

Human Growth & Development (K-6)

DAC Health Education Committee
April 12, 2022





Today's Discussion

Outline of Topics

- 01 **Committee Focus and Actions**
- 02 **What We Learned Along the Way**
- 03 **Questions and Recommendations to Improve Current Instructional Practice**
- 04 **Update from Dr. Dena Sellers**
- 05 **Recommendation for Comprehensive Review and Next Steps**




DAC Committee 2021-22

Committee Timing and Scope

- Committee began its work in January
- Committee agreed to focus on current Human Growth and Development Instruction in K-6 and how it supports students' physical and social emotional development and mental health
- Committee agreed to look to California Health Education Framework for guidance

Committee Members

- Lee Ann Holland, Committee Chair, DAC Vice Chair
- Heather Skelly, DAC Chair
- Stephanie Barrus, DAC Representative, Weathersfield
- Megan Goebel, DAC Representative, Wildwood
- Cindy Liu, DAC Representative, Acacia



It is critical for young learners to receive instruction about personal boundaries, healthy relationships with peers and adults, and respect for others as early as possible. This foundational learning can promote health and safety throughout the school years and beyond.

— **From the California Health Education Framework**



DAC Committee Actions

- ✓ Held seven meetings total since January
- ✓ Met with Dr. Dena Sellers, Director of Elementary Instruction
- ✓ Developed initial recommendations
- ✓ Prepared report for February DAC meeting
- ✓ Updated [report](#) with additional feedback
- ✓ Met with Mr. Kenneth Loo, Assistant Superintendent for Instruction, and Dr. Sellers
- ✓ Reviewed California Health Education Framework
- ✓ Prepared presentation for April DAC meeting



Important to Know...

- Current curriculum materials were adopted by State Board of Education in 2004
- Current California health education standards were adopted in 2008-2009
- Current California Health Education Framework, which is a vision for all health education, was adopted in 2019
- State board planned a new curriculum adoption within two years of new framework, but it was cancelled due to lack of publisher interest
- The result is that there are no new textbooks that are aligned with the California Health Education Framework
- District is required by the state to recommend textbooks or materials aligned with state standards

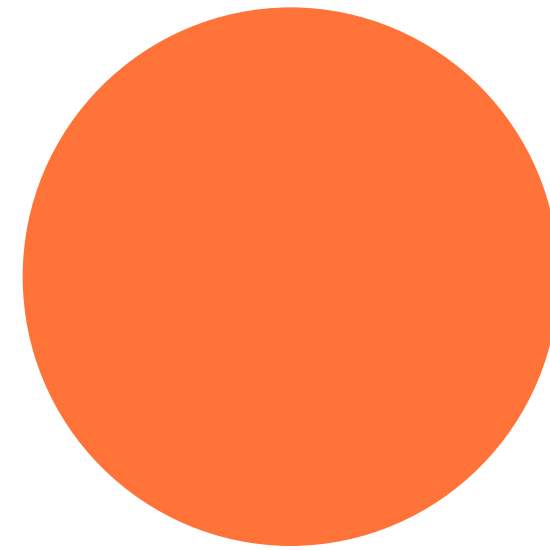
A Unique Benefit

Differing Viewpoints

Our committee is made up of parents with very different perspectives on this material.

Working together has allowed us to share our views and learn from one another.

We discovered that we agree more often than we disagree.



Questions & Recommendations

Current Practice for Videos, Grades 4-6

Structure of Discussions and Q&A after videos

Concern that separating students by gender is not supportive of trans, nonbinary or questioning students

- Some parents appreciated the decision to divide students for Q&A
- Flexibility and options are needed

Opting Out

What do students who opt out do instead?

Since students are viewing the videos by class, students who opt out can join the other same-grade class

Facilitation of Discussions and Q&A after videos

Concern that students might feel more comfortable if a trusted teacher led discussions rather than a nurse

- Nurses and school counselors could provide additional information and support during the discussions

District Updates

- Students view videos by class
- Students choose discussion group by gender (can choose either, both or none)
- Nurses facilitate Q&A with Anonymous Question Box

Questions & Recommendations

Current Practice for Videos, Grades 4-6

Updated but Out-of-Date

Concern that some ideas in the videos are outdated and do not reflect current thinking

District Update on Instruction

Staff created Human Growth and Development Follow Up Sheets to send home with students to further learning and to support families

Special education teachers are using new accessible videos to break down material into smaller chunks for students in specialized programs

Instructional Practice

Is a video presentation with a follow up discussion the best way to learn this material?

