



LYNDEN SCHOOL DISTRICT

Meeting: Health Review Committee

Date: 3/30/2021 Time: 4:00-5:30 pm

Zoom

Theory of Action:

It is our belief that strengthening the instructional core by:

- *Supporting and strengthening educators' knowledge and skills through collaborative adult learning*
- *Developing classroom environments that are highly engaging to our students*
- *Providing academically challenging standards-based curriculum*

Our students will be college, career, and citizenship ready when they graduate.

Purpose of Committee:

Review materials to meet Senate Bill 5395 Requirements. Review Comprehensive Sexual Health Education Legislation.

- Review updated Lynden High School Standards, Sexual Health Lessons and Resources, Curriculum general overview, and Gender Identity and Sexual Orientation Lessons

Community Member Attendees:

Sandra Bennett, Sarah Stewart, Amy VanMersbergen, Jim Verburg, Jamie Williams

Lynden School District Member Attendees:

Stacey Anderson, Coral Bartlett, Liz Grant, Elizabeth Hamming, Christina Lynch, Amy Ohligschlagler, Tiffany Sahagian

Recorder:

Kelly Hoekstra

Topic	Activity/Notes
Introductions	<p>Review Norms</p> <p>Reflections of 3.23.21 Minutes Committee members had no comments or corrections</p> <p>Introductions – from Lynden High School Health teachers Lynden High School teacher shared over Zoom their Health Standards – Sexual Health document</p> <p>Topic: Anatomy, Reproduction, and Pregnancy. <i>Describe steps of testicular self-exam and the importance of breast self-awareness. H7.Se1.HS</i> <u>General Discussion:</u> This is currently not taught. Creating a handout, What Every Teen Needs to Know. This handout could be given to students at the end. Include reliable links and sources. Importance of a well exam given by physician. Explain the difference of well exam and sport's physical.</p> <p>Topic: Puberty and Development. <i>Describe how sexuality and sexual expression change throughout the life span. H1.Se2.HSb</i> <u>General Discussion:</u> This is not currently not covered at the High School. Freshman Health does address many of the hormonal changes and changes in brain development.</p> <p>Topic: Self-Identity. <i>Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation. H2.Se3.HS</i> <u>General Discussion:</u> This is not currently taught.</p> <p>Topic: Prevention. <i>Demonstrate steps to using a condom currently. H7.Se4.HS</i> <u>General Discussion:</u> Teachers discuss condoms, but do not demonstrate. Teaching about failure rates.</p>

	<p>Topic: Prevention. <i>Identify local youth friendly sexual health services.</i> H3.Se4.HS <u>General Discussion:</u> Currently this is not taught. Teacher could add a lesson on finding and accessing local resources. Teachers may combine this with mental/physical health related needs as well and make culminating project.</p> <p>Topic: Healthy Relationships. <i>Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.</i> H4.Se5.HS <u>General Discussion:</u> This is a new State recommendation. Planning to add consent lesson to Senior Seminar also Domestic Violence and Sexual Assault Services (DVSAS) presentation. How to find resource? How to access information? Is there a community resource? Importance of directing student to safe choice resources.</p> <p>Healthy Relationships. <i>Identify ways to access accurate information and resources for survivors of sexual offenses.</i> H3.Se5.HS <u>General Discussion:</u> This is currently not covered. Teachers could add this to an accessing information/resource lesson. Possibly start talking to Freshman class about the legal adult consequences and sexual offender record. Add more Bystander training at Lynden Middle School level and recognizing bullying at Lynden Middle School. At the high school level talk more about unhealthy relationships, how to help a friend, and online responsibilities.</p> <p>Topic: Washington State Laws. <i>Describe laws related to accessing sexual health care services.</i> H3.Se6.HS <u>General Discussion:</u> Health 2/Domestic Violence and Sexual Assault Services (DVSAS) – teachers plan to move this to Senior Seminar.</p> <p>Topic: Washington State Laws. <i>Examine laws and consequences related to sexual offenses, including when a minor is involved.</i> H1.Se6.HSa <u>General Discussion:</u> Health 2/Domestic Violence Sexual Assault Services (DVSAS) – teachers plan to move this to Senior Seminar. Legalities of consent. Address legal and emotional implications of pornography.</p> <p>Topic: Washington State Laws. <i>Identify laws and concerns related to sending or posting sexually explicit pictures or messages.</i> H1.Se6.HSb <u>General Discussion:</u> There is not an explicit lesson but it is referred to. Currently not covered. Freshman Seminar does have a unit on digital citizenship. This should be taught in Lynden Middle School. More common than parents are aware. Electronics are given to children at younger ages.</p> <p>Gender Identity and Sexual Orientation document was sent to Committee members previous to the meeting. Document outlines what is currently taught in Freshman Health. Discussion was held on name/pronoun use, acronyms. Importance to know acronyms. Teachers do honor student's preference in name/pronoun use. Importance to respect everyone. How to support struggling kids.</p> <p>FLASH Sexual Orientation and Gender Identity (Grades 9-12, Lesson 4). Portions of FLASH are taught. Some lesson examples were shared. Terms and definitions. Committee will review, discussion will resume at the next meeting.</p>
Final Thoughts	Students have access and knowledge about topics, often before their parents. Helpful to have someone giving the training that is knowledgeable. Course goals and intents are education and respect for all. Information from someone with training. Value of knowledge. Parents fine with facts and education.
Action Items for Further Consideration	<p>Teachers will search for the following resources, for review and consideration by the Committee:</p> <ul style="list-style-type: none"> ➤ Find pornography health education curriculum ➤ Pornography impact on adolescents – education starting at Lynden Middle School ➤ Identify local youth friendly sexual health services ➤ Lynden High School create flyer/pamphlet – What Every Teen Needs to Know with links and resources, include wellness exam information ➤ Healthy Relationships – Resource – Consent lesson? ➤ Add Healthy Relationship to Senior Seminar and Domestic Violence Sexual Assault Services (DVSAS) Prevention

	➤ Find accurate information resources for survivors of sexual offenses and add to resource plan
End Meeting: 5:30 p.m.	

Parking Lot Items:

K-5 Health Curriculum addressed in 2021-2022

Next Meeting:

April 13, 2021 | 4:00 p.m. – 5:30 p.m. | Zoom

April 20, 2021 | 4:00 p.m. – 5:30 p.m. | Zoom