

HEALTH IS MEANINGFUL LIVING

A Focus on Sex Education

Webinar 3 of 3



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Objectives

- Define and explain all areas of comprehensive sexual health education.
- Explain to all stakeholders the importance of appropriate sexual health education.
- Correlate the importance of everyday opportunities of social skill instruction with comprehensive sexual health education



**BE READY TO FEEL
UNCOMFORTABLE**





POLICIES & PERMISSIONS

Federal, State, and Local



Federal

- Is there any?
- 30 out of 50
- 22 out of 50
 - “Medically accurate”

Kaiser Family Foundation (2021)



States

Mandates both sex and HIV education

- California: (S) Including abstinence and contraception; (H) Including abstinence and information on condoms
- Florida: (S) Must stress abstinence; (H) Must stress abstinence
- Kentucky: (S) Must cover abstinence; (H) No state specific content requirement

National Conference of State Legislatures (2020)

Kaiser Family Foundation (2021)

Medically Accurate

California

- Cal. Educ. Code § 51930-51939

Illinois

- 105 ILCS 5/27-9.1 & 150 ILCS 110/3

Michigan

- Mich. Comp. Laws § 380.1169

National Conference of State
Legislatures (2020)





Local (county, district)

Florida

- Has 64 school districts
- Teen pregnancy
- Abstinence
- What consent?
 - House Bill 519 (2021)
 - House Bill 545 (2021)
 - House Bill 1303 (2021)

SIECUS. (2021)

Follow the Rules





NATIONAL SEXUALITY EDUCATION STANDARDS



NATIONAL SEX EDUCATION STANDARDS

CORE CONTENT AND SKILLS, K-12
SECOND EDITION

FoSE
Future of Sex Education

NSES, 2020

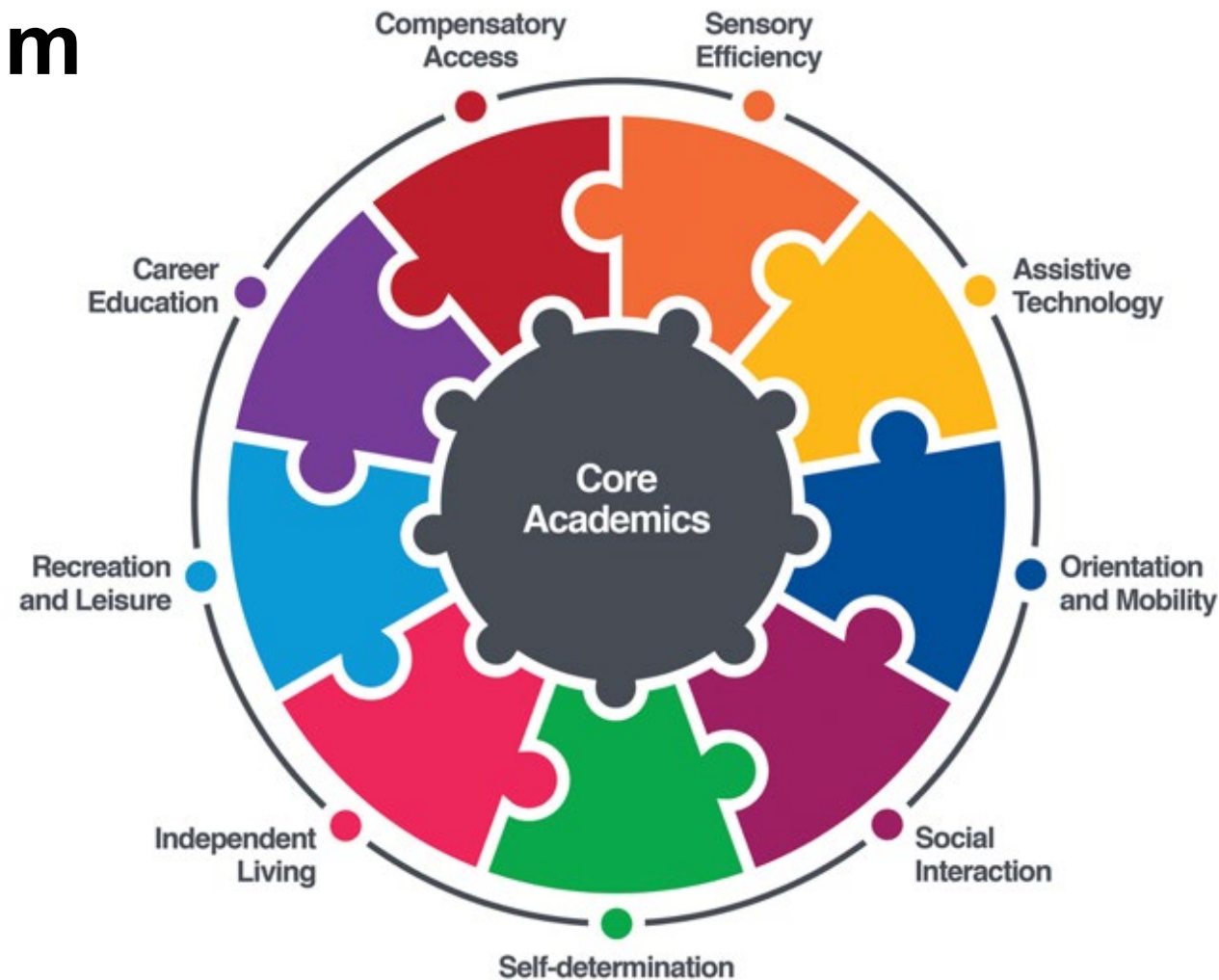
- What is it?
- Who produced it?
- When did 'they' produce it?
- How it impacts sex ed?

