

Okemos Public Schools
Two-Year Report on Achievement of Goals and Objectives
HIV/AIDS and Sex Education
Jun 15, 2023

Background Information

In June of 2004, the Michigan state legislators passed Public Acts 165 and 166 which modified Michigan laws related to sex education in public schools. Public Acts 165 and 166 outline the planning, training, and implementation mandates for HIV/AIDS and sex education (PA 165 of 2004) and a parent complaint process (PA 166 of 2004).

These acts stipulate the make-up of each district's Sex Education Advisory Board (SEAB) as well as their roles and responsibilities. Part of the role of the SEAB is to:

- *Establish program goals and objectives for pupil knowledge and skills that are likely to reduce the rates of sex, pregnancy, and sexually transmitted diseases; and*
- *At least once every 2 years, evaluate, measure, and report the attainment of program goals and objectives established under subdivision (a). The board of a school district shall make the resulting report available to parents in the school district. MCL [380.1507](#)*

Approved Goals, Objectives, and Curricula

The Okemos Public Schools (OPS) Sex Education Advisory Board – also known as the Personal Health and Sexuality Education Advisory Board (PHASE) – has recommended and the OPS Board of Education has approved the following goals and objectives for the K-12 program of instruction in HIV/AIDS, reproductive health, and sex education. The goals and objectives are aligned with state laws, the State Board of Education [Policy to Promote Health and Prevent Disease and Pregnancy \(2003\)](#), and the [Grade Level Content Expectations as well as the Michigan Merit Curriculum Credit Guidelines for Health Education](#), adopted by the Michigan Board of Education (2007).

Program Philosophy:

OPS offers a comprehensive sex education and HIV/STI prevention curriculum that is medically accurate and age and developmentally appropriate for all students in grades 4 through high school, including students with special needs. The curriculum is designed to recognize and represent the diversity of our students and community and endeavors to be inclusive of everyone regardless of their race, class, ability, family structure, religion, sex, gender, sexual orientation, gender identity, and gender expression. Instruction will be implemented with a trauma-informed lens that avoids strategies that invoke fear or shame, or further traumatize the learner.

implementation mandates for HIV/AIDS and sex education (PA 165 of 2004) and a parent compliant process (PA 166 of 2004). Included in those mandates was a requirement for school districts to publish a report every two years regarding the attainment of curricular goals and objectives. For more information on Michigan law, please go to http://www.michigan.gov/documents/mde/4_Unabridged_Sex_Ed_Laws_249443_7.pdf.

Overview

The Sexual Health Education curriculum addresses the following sexual health content areas in a developmentally appropriate manner: the reproductive cycle, reproductive anatomy, abstinence, fertilization, pregnancy, conception control, rape, and the recognition, transmission and prevention of sexually transmitted infections including HIV/AIDS.

These topics are all presented in such a way as to respect the diversity of values and beliefs present in the classroom and the Okemos community.

All Sexual Health Education instruction is to be conducted by specially-trained educators who provide students with information and skills to help them take care of their sexual health.

Belief Statement

The Okemos Personal Health and Sexual Education Advisory Board believes that sexually healthy people:

- Appreciate and respect their bodies
- Interact with all genders in appropriate and respectful ways
- Express love and intimacy in appropriate ways
- Avoid exploitative relationships
- Identify their values leading to sexual health
- Demonstrate tolerance for people with different values
- Take responsibility for their behavior
- Communicate effectively with family and friends
- Communicate desires not to have sex and accept refusals to sex
- Ask questions of parents and other adults about sexual issues
- Possess sexual feelings without necessarily acting upon them
- Communicate and negotiate sexual limits
- Understand the impact of media messages on thoughts, feelings, values, and behaviors related to sexuality
- Practice health promoting behaviors, such as regular check-ups, breast or testicular self-exam
- Understand the consequence of sexual activity
- Seek further information about sexuality as needed and know how to find that information

Mission Statement

The mission of sexual health education in Okemos Public Schools is to develop an abstinence-based, comprehensive reproductive health and human sexuality program which is

age/developmentally appropriate for students and based on sound science and proven principles of instruction. The program will be tailored to meet the particular needs of our students, parents and community. Great care will be taken to ensure delivery of regularly updated curricula designed to prepare individuals for a lifetime of responsible behavior regarding their sexual and interpersonal behaviors.

