

eyes open Your Connection • To Adolescent Sexual Health IOWA

The mission of EyesOpenIowa (EOI) is to empower Iowa's communities to provide young people with comprehensive sexual health information and services to make healthy and informed decisions about sex and relationships, both now and in the future.

wise iowa project Working to Institutionalize Sex Ed

The WISE (Working to Institutionalize Sex Ed) Iowa Initiative is a project of EyesOpenIowa: Your Connection to Adolescent Sexual Health.



WISE IOWA INITIATIVE

Goal

The Working to Institutionalize Sexuality Education (WISE) Initiative is a nationwide effort to support schools in implementing high quality, K-12 sex education in order to prepare our nation's youth for life-long health and well-being. EyesOpenIowa has managed the WISE Iowa Project since 2009 and supports school districts in adopting, implementing and institutionalizing Comprehensive Sex Education (CSE) programs that are research-informed, medically accurate, and age-appropriate in compliance with the Iowa Human Growth and Development Mandate (Iowa Code 279.50)

WISE Iowa works collaboratively with district administration and staff to assess school policy, select curricula, and train school staff in order to implement sex education that meet the local needs of the school and the students they serve. Currently, WISE Iowa partners with 39% of the state's school districts, reaching 191,529 students with comprehensive, evidence-informed sexual health education.

Through the resources provided by the WISE Initiative, partner school districts have advanced their efforts to create sex education programs that are sustainable and comply with our state mandate.



AS A WISE SCHOOL PARTNER, districts receive assistance:

- Assessing school district policies and practices
- Selecting, mapping and aligning curricula to Iowa Core and National Sexuality Education Standards
- Enhancing the readiness of the district to institutionalize the implementation of comprehensive sex education
- Building staff capacity and program sustainability through customized professional development trainings to increase teaching techniques and comfort in providing sex education
- Accessing certified trainers to provide instruction and training on select evidence-based sex education curricula and skill-building
- As space within the WISE Program is limited, the WISE Initiative primarily focuses on supporting school districts with student enrollments of 3,000 or more



WHAT IS COMPREHENSIVE SEX EDUCATION (CSE)

Comprehensive Sex Education (CSE) addresses both abstinence and age-appropriate, medically accurate information. Comprehensive sex education is also developmentally appropriate, introducing information on relationships, decision-making, assertiveness, and skill building to resist social/peer pressure, depending on grade-level.

Is Your School WISE?

Sexually healthy teens who are prepared to make responsible decisions are more likely to succeed in school, achieve meaningful interpersonal relationships, and envision positive futures for themselves.

EyesOpenIowa assists schools in designing and delivering sexual education K-12 that is planned, sequential and part of a comprehensive school health education approach.

SEXUAL RISK BEHAVIORS

The 2015 Iowa Risk Behavior Survey indicates that among high school students: ¹

- 38%** had sexual intercourse
- 3%** had sexual intercourse for the first time before age 13 years
- 9%** had sexual intercourse with four or more persons during their life
- 29%** were currently sexually active ^a
- 42%** did not use a condom during last sexual intercourse ^b

The state legislature has established the need for factual education of all of Iowa's students in kindergarten through twelfth grade. Age-appropriate and research-based education is required by Iowa Code 279.5.



WHY COMPREHENSIVE SEX ED (CSE)?

Research shows CSE programs help youth by: ²

- delaying onset of sexual activity
- reducing number of sexual partners
- reducing frequency of sexual activity
- increasing academic achievement and decreased dropout rates
- increasing use of condoms and other contraceptives

Evidence shows youth who receive comprehensive sex education are **NOT** more likely to increase sexual activity.

SEX EDUCATION IN IOWA PUBLIC SCHOOLS

Guidelines & Resources

SUMMARY

Iowa Code section 279.50 requires public schools to provide age-appropriate and research-based instruction in human growth and development including instruction about human sexuality, self-esteem, stress management, interpersonal relationships, domestic abuse, HPV (Human Papilloma Virus) and the availability of a vaccine to prevent HPV, and AIDS (Acquired Immune Deficiency Syndrome) in grades kindergarten through twelve.



DEFINITIONS

Iowa Code section 279.50 provides the following definitions to assist school districts in assessing curricular materials.

Age-appropriate

means topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group.

Research-based

means all of the following:

1. Complete information that is verified or supported by the weight of research conducted in compliance with accepted scientific methods; recognized as medically accurate and objective by leading professional organizations and agencies with relevant expertise in the field, such as the American College of Obstetricians and Gynecologists, the American Public Health Association, the American Academy of Pediatrics, and the National Association of School Nurses; and, published in peer-reviewed journals where appropriate.
2. Information that is free of racial, ethnic, sexual orientation, and gender biases.

PROVISIONS To Parents and Guardians

As stated in Iowa Code section 279.50, school districts are required to provide to the parent or guardian of any student enrolled in the school district annual information about the human growth and development curriculum to be taught that year and how parents/guardians may review the materials prior to their use in the classroom. In addition, schools must notify parents or guardians that they may file a written request with the appropriate principal to excuse their child from any instruction to which they object.