Concerns:

- A lot of material for one lesson
- Accessibility barriers with one-and-done approach for students with learning challenges
- Not all videos available in Spanish
- How do educators check for understanding?
- How do videos spiral learning and connect to secondary curriculum?

Potential options:

- Part of science or SEL instruction
- Elementary health class
- Curriculum with several lessons



Questions & Recommendations

Current Practice for Videos, Grades 4-6

Supporting Students' Social Emotional Needs and Supporting Families Through the Process

Concern that the one-and-done video/discussion method does not seem supportive of students' social emotional growth and mental health

- Not all students have a trusted adult at home to discuss sensitive issues
- Some families in SEDAC listening sessions described experience as traumatic

Potential recommendations:

- Incorporating trauma informed and culturally responsive approaches
- Include counselors in discussion sessions and increase counselor support at elementary schools in weeks following video presentations
- Parent Information Night at schools to prepare and support families
- BreakThrough webinar for families on supporting children

District Updates

In addition to creating the Follow Up Sheets to help facilitate discussions at home, the district has created an advance email newsletter that school sites can send to families with explanations of the exact grade-level content.



Questions & Recommendations

Current Practice, K-6

Utilizing the California Health Education Framework

Concern that key concepts like privacy, boundaries, refusal skills and other protective skills are not being taught or taught early enough

- These concepts are foundational learning for more complex issues like consent and can help keep children safe
- Some families would be concerned with any material added for younger students, and instruction must be developmentally appropriate
- Education is the best way to empower vulnerable populations, like students with intellectual and developmental disabilities
- If these concepts are already being taught, is the instruction being implemented in an equitable and consistent manner at all school sites?

The California Health Education Framework recommends using hugs and high fives to begin teaching young students about boundaries, permission and refusal skills.

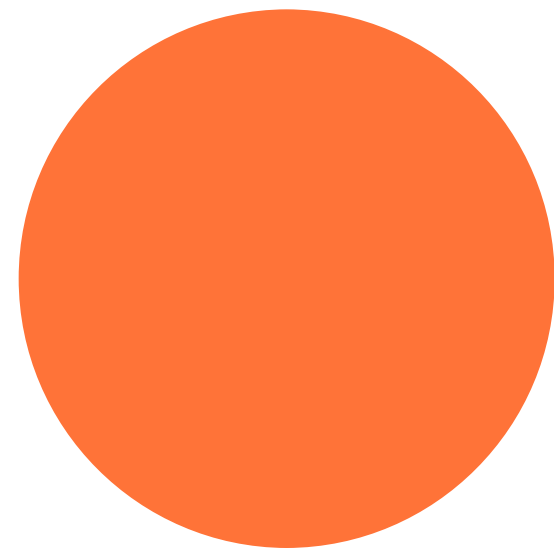
Students can also learn to identify trusted adults, to trust their instincts and to tell a trusted adult if they ever feel uncomfortable.

Did you know?

"Stranger Danger" is no longer considered best practice for teaching safety and abduction prevention.

The California Health Education Framework recommends resources from [KidSmartz.com](https://www.kidsmartz.com) for families and children.

**Update from
Dr. Dena Sellers,
Director of Elementary
Instruction**





Committee Recommendation to DAC

Based on the remaining concerns and questions raised about current CVUSD instructional practice for Human Growth and Development, the committee has the following recommendation for DAC members to consider:

The District Advisory Council should request that CVUSD conduct a comprehensive review of K-6 Human Growth and Development Instruction and develop a timeline for the review.

Our hope is that a comprehensive review would address our remaining questions, and it would determine where CVUSD is already in alignment with the Framework and where there is room to grow.

If DAC chooses to request a comprehensive review, DAC will vote on the matter at the May meeting.

California Health Education Framework

<https://californiahealtheducation.org/Pages/Home.aspx>

Conejo Valley USD Human Growth and Development Page

<https://www.conejousd.org/Departments/Instructional-Services/Human-Growth-and-Development>

Questions

- Are there additional concerns about K-6 Human Growth & Development Instruction for the committee or DAC to consider?
- Should DAC recommend a comprehensive review of K-6 Human Growth & Development Instruction in CVUSD?
- If not, what are the alternatives?

DAC Discussion