NSES (2020)

Expanded Core Curriculum is the Foundation

- Independent Living Skills
- Self-Determination
- Social Interaction Skills
- Recreation & Leisure*
- Access Technology*

Wild et al (2019)



SMART Goal- Elementary

“By May 2022, when provided access to tangible models of male anatomy, Spectacular Student will identify the proper name and function of each body part with 90% accuracy as measured by teacher charted data.”

SMART Goal- High School

“By December 2022, when provided tangible materials such as contraceptive products and teacher-made models, Spectacular Student will identify the signs and symptoms of common STIs, including HIV, and demonstrate preventative strategies to support overall health. He will do this with fewer than 1 verbal prompt in 4 of 5 trial days as measured by teacher charted data.”



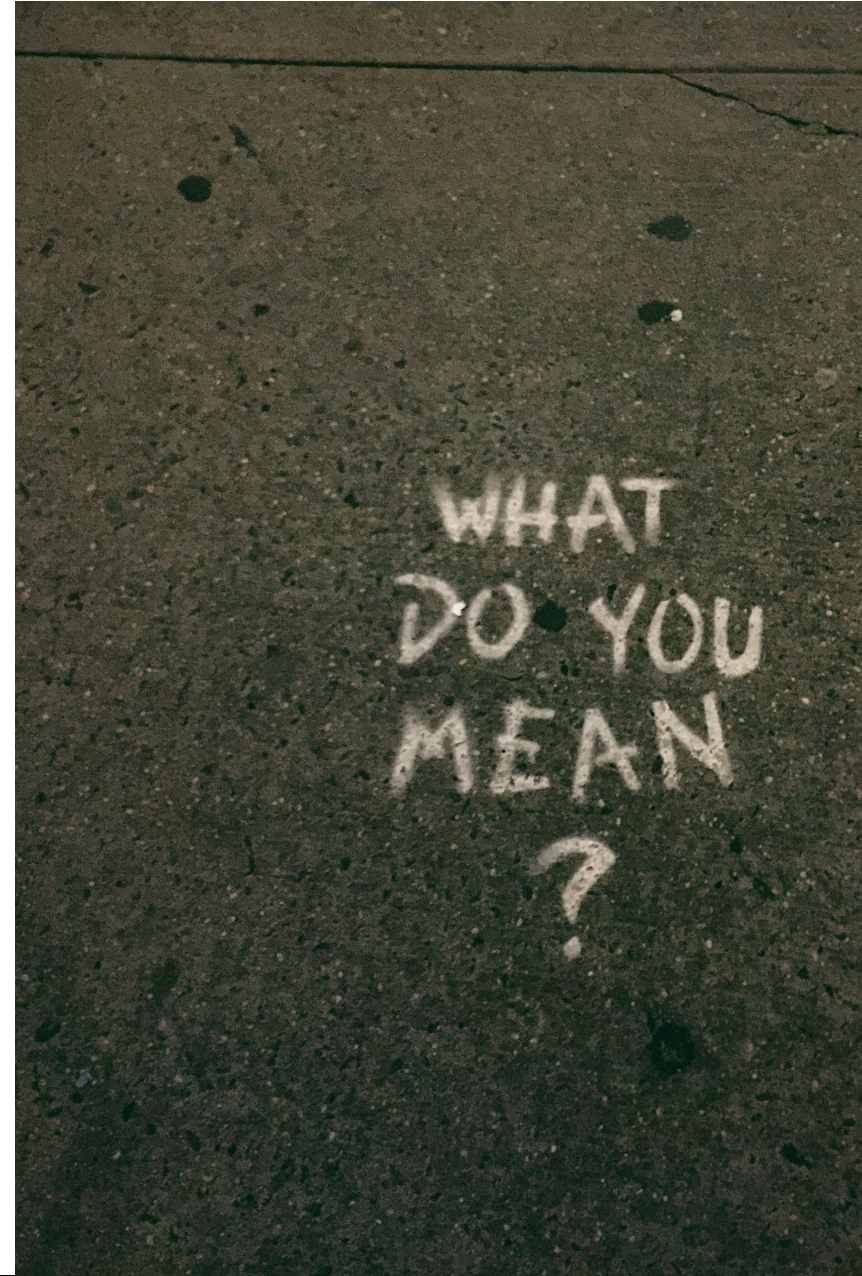
SEXUALITY HEALTH EDUCATION

Standards based



Why?

... is Meaningful
Sex Education
Important?



BVI Myths & Sex Ed

Myth #1: less curious about, interested in, or available for romantic and sexual relationships

Myth #2: Information about sexuality is harmful to students who are visually impaired.

Myth #3: Sex education leads to experimentation

Myth #4: information about contraception and condoms vs. information about abstinence

Wild et al (2019)

Anatomy and Physiology

- Correct Names
 - Reduces victimization (Harrell, 2021)
 - RTC Media video
- Tangible replicas
 - List of anatomical structures
- Introduce your students to ALL bathrooms
 - Urinals (O&M)
 - Closed doors (Social)
- 8th grade standard

Wild et al (2019)

Puberty and Adolescent Development

Physical changes

- Erection
- Nocturnal emissions
- Ovulation
- Menstruation
- Self-exams

Public vs. Private

Wild et al (2019)





Pregnancy and Reproduction

Prevention

- Knowledge!
- Understanding!
- Birth control
- Pregnancy test
- ObGyn help & care