REQUIRED TOPICS

For grades 7 and 8, the regulations of the Iowa Department of Education as stated in Iowa Administrative Code 281-12.5 require health instruction that includes the following topics:

- human sexuality
- self-esteem
- stress management
- interpersonal relationships
- emotional and social health
- health resources
- prevention and control of disease
- characteristics of communicable diseases, including STDs (Sexually Transmitted Diseases)

For grades 9-12, the same regulations require health instruction that includes:

- human growth and development
- substance abuse and nonuse
- emotional and social health
- health resources
- prevention and control of disease, including STDs and AIDS
- current crucial health issues
- human sexuality
- self-esteem
- stress management
- interpersonal relationships

According to Iowa Code section 279.50, schools are not prohibited from developing and making available abstinence-based or abstinence-only materials or from offering an abstinence-based or abstinence-only curriculum in meeting the human sexuality component of the human growth and development requirements. However, the content of these materials must be age-appropriate and research-based as defined above.

PUBLIC ACCESS TO CURRICULUM

Iowa Code section 279.50 requires schools to comply with requests from any agency or organization that asks for information about the human growth and development curriculum used in each grade level and the procedure used by the district for inspecting and updating the instructional materials.

CURRICULA TRAININGS PROVIDED THROUGH EYESOPENIOWA:

Making Proud Choices!
Making A Difference!
Rights, Respect, Responsibility (3R's)
Draw the Line/Respect the Line
Safer Choices
Reducing the Risk
All4You!
Cuidate!
Promoting Health Among Teens!
F.L.A.S.H.

EARLY INTERVENTION

Best practice is to begin CSE programming in elementary school because it is age-appropriate and helps students:

- Know the proper names of body parts
- Understand puberty and their growing bodies (4th - 5th grade)
- Develop and identify healthy friendships
- Understand the harmful impacts of bullying
- Set safe body boundaries
- Learn internet safety

WHY IOWA

Why Now?

Public opinion polls of parents of middle school students show that **93%** believe that it is very important or somewhat important to have sex education included as part of school curriculum. **91%** of parents of high school students agree. Both groups support educating adolescents about condom and contraception use.

73% of adults and **56%** of teens wish for more information about both abstinence and birth control or protection in schools.³



PARTNERS

The WISE Iowa Initiative developed a network of partners who have or are actively investing their expertise and resources to the Initiative.

These partners include:

- Iowa Department of Education
- Iowa Department of Human Services
- Iowa Department of Public Health
- The Grove Foundation
- David and Lucile Packard Foundation

FUNDING

Since 2009, Iowa has been chosen to be a WISE state due to our Human Growth and Development mandate, Iowa Code 279.50 and also our state's favorable policy climate for comprehensive sexuality education. Iowa is one of thirteen states nationally to receive WISE Initiative funding. EyesOpenIowa is the grantee agency providing WISE services to school districts and was chosen due to its expertise, state-wide coverage, and extensive training department.



OUR FOUR COMMITMENTS TO EXCELLENCE

EyesOpenIowa invites all providers of sexual health education in Iowa to voluntarily commit to the following:



Accuracy

Sexual health education will be factual, medically accurate, and informed by the weight of available peer-reviewed research.

Accountability

Providers will voluntarily adhere to a basic set of science-based standards and be willing to accept a periodic peer review of practices and program content.

Affirmation

Sexual health education will affirm sexuality as a natural lifelong quality of being human which can be expressed in healthy, responsible ways.

Advocacy

Providers will actively advocate for:

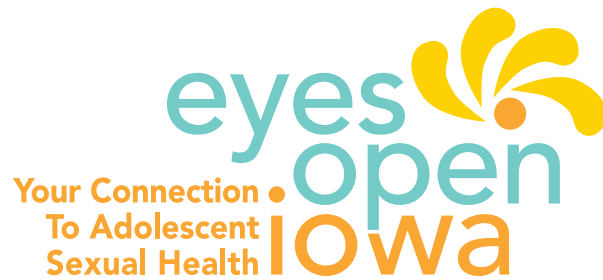
- Abstinence first from any form of risky sexual activity
- Age-appropriate, medically accurate sexuality education for all
- Access and referral to reproductive health care and services for sexually active youth
- The efficacy of contraception and condoms in reducing the risk of pregnancy and STI/HIV infection.

www.eyesopeniowa.org



Let Us Help Make *Your* School WISE
PLEASE CONTACT EYESOPENIOWA'S WISE DEPARTMENT

Kirsten Brown, LMSW
WISE Program Manager
kbrown@eyesopeniowa.org



EyesOpenIowa
4000 Westown Parkway, Suite 204
West Des Moines, Iowa 50266

515-276-6788
info@eyesopeniowa.org

FACEBOOK // TWITTER // INSTAGRAM

1 Advocates for Youth. (2009, September). Comprehensive Sex Education: Research and Results: Retrieved from www.advocatesforyouth.org/storage/advfy/documents/fscse.pdf

2 Iowa Department of Education. Iowa Risk Behavior Survey. (2015). Retrieved from <https://www.educateiowa.gov/sites/files/ed/documents/Iowa%20YRBS%20-%202015.pdf>

3 National Center for Chronic Disease Prevention and Health Promotion. (2011, November 9). Healthy Youth!. Retrieved from CDC website: <http://thenationalcampaign.org/data/state/iowa>

a Had sexual intercourse with at least one person during the 3 months before the survey.

b Among students who were currently sexually active.

