



KEY MESSAGES:

- The Health Curriculum Framework is designed to help students access the information they need to grow into healthy adults. The framework is aligned to California's health standards.
- Neither the standards nor the framework are mandatory. Both are optional for districts.
- The framework helps teachers provide safe and healthy learning environments free from bullying and harassment.
- The framework covers six health "domains" vital to wellness, including nutrition and exercise, drug prevention, emotional well-being, mental health and sexual health.
- Importantly, the framework includes LGBTQ-inclusive language teachers can use to create safe spaces.
- LGBTQ students are bullied more frequently than their peers and have higher suicide rates. In a survey, 64 percent of LGBTQ students say they have been bullied at school.
- Dispelling myths, breaking down stereotypes and linking students to resources can help prevent bullying.
- Because California gives local school districts the freedom to address local needs, the framework does not direct what should or shouldn't be taught. It is a guide that districts may use in developing a scope and sequence for locally designed health education program.

DETAILS:

- California is NOT requiring teachers to teach gender identity in elementary schools (K-6).
- The Health Curriculum Framework is separate from the California Healthy Youth Act of 2016, which requires students to receive sexual health education and HIV prevention education once in middle school and once in high school.
- Parents may opt out of sex education.
- However, the opt-out provision of the California Healthy Youth Act does not apply to instruction or materials outside the context of sex education, including those that may reference gender, gender identity or sexual orientation. For example, the opt-out rule associated with sex education would not apply to a social studies lesson on the U.S. Supreme Court's 2015 ruling in favor of same-sex marriage.