Takes two

Process of pregnancy, birth, raising a child

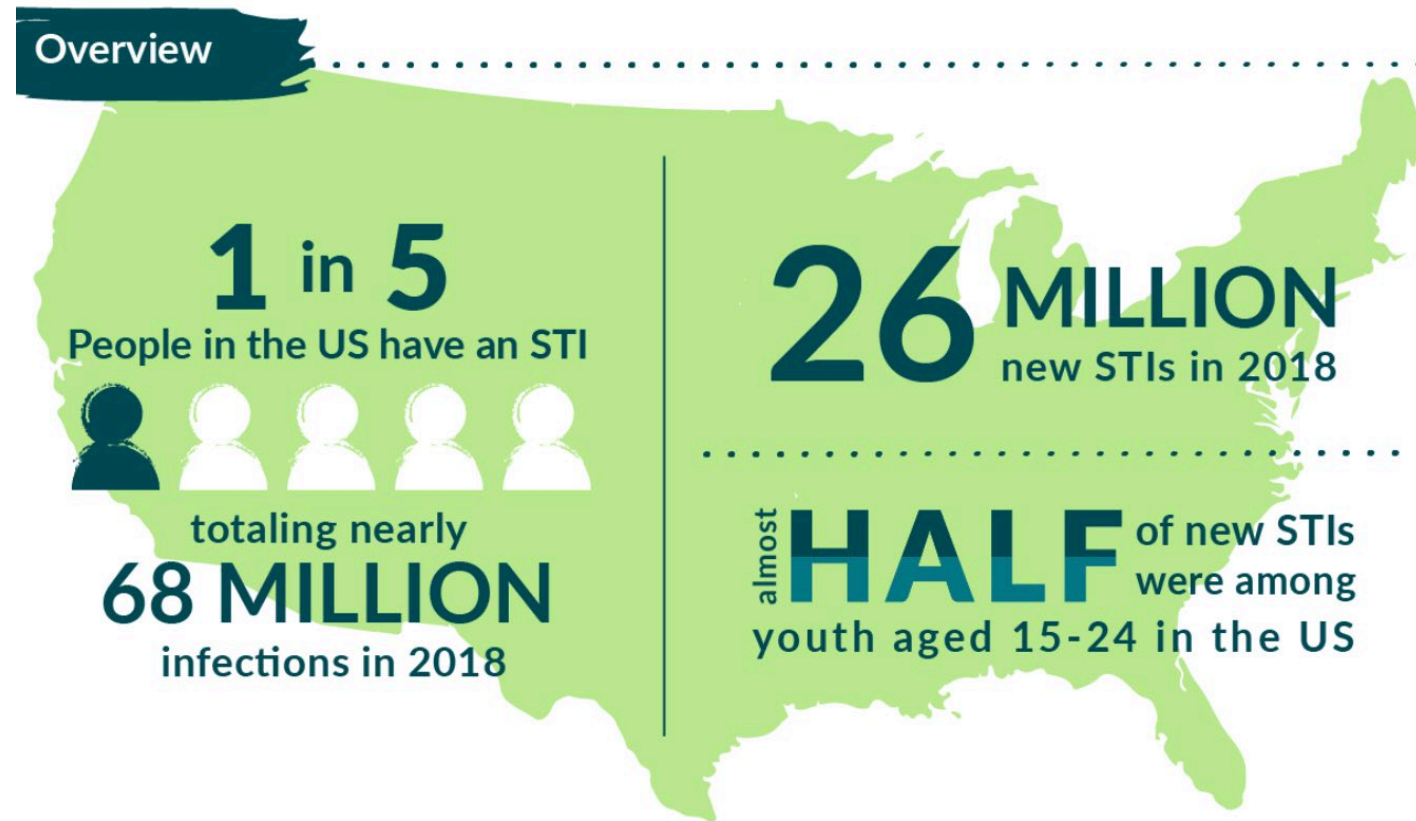
Wild et al (2019)

Sexually Transmitted Diseases

- Diseases vs. infections
 - Some clear up
 - Some stay
- Some have symptoms
- Some have no symptoms

Wild et al (2019)

CDC (2021)





Healthy Relationships 1.

- Communication
- Social Networking Apps
- Safety in the Digital Age

Wild et al (2019)

Healthy Relationships 2.

- Direct Instruction for Social Skills
- Access Technology
 - Email, text, apps, websites, blogs
 - Emojis
 - Games!

Wild et al (2019)



Mini-Lesson Topic Ideas

- Types of communication
- Differences between types relationships
- Consent
- What to do if a boundary is crossed in a relationship
- Ways to communicate needs and limits
- Ways to refuse any type of behavior
- Ways to negotiate within a relationship
- Understanding and identifying types of manipulation

Nordes (2021)

Identity

- Gender Identities & Expression
- Sexual Orientation & Identity
- Personal Attitudes Around Sexuality
- Open & Honest
- Inclusive

Wild et al (2019)



Personal Safety

Age-appropriate and meaningful education

- Early with names
- “good” and “bad” touching
- Substances for self and ‘spiking’
- self-aware and project confidence
- self-defense class
- Information hot lines
- Health insurance/information

Wild et al (2019)



Consent

“Consent is a life skill that should be practiced long before it has anything to do with sex.”

