



CARDEA

Training, Organizational Development and Research

Supporting California School Districts with Implementation of Comprehensive Sex Education

With more than 20 years of experience assisting school districts in California and across the country, Cardea is well-positioned to work with you to implement quality comprehensive sexual health education to meet the intended goal of the California Healthy Youth Act (CHYA).

Our Experience

Cardea promotes comprehensive sex education (CSE) through technical assistance and training.

- **Working with districts and other stakeholders to select CSE interventions**
- **Training and supporting school administrators, teachers, and other staff** on a wide range of evidence-based/informed interventions
- **Assisting districts with parent engagement and education**
- **Supporting districts with adaptation, implementation, and evaluation of selected CSE interventions**, including skills and techniques to engage youth, provide safe and supportive environments, and build on positive youth development concepts and trauma-informed approaches
- **Serving as an ongoing thought partner** to sustain CSE efforts

Working to Institutionalize Sexuality Education (WISE)

— Our WISE initiative supports districts in implementing quality sex education to prepare our nation's youth for life-long health and well-being. Cardea supports CHYA implementation across California through county-level communities of practice and direct TA, as a trusted partner in CHYA implementation.

In 2016 the California Healthy Youth Act (CHYA) became law, mandating that school districts provide sexual health education, once in middle school and once in high school. In 2019 this requirement was extended to charter schools. EDC 51930-51939

Foundations: Core Skills Training for Sex Education

— In partnership with Answer, Cardea co-authored *Foundations*, providing core skills to teachers through a cadre of trainers in 19 states. This national model reflects current best practices in sex education facilitation.

Developing Professional Learning Standards for Sexuality Education

— As a member of the national *Sex Education Collaborative (SEC)* Cardea has assisted in the development of the national *Professional Learning Standards for Sex Education*.

About Cardea

Cardea is a national organization with a 45-year history of providing training, organizational development, and research and evaluation services to health and human service agencies throughout the U.S. We envision communities where all people, especially those who have been most underserved,

have equitable access to quality health and human services. Our mission is to improve organizations' abilities to deliver accessible, high quality, culturally proficient, and compassionate services to their clients, and we believe that organizations thrive by integrating principles of social justice and cultural proficiency into all aspects of their work.

Our CSE support includes the following elements

District Support	Teacher Support	Parent Support
<p>Build school-wide buy-in and share best practices for sex education implementation with other school leaders</p>	<p>Equip teachers with tools to successfully implement sex education</p>	<p>Provide parents with information related to laws and requirements, curriculum selection, and how to support at home</p>
<p>Curriculum Selection Task Force Expert facilitators lead parent, teacher, student, and school representatives through a structured, engaging process that is customized to meet your school's needs.</p> <ul style="list-style-type: none"> • Overview of sexuality education laws and requirements • Curriculum options and overview • Curriculum selection • Presentation of task force results to parents, board members, and other stakeholders 	<p>Teacher Trainings Facilitating sex education effectively requires teachers to create safe and supportive environments and support student learning. Our one and two-day trainings equip teachers with the core skills to effectively implement sex education in the classroom.</p> <ul style="list-style-type: none"> • Foundations Core Skills • Positive Prevention PLUS (P3) • Rights, Respect, Responsibility (3Rs) • Students with special needs 	<p>Parent Information Events Expert facilitators lead event to address parent questions and concerns related to sex education implementation in partnership with a school.</p> <ul style="list-style-type: none"> • Up-to-date information on laws and requirements related to sexuality education • Curriculum overview and review sessions • District/school implementation plan overview
<p>Comprehensive Sex Ed (CSE) Networks In collaboration with county offices of education, CSE Networks bring together representatives from county districts to discuss updates to sexuality education laws, share best practices, and hear about resources.</p>	<p>Teacher Workshops Virtual or in person, workshops</p> <ul style="list-style-type: none"> • Updates to laws and requirements related to sexuality education • Minor consent and confidentiality • Dating violence • LGBTQ inclusivity • Trauma-informed sex education • Customized workshops 	<p>Parent Workshops Virtual or in-person workshops</p> <ul style="list-style-type: none"> • Curriculum overview and review sessions • District/school implementation plan overview • How to talk to your kids about sexuality • Customized workshops
<p>Evaluation We provide full-scope evaluation services to help districts track fidelity and measure the impact of their work.</p>	<p>Teacher Professional Development Web-based call-in series discussing a range of topics, Let's Talk About Sex... Education!</p>	<p>Parent eLearning Web-based, eLearning introduction to comprehensive sex education, for parents.</p> <ul style="list-style-type: none"> • Self-guided informational module
<p>TA Helpline Teachers and Charter School Administrators can call or e-mail our experts any time with questions they have regarding sexuality education Call: 510.338.4342 or e-mail: SexEdInfo@cardeaservices.org</p>		