

Spring Branch - www.springbranchisd.com

Super- Duncan Klussman, duncan.klussmann@springbranchisd.com

Board of Trustees

Board - Pam Goodson, goodson31@aol.com, Mike Falick, mfalick@swbell.net, Wayne Schaper, schaperwr@sbcglobal.net, Katherine Dawson, kathdawson@comcast.net, Chris Gonzalez, chris.gonzalez@springbranchisd.com, Bob Stevenson, robert@robertstevensoncpa.com, Chris Vierra, chrisverra5@gmail.com

For your convenience, copy and paste into your compose email:

goodson31@aol.com, mfalick@swbell.net, schaperwr@sbcglobal.net, kathdawson@comcast.net, chris.gonzalez@springbranchisd.com, robert@robertstevensoncpa.com, chrisverra5@gmail.com

Email Message

(Page 1 of 1)

From: "Fuchs, Rebecca" <Rebecca.Fuchs@springbranchisd.com>
To: [REDACTED]
Subject: Re: It's Your Game-sex ed
Date: Tue, 23 Oct 2012 20:47:35 +0000

[REDACTED],
Implementation date is campus based -
LMS = September 5
All others have a January start date

DSHAC dates are listed on CSH site off of HF web page - check DSHAC

Consent letter - are you speaking to district letter or campus letter?
Rf

Sent from my iPhone

On Oct 23, 2012, at 11:32 AM, [REDACTED]

> Rebecca,

>

> I have read the student handbook and see that Spring Branch has adopted It's Your Game into the middle school curriculum. When will the consent forms be sent out and what is the start date? I also don't see the next SHAC meeting dates listed on the site??

>

> [REDACTED]

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We Can Do More!!



Proven to be Effective:

- Build Refusal Skills
- Emphasize goal-setting
- Teaches about healthy relationships.

Question and answers at the end of the presentation.

FACT: Every *10 minutes*, a Texas teen gets pregnant.

Talk about the current state of adolescent sexual health and activity.

Date: Thursday Sept. 20, 2012

Time: 6:00pm –7:00pm

Location: Landrum Middle School Auditorium

Presented by: Efrat Karny of UT Prevention Research Center

Come see what it is about!



SPRING BRANCH INDEPENDENT SCHOOL DISTRICT

REBECCA FUCHS
DIRECTOR
HEALTH FITNESS
955 Campbell Road
Houston, Texas 77024
(713) 464-1511

Dear Parent or Guardian,

Your child is currently taking a semester course of health. The following is an outline of what the Health Curriculum Writing Committee carefully considered to be appropriate content for this course.

- Orientation – Wellness
- Physical Health
- Mental Health
- Social Health
- Growth, Development and Reproduction
- Diseases
- Consumer Health
- Tobacco, Alcohol and Drugs
- First Aid and Safety
- Environmental Health

During this course, we will cover topics related to Human Sexuality, including puberty, growth and development, HIV/AIDS and contraception's ineffectiveness in preventing pregnancy and sexually transmitted diseases. The instruction in each of these areas is designed to raise student awareness while respecting personal values related to the subject matter. The district's philosophy regarding substance abuse, violence and pre-marital sexual activity is **"Zero Tolerance."** Health instruction will focus on abstinence. The instructional materials to be used are available for you to review, should you have any questions or concerns.

Please be assured that our foremost concern has been to remain sensitive to your personal values and beliefs concerning the nature of the subject matter; and how best to serve the community while fulfilling state requirements.

I approve my son/daughter _____ to participate in the classroom instruction or topic related to human sexuality.

Parent signature: _____

This form is to be returned by _____. If you object to your student's participation in the classroom instruction on topics related to human sexuality, please contact the teacher. You are invited to examine the material be used in the health course and talk with your child's health teacher if you have any questions.

By working together, we can best meet the needs of all students. Thank you in advance for your continued support.

Sincerely,

Principal

Teacher

From: "Fuchs, Rebecca" <Rebecca.Fuchs@springbranchisd.com>

To: [REDACTED]

Subject: response to your email

Date: Wed, 31 Oct 2012 23:05:17 +0000

Dear [REDACTED]

Please see my answers imbedded in your email below. I had to copy and paste to a new email to change the font color.

