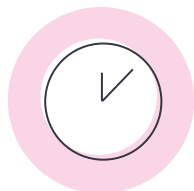


What Can I Do to Advance Sex Education?

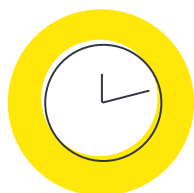


IF YOU HAVE...



5 MINUTES

- **Talk to your child about their sex education.** While it can only take a few minutes each time, you can learn a lot about your child's sex education just by asking!
- **Sign a petition.** If someone in your school or district already has a petition for better sex education, show your support and sign it.
- **Text a fellow parent.** Share your knowledge, encourage others to get involved, and spark a conversation by texting another parent.



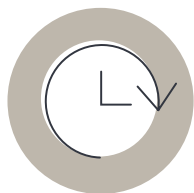
20 MINUTES

- **Find out your state's laws.** Becoming educated on the laws within your state will help you understand your next steps and better support change.
- **Review your school's sex education curriculum.** This is often available online from the district and can provide more information on the school's selected curriculum.
- **Evaluate your school's sex education program.** Use this checklist to see how your school's sex education program measures up to the national standards.



1 HOUR

- **Connect with your local Planned Parenthood affiliate.** Reach out to your local Planned Parenthood affiliate to learn more about existing sex education efforts and needs within your community.
- **Write a petition.** Create tangible goals for a better sex education program and have parents sign their support at a PTA meeting or around the neighborhood.
- **Speak at a school board meeting.** Be an advocate for sex education and, if appropriate, involve students in the process too. Push for concrete goals like having trained educators, removal of single sex instruction, or adding lessons about sexual orientation, gender identity, pregnancy options, and all birth control methods.
- **Call or email your state legislator.** Show your support for positive sex education policies in your state by contacting your state representatives and sharing what you would like to see.



MORE TIME

- **Join or start a school board student health advisory committee.** These advisory bodies work to improve communication and transparency between students, parents, teachers, and the school board.
- **Support new candidates for the school board.** If the school board is not providing the needed change for sex education, consider supporting a new candidate who better aligns with the needs of the community.
- **Volunteer your time.** Join organizations like Planned Parenthood that fight for more comprehensive sex education programs in your state.

