive sexuality education in schools, with strong parent/family education and involvement
- **Contact NYSCAP at:**  
[nyscap@gmail.com](mailto:nyscap@gmail.com)  
[www.nyscap.org](http://www.nyscap.org)  
<https://www.facebook.com/NYSCAP>

NYSCAP members work to raise awareness about adolescent pregnancy related issues and advocate for programs to promote comprehensive sexuality education, teen pregnancy prevention and support services for pregnant and parenting teens. We believe that all youth are entitled to certain rights and a range of conditions and opportunities that will enable them to grow up in the healthiest way and to become thoughtful, caring, self-sufficient adults.



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