Rebecca Fuchs

Ms. Fuchs,

I have received the attached from Spring Branch ISD through an open record request. Your name appears at the top of the letter, so I assume you will be the main contact person for questions related to the Human Sexuality unit. I understand that the program is scheduled to begin January 14, 2013 in the remaining middle schools. Please confirm or clarify that "It's Your Game" level 1 lessons 1-12 will be taught to the 7th graders starting January 14th. 7th grade students enrolled in Health Fitness class unless parents have notified the teacher for the option to "opt out" In addition, when do you expect the attached letter to be sent home to parents? Teachers were instructed to send home the letter prior to the first lesson. I know transparency is a goal of the program and the district, so I'm sure this information is readily available. Thank you for your response. You are welcome.

[REDACTED]

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Subject: Re: It's Your Game Sex Ed Curriculum
 From: Pam Goodson <goodson31@aol.com>
 Date: Sun, 14 Oct 2012 10:49:25 -0400 (EDT)

Board Member Response
 to concern

Thank you for the information. I will take time to view the curriculum.

Best,
 Pam Goodson

-----Original Message-----

From: Jennifer <jennifer@tedacox.com>
 To: chris.gonzalez <chris.gonzalez@springbranchisd.com>; chrisvierra5 <chrisvierra5@gmail.com>; goodson31 <goodson31@aol.com>; kathdawson <kathdawson@comcast.net>; mfalick <mfalick@swbell.net>; robert <robert@robertstevensoncpa.com>; schaperwr <schaperwr@sbcglobal.net>
 Sent: Wed, Oct 10, 2012 3:29 pm
 Subject: It's Your Game Sex Ed Curriculum

Board Members,

I am a parent, a Cy Fair resident, a Houstonian and born in Texas. I care deeply for students and I know you do too. Like Cy Fair ISD, Spring Branch ISD is implementing "it's your game" as its sex ed program. Unless something miraculous happens, the program will start in Cy Fair middle schools October 24th. I don't know the dates of implementation in Spring Branch middle schools.

Tuesday night, October 9th, Cy Fair board members admitted they did not watch the lessons that will be shown to the students, but voted in favor of the program based on very little information. If you have not done so already, I urge each of you to watch the more controversial level 1 (7th grade) lessons 8 and above. I am not against sex ed, but this program is plagued with promiscuity, perversion and pornography. Please don't take my word for it, don't take anyone's word for the program content, do your due diligence and judge for yourselves based on your own personal review. The subject matter is too important to base your continued support for something you have never seen.

The entire curriculum can be found at www.itsyourgame.org. Register and navigate the lessons as a teacher for more efficient review. Please consider the reports on channel 2, 11, 13, 45 and Fox, Houston Chronicle and the article copied below. In addition, the Cy Fair board meeting from Tuesday night can be viewed online. There is an hour segment that includes parent comments, a district presentation and board member questions.

<http://www.stopp.org/article.php?id=11106>

STOPP - Stop Planned Parenthood - UT Houston hiding partnership with Planned Parenthood

The University of Texas in Houston School of Public Health (UTSPH) has removed evidence from its website showing Planned Parenthood Gulf Coast as its partner agency. The removal

SBISD District School Health Advisory Human Sexuality Instruction Recommendation

Issue/Concern: Texas receives more federal funding than any other state for abstinence only until marriage programs¹ while ranking third highest in the nation for teen and first for repeat teen births². Becoming a parent while still in school is a significant factor in dropping out for both male and female students³. Texas has the third highest rate of teen births in the nation. Texas also has the highest repeat teen birth rate in the country. Teen parenthood is associated with poverty, high school dropout, and welfare dependence⁴. The CDC reports that 1 in 4 teens have a sexually transmitted disease⁵. Untreated STDs may lead to serious reproductive health problems such as infertility and cervical cancer. A local study found that 14% of 7th graders had engaged in sexual behavior⁶. By the time students reached the 9th grade one-third of students are sexually active. This number of students increases by 12th grade with over 70% of students reporting sexual experience⁷. Although Texas law currently require schools to emphasize abstinence when teaching human sexuality curriculum it is important to also equip young people with medically accurate, age appropriate information that will help them avoid unintended pregnancies, remain free of sexually transmitted diseases, and make responsible, informed decisions throughout their lives⁸.