Approved Goals, Objectives, and Curricula

The Okemos Personal Health and Sexuality Education (PHASE) Advisory Board has recommended the following overarching goal and objectives for the K-12 program of instruction in HIV/AIDS, reproductive health, and sex education. The goal and objectives are aligned with state laws, the State Board of Education *Policy to Promote Health and Prevent Disease and Pregnancy* (2003), and the *Grade Level Content Expectations* as well as the *Michigan Merit Curriculum Credit Guidelines for Health Education*, adopted by the Michigan Board of Education (2007).

Goal:

There will be an increase in student knowledge and skills that are likely to reduce the rates of sex, pregnancy, and STDs/STIs.

Curricular objectives:

Grade 4

Students will:

1. Communicate with their parents and other trusted adults about their reproductive health, puberty, relationships, parental expectations, and postponing parenthood.
2. Compare the social and emotional changes that occur during puberty in children of all genders.
3. Advocate for respectful treatment of peers.
4. Identify and compare the physical changes that occur during puberty for people with male and female bodies.
5. Improve communication and refusal skills to form respectful peer relationships

Grade 5 and 6

Students will:

1. Promote abstinence as the only method that is 100% effective in preventing pregnancy and sexually transmitted infections/diseases.
2. Communicate about sexuality with a parent or other trusted adult.
3. Discuss medically accurate information about sexually transmitted diseases including HIV.
4. Define healthy sexuality and healthy relationships.
5. Identify media influences and messages about sexuality and compare them with their own family's values.
6. Acquire skills for resisting sexual intercourse and other risk behaviors.
7. Practice positive decision-making skills and refusal skills.

8. In grade 6, students will review the potential negative consequences of sexual intercourse, and explain the ways to reduce the risks of unintended pregnancy and sexually transmitted infections.

Grades 7 and 8

Students will:

1. Examine gender stereotypes and their repercussions
2. Explore how behavior can impact others, either in a positive or negative way
3. Review the male and female anatomy
4. Describe times when females are most or least fertile
5. Define sexually transmitted infections (STI) and Human Immunodeficiency Virus (HIV)
6. Evaluate risk behaviors associated with acquiring STIs and HIV
7. Practice assertive communication skills and demonstrate how to put them into action
8. Demonstrate how to communicate in a respectful way
9. Practice refusal skills
10. Set personal boundaries for staying within behavioral limits to avoid acquiring STIs/HIV
11. Demonstrate an understanding of a decision-making model
12. Review online safety
13. Deduce that parenthood should be reserved for adults who are able to make a life-long commitment to raising a child

High school

Students will:

1. Evaluate environmental effects on the reproductive systems and an unborn fetus.
2. Advocate for responsible decisions, consistent with family and religious values regarding personal sexuality and behavior.
3. Understand the importance of setting personal sexual limits and the advantages of waiting to have sexual intercourse.
4. Demonstrate self-respect and respect for others.
5. Demonstrate the importance of self-control, and of setting, communicating and adhering to sexual limits and boundaries in relationships.
6. Recognize the possible consequences of drugs and alcohol on sexual behaviors.
7. Describe facts about sexually transmitted infections/diseases, including HIV/AIDS.
8. Analyze the physical, social, and emotional impact of having a sexually transmitted infection/disease.
9. Understand how to locate and access support systems and resources.
10. Demonstrate effective skills to access and correctly use condoms and other risk reduction methods.
11. Communicate with parents and other trusted adults regarding reproductive health, relationships, and sexual decisions.

Attainment of Curricular Goals

Pre- and post-testing was done in each grade to assess any increase in student knowledge and skills, and attainment of grade-level objectives.

