

Exemplary Sexual Health Education (ESHE)

The Illinois State Board of Education Division of Regulatory Support and Wellness has completed a five-year project to improve sexual health education provided to students in middle and high schools. The project, which was funded by the Centers for Disease Control and Prevention, meets the requirements of Public Act 98-0441 for comprehensive and medically accurate, developmentally appropriate sex education in middle and high schools in districts that provide sex education.

One of the goals of this project is to provide resources and assistance to schools regarding evidence-based education related to sexual health.

For more information, contact program staff in the Division of Regulatory Support and Wellness.

Resources for definitions related to sexual health education

<http://www.futureofsexed.org/definition.html>

https://www.cdc.gov/healthyyouth/fundedpartners/1308/pdf/eshe_rationale.pdf

<https://www.siecus.org/index.cfm?fuseaction=Page.ViewPage&pageId=514>

<http://www.advocatesforyouth.org/sercadv/963?task=view>

What does developmental appropriateness mean?

[Perspectives on Conceptualizing Developmentally Appropriate Sexuality Education](#)

From the American Academy of Pediatrics Clinical Report

[Sexuality Education for Children and Adolescents](#)

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COMMITTEE ON ADOLESCENCE

COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH

Sexual health outcome data for the district/geographic area involved

[Uses of Youth Risk Behavior Survey and School Health Profiles data: applications for improving adolescent and school health.](#)

[Youth Risk Behavior Survey Data](#)

[County Health Rankings Data](#)

Your county's or ZIP code data can be provided by ISBE and the Illinois Public Health Association.

The evidence base on the link between student health (overall and sexual health, specifically) and academic achievement

Explanation of the relationship (including fact sheets, data tables, resources, and videos) between student health behaviors and academic achievement

https://www.cdc.gov/healthyyouth/health_and_academics/index.htm

Information about the evidence base for ESHE (relevant research on best practices, policies and programs, student-learning standards, preservice and in-service teacher training, and performance standards) can be found at the following sites:

<http://www.advocatesforyouth.org/for-professionals/programs-that-work>

<http://www.advocatesforyouth.org/for-professionals/research-center>

<http://www.aappublications.org/news/2016/07/18/SexEd071816>

<https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>

How to implement ESHE in your district

[School wellness team best practices to promote wellness policy implementation.](#)

Understanding and using the data for specific district/geographic areas

[Adolescent and adult sexual health outcome data](#)

[Truancy and graduation rates](#)

[graduation/dropout rates due to teen pregnancy](#)

[Economic costs to the local community](#)

Local data analysis

Understanding federal and Illinois laws and regulations regarding ESHE

PA 098-0441 is the Critical Health Problems and Comprehensive Health Education Act. (It contains minimum requirements for school districts offering sexual health education.)

Go to the ISBE [Climate and Culture School Health Issues](#) webpage and click on the Sexual Health Education link to access a web version or a PDF. Also see this link for additional school health information relevant to Illinois.

Another ISBE resource for school health topics is [here](#).

District ESHE policy development information is available [here](#) and [here](#).

Teacher training and implementation of best instructional practices for ESHE

BEST PRACTICE LEARNING STANDARDS FOR STUDENTS

[National Health Education Standards](#)

[National Sexuality Education Standards](#)

[Illinois Learning Standards for Physical Development and Health](#)

See Goals 22-24.

BEST PRACTICE STANDARDS FOR TEACHERS

[National Teacher Preparation Standards for Sexuality Education](#)

CURRICULUM DEVELOPMENT/IMPROVEMENT

[Developing a Scope and Sequence for Sexual Health Education](#)

[Health Education Curriculum Analysis Tool \(HECAT\) and HECAT Sexual Health Module](#)

[Reducing Adolescent Sexual Risk: A Theoretical Guide for Developing and Adapting Curriculum Based Programs](#)