The District School Health Advisory Council recognizes that human immunodeficiency virus (HIV), other sexually transmitted infections (STIs), and early pregnancy are serious threats to the current and future health and academic success of our students. Well – planned and implemented comprehensive school health education has been shown to positively influence students' health –related knowledge, skills, and behaviors and contributes to their academic achievement⁹. A recent Harris county poll found that three-fourths of the parents overwhelming support age appropriate sex education to begin in middle school or earlier. The poll also found that 70% of those polled believed that schools should be doing more to prevent teen pregnancy and STIs among students¹⁰. Schools therefore have a duty, in concert with families and communities, to implement effective sexuality education programs that will help students make responsible decisions during their school years and into their adult lives.

The D-SHAC has taken the following steps in researching and analyzing the issue of teen pregnancy and sex education curriculum:

- September 2007 – began receiving requests from teachers and principals asking for assistance in the area of teen pregnancy

- November 15, 2007 – Dr. Jack W. Lesch presented, “Teen Sex is Risky Business” to the D- SHAC
- April 14, 2009 – Dr. Susan Tortolero presented data and research on the topic of “Promoting Responsible Teen Sexual Health” to the D-SHAC. Presentation revealed the following - H.S. students reporting to have ever had sex:
 - National = 47.9%
 - Texas = 59.2 %
 - Houston = 50.2%
 - 2/3 of 12 grade students
 - 1 in 10 6th graders
 - Plus more statistics
- September 17, 2009 – Break out session and committee work at D-SHAC to read through and study the policy regarding the content of human sexuality instruction – EHAA (LEGAL). The subcommittee researched data revealed in the spring from Dr. Tortolero, analyzed curriculum that was previously being used, learned about the legal perimeters on this curriculum content. The subcommittee suggested that we begin to educate the community through critical issue seminars and PTA meetings of the need in the area of Human Sexuality Instruction.
- October 3, 2009 – Dr. Susan Tortolero presented data and research on the topic of “Promoting Responsible Teen Sexual Health” at Parent U.
- November 19, 2009 – the D-SHAC made a recommendation that all curriculum used to deliver Human Sexuality Instruction be evidenced based in producing changed behavior in delaying sexual activity. Another recommendation was made to allow an infrastructure through the Parent Center to educate parents on Human Sexuality Instruction.
- January 28, 2010 – Revisited data, research and recommendation on evidence based programming to change behavior in delaying sexual activity, studied maps of zip code identification of teen pregnancy and discussed What Works 2009 Curriculum Based Program that Prevent Teen Pregnancy/produced by The National Campaign to Prevent Teen and Unplanned Pregnancy. Sub committee received a list of all evidenced based programs that were available. The list presented the programs along with targeted audiences and percent effective rates of the curriculum. Sub committee agreed to review It’s Your Game, Keep it Real (on-line review) and Anne Fisher reviewed high school programs.

- Spring 2010 – Dr. Susan Tortolero presented to the Hunters Creek Elementary School PTA through a parent meeting format the presentation on “Promoting Responsible Teen Sexual Health”.
- April 13, 2010 – The council heard from a panel of district teen parents on their perspective of Human Sexuality Instruction in schools and gave a brief history of their personal journey as a teen parent. Kelly Cline, Region IV Health Representative presented a regional perspective of Human Sexuality Instruction along with a discussion targeting the difference between Abstinence Only and Abstinence Plus. The council went into break out session to review It’s Your Game, Keep it Real for middle school, Reducing the Risk for high school and Safer Choice for high school. The council reviewed and recommended Real Life Real Talk as a parent component for Human Sexuality Instruction.
- June 9, 2010 – SBISD hosted the UT-SPH Adolescent Sexual Health Seminar for teachers, nurses and counselors.
- July 20, 2010 – The subcommittee reviewed in depth lessons that dealt with the teaching of contraception use. Lessons were discussed. After this in depth review of the curriculums the subcommittee unanimously recommended the following curriculums as supplemental Human Sexuality Instruction Programs to be used in our district. The subcommittee has taken into consideration the programs fall within the existing policy/EHAA(LEGAL), the opt-out letter that is sent home by each teacher prior to offering this instruction, the availability of the curriculum for parent review and the arena in which the curriculum is delivered (i.e. a Health Class and by a trained teacher).
- September 16, 2010 – The subcommittee presented the recommendation to the District SHAC.

Recommendation: The D-SHAC recommends at this time that It’s Your Game and Reducing the Risk be approved as the district’s human sexuality curriculum for middle school and high school programming.

