

# A Health Educator's Guide to Sex Education in Michigan K-12 Schools

An overview of how sex education content is determined and approved and how you can be an effective health educator in Michigan public schools



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## What are my requirements as a health educator in Michigan?

Sex ed looks different in every school district in Michigan. It is decided at the district level, not state level

### Communicable diseases



- You are required to teach age-appropriate material regarding how diseases like HIV are spread and how to prevent spreading

Training is required for this! Contact your school health coordinator

### Get Content Approved



- All materials and methods for sex education must be reviewed and recommended by a district's Sex Education Advisory Board (SEAB) and approved by the local school board before you can teach it

If there is something you want to teach, share it with your SEAB!



### Sex Education Advisory Board (SEAB)



SEABs must contain the following members -

- Parents of students
- Students
- Educators
- Local clergy
- Community health professionals

YOU can join your SEAB!



## What can I teach in my sex education classes?

### REQUIRED

#### Discuss Abstinence

as the only 100% effective method of preventing STIs and pregnancy

#### Refusal Skills

saying no to sex and not pressuring someone into unwanted touching or sexual activity

#### Healthy Relationships

what they look like and how to recognize signs of abuse

#### State Laws

regarding sexuality, age of consent, and teen parenting

### ALLOWED



### PROHIBITED

#### Contraception Distribution

is not permitted on school grounds

You can teach about condoms, but you can't give them to your students

#### Abortion

cannot be taught as a method of family planning and abortion referrals cannot be made on school grounds



## What does a sex education advisory board (SEAB)\* do?

\*SEABs can be called different things in different districts, so be aware of that when looking for a SEAB in your district. If your district doesn't have one, you can start one!

Establishes sex education program goals and objectives



Reviews and recommends program materials



(that YOU can submit!)

Evaluates, measures, and reports effectiveness of program



## How is SEAB-recommended sex education content approved?

Questions about anything in this guide? Contact us at [info@moash.org](mailto:info@moash.org)



Have content recommendations? Submit them to your district's SEAB for review!

SEAB-recommended curricula, materials, and teaching methods used for HIV or sex education offered by a school district must go through the formal approval process:

The purpose of the hearings is to inform the public of the progress of the SEAB and to obtain input regarding proposed changes to sex education curriculum. **This is an opportunity for you to show support or give input on the proposed changes!**

2 Public Hearings



School Board Approval



## What can I do as a health educator to ensure I am following best practices?

>80% of teachers do not feel adequately trained to effectively teach sex education \*\*

Receive adequate training in sex education, as well as facilitating challenging discussions

Learn how to have inclusive and affirming discussions and how to promote a safe and welcoming classroom environment

Establish a positive relationship with members on your district's SEAB and seek review of sex education content often