

Sex Ed To-Go Courses and California’s Healthy Youth Act

Sex Ed To-Go is designed to provide foundational knowledge through a one-way, didactic platform; we recognize that some California Healthy Youth Act guidelines aren’t possible to meet without live, guided activities, role plays or reflections. This grid explains the role Sex Ed To-Go can play in providing comprehensive, effective sex education in three categories:

- “Yes” = meet guideline
- “Partially” = introduces or provides foundational knowledge on this standard but additional work with a live educator (e.g. activities, role plays, reflections) or additional materials are needed to meet standard
- “Not yet” = this standard is not yet addressed in Sex Ed To-Go content. Most will be covered in future course; however, there are a few standards that may not be possible to support through a one-way didactic platform.

California Healthy Youth Act Standard	Code reference	Does Sex Ed To-Go meet this standard?	Notes
Overall Requirements			
Age appropriate	EC §51933(a)	Yes	All courses marked with suggested age
Medically accurate and objective	EC §51933(b)	Yes	All courses include information verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field.
Aligns with purpose of CA Healthy Youth Act	EC §51933(c), EC §51930(b)(2)	Yes	
Appropriate for students of all of all races, genders, sexual orientations, and ethnic and cultural backgrounds, pupils with disabilities, and English learners. Videos and resources for students were unbiased and inclusive	EC § 51933(d)(1) EC§51933(d)(4)	Yes	Language and images in all courses are inclusive of a variety of races, ability statuses, family configuration and other identities.
Assessable to English learners or pupils with disabilities	EC § 51933(d)(2) and (3)	Partially	All English courses are closed captioned and all courses are available in Spanish
Affirmatively recognize that people have different sexual orientations and inclusive of same-sex relationships.	EC § 51933(d)(5)	Yes	Language and images in all courses are inclusive of a variety of gender identities and sexual orientations
Gender, gender expression, gender identity, and explore the harm of negative gender stereotypes.	EC § 51933(d)(6)	Yes	Covered in <i>Gender and Orientation</i>
Encourage communication with their parents, guardians, or other trusted adults about human sexuality and provide knowledge and skills necessary for these discussions.	EC § 51933(e)	Yes	<ul style="list-style-type: none"> • All courses end with a section on “Looking for information on sex, relationships, your body, and more?” that encourages students to talk with a parent or trusted adult, acknowledges that it may be awkward and provides

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			<p>links to AMAZE videos for tips to get started.</p> <ul style="list-style-type: none"> A three-part family communication series for parents/caregivers is included in both English and Spanish.
Value of and prepare pupils to have and maintain committed relationships such as marriage.	EC §51933(f)	Not yet	Will be covered in a planned <i>Healthy Relationships</i> course
Knowledge and skills they need to form healthy relationships that are based on mutual respect and affection, and are free from violence, coercion, and intimidation.	EC §51933(g)	Partially	Introduced in <i>Consent</i> . Will be covered in a planned <i>Healthy Relationships</i> course.
Knowledge and skills for making and implementing healthy decisions about sexuality, including negotiation and refusal skills.	EC §51933(h)	Partially	Introduced in <i>Sexually Transmitted Infections</i> . Will be covered in a planned <i>Healthy Relationships</i> course
Not promoting any religious doctrine	EC §51933(i)	Yes	
Offered by trained sex educators	EC §51936	Yes	All content created by trained education staff at Planned Parenthood or vetted community partners
Contraception			
Provides information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy.	EC §51934(a)(9)	Yes	Covered in <i>Pregnancy Prevention (including abstinence)</i>
Includes an objective discussion of all legally available pregnancy outcomes, including, but not limited to: 1) Parenting, adoption, and abortion; 2) Information about the law on surrendering custody of an infant; and 3) the importance of prenatal care.	EC §51934(a)(9)	Yes	(1) and (3) covered in <i>Pregnancy, Childbirth, Adoption and Abortion</i> (2) covered in <i>Understanding Your Rights in California</i>
STIs and HIV			
Covers the nature of HIV, as well as other STIs, and their effects on the human body.	EC § 51934(a)(1)	Yes	Covered in <i>Sexually Transmitted Infections</i>
Covers how HIV and other STIs are and are not transmitted, including relative risks of infection according to specific behaviors	EC §§ 51934(a)(2), (5)	Yes	Covered in <i>Sexually Transmitted Infections</i>
Information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other sexually transmitted infections and abstinence from sexual intercourse is the only certain way to prevent unintended pregnancy + the value of delaying sexual activity.	EC §§ 51934(a)(3)	Yes	Covered in <i>Sexually Transmitted Infections</i> and <i>Pregnancy Prevention (including Abstinence)</i>

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Provides information on the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other STIs.	EC § 51934(a)(4)	Yes	Covered in <i>Sexually Transmitted Infections</i>
Provides information about the treatment of HIV and other STIs	EC §51934(6)	Yes	Covered in <i>Sexually Transmitted Infections</i>
Discusses social views on HIV and AIDS, including stereotypes and myths. Emphasizes that successfully treated HIV-positive individuals have a normal life expectancy, all people are at some risk of contracting HIV, and the only way to know if one is HIV-positive is to get tested.	EC § 51934(a)(7)	Partially	Missing social views on HIV and AIDS. Other standards covered in <i>Sexually Transmitted Infections</i>
Other Topics			
Provides information about local resources and student rights to accessing sexual and reproductive health care and assistance with sexual assault and intimate partner violence.	EC §51934(a)(8)	Yes	<ul style="list-style-type: none"> • Student rights and who to reach out to at school is covered in <i>Understanding Your Rights in California</i>. Current information states that persons 12 years and older can access contraception, abortion, mental health, STI testing and treatment, and drug/alcohol and tobacco treatment. • Access to services covered in <i>Accessing Services</i> • Resources related to sexual assault and intimate partner violence covered in <i>Consent and Human Trafficking</i>
Sexual harassment, sexual assault, sexual abuse, and human trafficking. including 1) the prevalence of human trafficking and strategies for reducing the risk of trafficking and seeking assistance and 2) information on how social media and mobile device applications are used in human trafficking	EC §51934 (a)(10)(A) and (B)	Yes	Covered in <i>Human Trafficking</i>
Information about adolescent relationship abuse and intimate partner violence, including the early warning signs thereof.	EC §51934 (a)(11)	Yes	Covered in <i>Consent</i>
OPTIONAL: potential risks and consequences of creating and sharing sexually suggestive or sexually explicit materials through cellular telephones, social networking Internet Web sites, computer networks, or other digital media.	EC §51934(b)	Not yet	Course planned for future