Both recommended programs have found to be evidenced based at delaying sexual initiation and preventing teen pregnancy.

More middle school students who received It’s Your Game were more likely to abstain from sex, developed increased positive beliefs about abstinence, increased confidence to refuse sex, increased intentions to abstain from sex and changed perceptions of peer norms.

The Reducing the Risk, high school curriculum, increased parent /child communication about abstinence and contraception, delayed sexual initiation with a proportional reduction of 24% and significantly reduced unprotected intercourse among all students.

Each curriculum follows board policy, EHAA (LEGAL) that outlines guidelines for selecting human sexuality programs therefore a policy change is not recommended. Both curriculums are available for review upon request.

References Cited

¹ DHHS (2010)

http://www.hhs.gov/news/press/2010pres/09/teenpregnancy_abstinencegrants.html

² Child Trends 2008 Facts at a glance: Updated: 2008

http://www.childtrends.org/files/Child_Trends-2008_07_30_FactsAtAGlance.pdf

³ Latina Teen Pregnancy and Educational Attainment

http://www.thenationalcampaign.org/espanol/PDF/latino_education.pdf; Bronte-Tinkew, J., Burkhauser, M., Metz, A. (2008). Elements of Promising Practice in Teen Fatherhood Programs: Evidence-Based and Evidence-Informed Research Findings on What Works . National Responsible Fatherhood Clearinghouse, Gaithersburg, MD.

⁴ Kirby, D. (2007). Emerging Answers 2007: Research Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Disease. Washington, D.C.: National Campaign to Prevent Teen and Unplanned Pregnancy

⁵ Weinstock (2007) Sexually Transmitted Diseases Among American Youth: Incidence and Prevalence Estimates, 2000 Perspectives on Sexual and Reproductive Health Volume 36, Issue 1, pages 6–10, January 2004

⁶ Markham, C.M., Peskin, M.F., Addy, R.C., Baumler, E.R., Tortolero, S. Patterns of vaginal, oral, and anal sexual intercourse in an urban seventh grade population. *Journal of School Health*. 79:193-200, 2009.

⁷ Centers for Disease Control and Prevention. (2007). YRBSS: Youth Online Comprehensive Results. Retrieved August 13,2008 from <http://apps.nccd.cdc.gov/yrbss/>

⁸ Texas State Education Code

<http://www.statutes.legis.state.tx.us/SOTWDocs/ED/htm/ED.28.htm>

⁹ Kirby, D. (2007). Emerging Answers 2007: Research Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Disease. Washington, D.C.: National Campaign to Prevent Teen and Unplanned Pregnancy

¹⁰ University of Texas Prevention Research Center (2010) Harris County Parent Poll on Sex Education: Preliminary Results

Timeline for Reviewing
Human Sexuality Instruction, Curriculum and Programs

- September 2007 – began receiving requests from teachers and principals asking for assistance in the area of teen pregnancy
- November 15, 2007 – Dr. Jack W. Lesch presented, “Teen Sex is Risky Business” to the D- SHAC
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June 9, 2010 – SBISD hosted the UT-SPH Adolescent Sexual Health Seminar for teachers, nurses and counselors.

July 20, 2010 – The subcommittee reviewed in depth lessons that dealt with the teaching of contraception use. Lessons were discussed. After this in depth review of the curriculums the subcommittee unanimously recommended the following curriculums as supplemental Human Sexuality Instruction Programs to be used in our district. The subcommittee has taken into consideration the programs fall within the existing policy/EHAA(LEGAL), the opt-out letter that is sent home by each teacher prior to offering this instruction, the availability of the curriculum for parent review and the arena in which the curriculum is delivered (i.e. a Health Class and by a trained teacher).

September 16, 2010 – The subcommittee presented the recommendation to the District SHAC.

District D-SHAC approved recommendation.

2010 – 2011 school year the recommended curriculum was rotated to each campus to be analyzed.

Spring 2011 - The new curriculum was recommended to the Program of Studies Committee; principals and curriculum directors recommended the use of the new curriculum.

Summer of 2011 – Received approval to adopt the new curriculum.

2011 – 2012 – met with Health Fitness Teachers and their administrators to develop campus implementation plans.