@SexPositiveFamilies

Teaching Concepts of Relationships & Consent at Various Ages

Birth-Toddlers: correct and scientific vocabulary, narration of tasks, body autonomy, words have meaning

Elementary: teach negotiation, refusal, and reporting.

Middle School: boundaries, narratives that reinforce unhealthy stereotypes, books & movies that portray consent

High School: complex situations and consent, encourage open communication about sex, sexuality, sexual health, and relationships.

Aswell (2018)

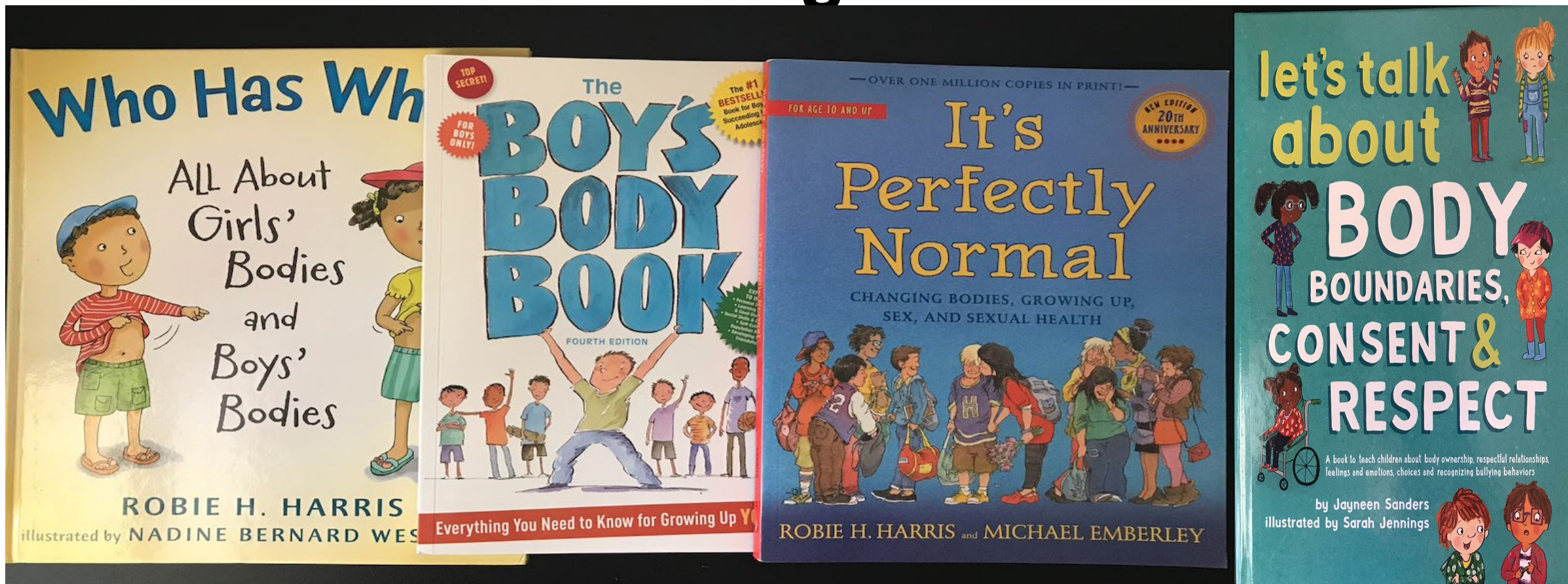
Video

<https://youtu.be/h3nhM9UIJjc>

Books across the ages- Consent



Books across the ages

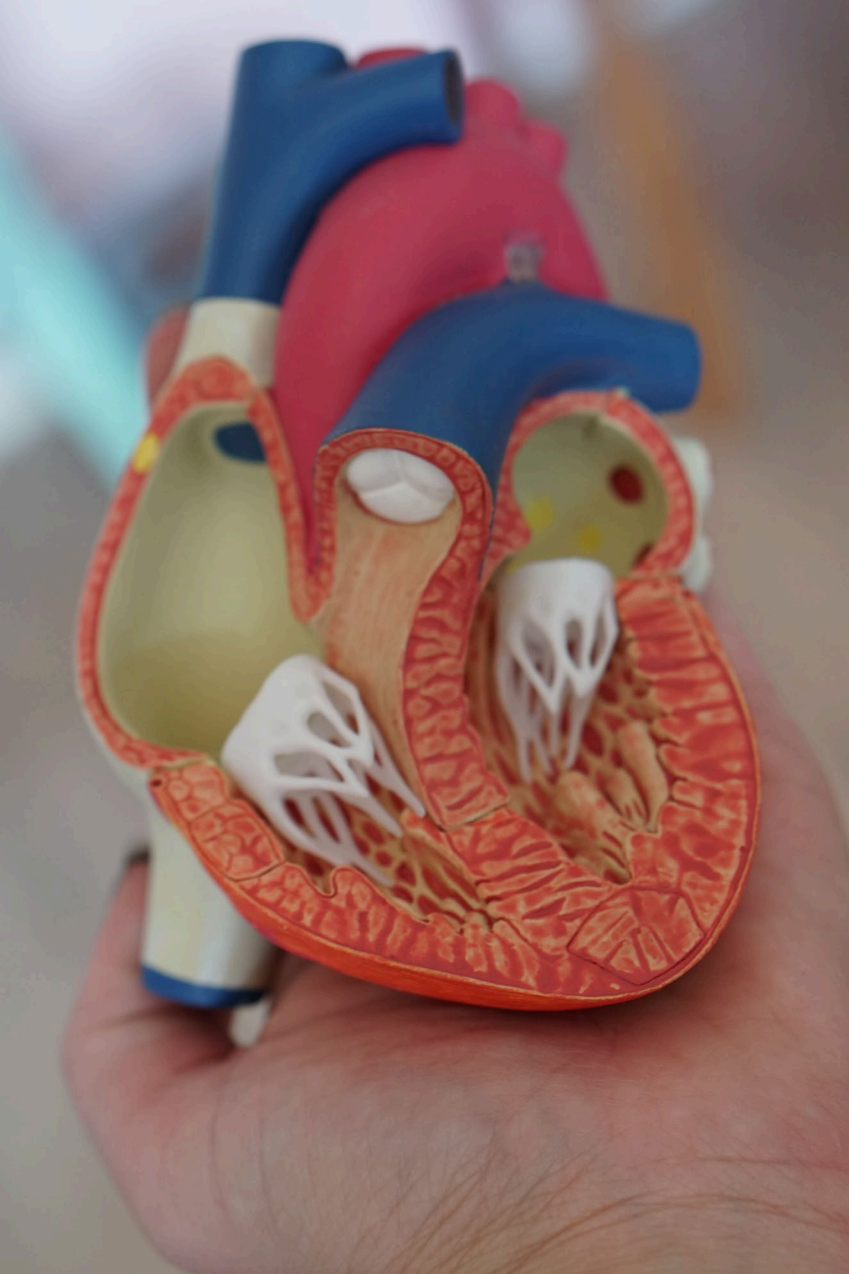




MODELS & RESOURCES

Health Education Guidebook





Teacher- made

- Male Genitalia
- Male Internal Reproductive Anatomy
- Female Genitalia
- Female Internal Reproductive Anatomy
- Process of Conception
- Menstruation Demonstration
- Signs and Symptoms of Sexually Transmitted Infections

Wild et al (2019)




CLOSING



Recap

- Follow the rules
- Be intentional
- Start early
- Use your resources



HEALTH EDUCATION
for Students With Visual Impairments

A Guidebook for Teachers



REFERENCES



Books, etc

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THANK YOU

Happy Holidays!

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