Approved Curricula

The Okemos Public Schools (OPS) SEAB has reviewed and recommended and the OPS Board of Education has approved the following curricula for implementation with students at each of the building levels. Each OPS teacher responsible for implementing the sex education program has the certifications, endorsements, and professional development required to teach HIV prevention and health, and the recommended training for the approved curricula.

Grade 4, 5, and 6 Curriculum and Supplementary Materials:

- *HIV/AIDS Education* (2020). [Michigan Model for Health](#)[®], Grade 5. 1 lesson.
- *Puberty, the Wonder Years* (2021). I Wonder What Is Happening to Me, [Puberty the Wonder Years](#)[®]. 7 lessons.

The approved reproductive health curriculum is implemented by Grade 4 classroom teachers in the 4 elementary buildings. Parents were notified and offered resources for initiating discussion of these topics at home.

Grade 7 and 8 Curriculum and Supplementary Materials:

- Rights, Respect, Responsibility Curriculum by Advocates for Youth for grade 7 <https://www.3rs.org/>
- *Growing up and Staying Healthy: HIV, AIDS, and Other STIs: A Module for Grades 7 and 8* (2020). [Michigan Model for Health](#)[®]. 10 lessons.

The approved curricula are implemented by the health education teachers at the Chippewa middle school.

Grade 9 Curriculum and Supplementary Materials:

- *Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention, A Module for Grades 9-12* (2020). [Michigan Model for Health](#)[®].

The approved curriculum is implemented by health education teachers at the high school

High School Special Education Curriculum:

- Life Horizons <https://stanfield.com/product/life-horizons-family-life-program/>
- Puberty: The Wonder Years <https://pubertycurriculum.com/>
- Michigan Model <https://www.michiganmodelforhealth.org/>

- Flash
<https://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/birth-control-sexual-health/sexual-health-education/flash/special-education>

The approved curriculum is implemented by special education teachers in self-contained classrooms at all grade levels. Each OPS teacher responsible for implementing the sex education program has the appropriate certifications and endorsements required to teach health, has received training about HIV/AIDS, and has attended training offered by the intermediate school district in sex education and in the curriculum they are responsible for teaching. Please see attached document for specific student learning objectives for each of the five curricula.

Preparation for Program Evaluation

In the past, the Okemos district’s SEAB met and approved a recommendation to evaluate our program with a pre- and post-test using the tests provided by the approved curricula that assess knowledge and skills.

Evaluation, Measurement, and Attainment of Program Goals and Objectives

The district results of the pre- and post-tests are as follows:

Puberty: The Wonder Years (Grade 4)	Pre-test	Post-test	Change
Mean score for all questions	62.5%	87.8%	40%
Growing Up and Staying Healthy and ETR Supplement (Middle School)	Pre-test	Post-test	Change
Mean score for all questions	65%	83%	28%
Healthy and Responsible Relationships (High School)	Pre-test	Post-test	Change
Mean score for all questions	29.5%	91%	61.5%

Sex Ed Program Activities and Next Steps

The OPS PHASE advisory board met between 3 and 5 times per school year, either virtually via Zoom or in person at the school board meeting room to ensure all the responsibilities of the PHASE board were fulfilled. Meeting dates and times were published on the Okemos website. Meeting minutes are available upon request.

During the 2022- 2023 school year, PHASE reviewed the curriculum for grades 4, 5, 6, 7, and 8, and made recommendations to the school board for adoption of updated Puberty the Wonder Years curriculum for grades 4, 5, and 6, and made minor changes to the curriculum in grades 7 and 8 to better meet the needs of the students. In addition, the supervisor of reproductive health met with teachers at all grade and skill levels, including those teaching students with

special needs. Additional adapted resources will be reviewed for special education students in the coming 2023 - 2024 school year.

Accessing the Results

This report was shared at the June 12, 2023 school board meeting. This report is available on the Okemos Public Schools website, <http://okemosk12.net/>. This report was prepared by Jill Dehlin, RN, Supervisor of Reproductive Health. Please contact Stacy Bailey, Assistant Superintendent of Instruction, with any questions about this report.