August 14 & 15 – “It’s Your Game” training for Middle School teachers

September 4, 2012 – Cornerstone Academy began implementing IYG curriculum in the health class; Landrum Middle School began implementing IYG curriculum in the health fitness class.

January 14, 2013 -- The other Middle Schools (Memorial, Northbrook, Spring Branch, Spring Forest, Spring Oaks, Spring Woods, and Westchester Academy for International Studies) will begin the use of the IYG curriculum in January 2013.

\\Sbcbds1\Share\HealthFitness\SHAC\10-11\Human Sexuality Instruction Timeline.doc



District SHAC Meeting
January 28, 2010
5:00 -7:00 PM, Administration Board Room
Meeting Notes

Welcome

Rebecca Fuchs

Presentations: (total one hour)

- B.J Hester/Dr. Harold Fields/Mary Spiller, a study on the HPV vaccine (10 minutes) Dr. Fields presented brief background information on Human Papillomavirus (HPV) and HPV Vaccination. He went on to explain the trial that is being conducted at his clinic to study which vaccine is most effective. He is asking the SHAC to make a recommendation to work through the middle school and high school nurses in creating an opportunity for parents and students to receive information concerning this study.
- Erin Trainer/DePelchin, No Kidding Straight Talk/Teen Pregnancy Program (10 minutes). *See attachment.* Erin Trainer's presentation gave a brief history of how No Kidding Straight Talk (NKST) began as a support program to the 2004 Parenting and Paternity Awareness (P.A.P.A.) Program. She provided a handout that provided details of the concepts presented at each of the three NKST sessions. The NKST program is designed to be a teen pregnancy prevention program. The program has been implemented in the following school districts: El Paso, Austin, Aldine, Alvin, Pasadena, and HISD; along with area church groups and community centers. The program has been used in Austin and El Paso ISD for the last four years; therefore, providing the opportunity to complete a research study. The research study revealed NKST delayed the onset of teen pregnancy. The program is not designed to give sex education information (example lessons or discussions on methods of contraception). Program interns are trained to speak only to information on becoming a teen parent. Presentations in Spanish are available. The NKST can be presented to males and females at the same time.

Follow up on recommendations from last meeting: (10 minutes)

Shari Koziol, Crisis Intervention of Houston – program received recommendation

Mary Spiller, Regulation on Food Allergy – regulation recommended to proceed

Committee breakout sessions: (45 minute work time)

1. Human Sexuality Instruction

Dr. Susan Tortolero revisited data from "We can do more" presentation and reminded the members that in November the sub-committee asked for evidence-based programs that produced changed behavior in delaying sexual activity. She proceeded with the presentation of recommended evidence-based, abstinence-plus curriculums for SBISD. *See attachment.* Maps identifying teen pregnancy occurrences by zip code were handed out. *See attachments.*

Reference to EHAA (Legal) was discussed, policy found at the link below [http://www.tasb.org/policy/pol/private/101920/pol.cfm?DisplayPage=EHAA\(LEGAL\).pdf](http://www.tasb.org/policy/pol/private/101920/pol.cfm?DisplayPage=EHAA(LEGAL).pdf)

The subcommittee agreed to look at the recommended programs prior to the next meeting.

- WEBSITE for It's Your Game, www.Itsyourgame.org
Code B20, log in as a teacher, parent and/or administrator
- Anne Foster, Health Teacher at NHS, will preview the high school program.
- Mildred Santamaria, Coordinator of Parent Center, and parent group will preview the middle school program and Real Life Real Talk/parent program. Dr. Tortolero will be sending the link to Mildred for the parent program.

Dr. Tortolero explained that the federal government will be allocating \$114 million to Teen Pregnancy to implement evidenced-based programs and that she would assist SBISD in pursuit of this funding.

During the next D-SHAC meeting, April 13, members will break out into groups to discuss the recommended programs and review these programs as a group.

2. Creating District School Health Advisory Council By-laws (Members agreed to look over sample by-laws and bring back suggestions to next meeting.) *See attachments.* This sub-committee joined the presentation by Dr. Susan Tortolero.

Closing remarks

Rebecca Fuchs

Council held discussion on the two presentations given and voted on recommendation.

The council recommends:

- Dr. Harold Fields study on HPV vaccine literature is made available through the school nurses to district parents and students (middle school and high school).
- DePelchin, No Kidding Straight Talk/Teen Pregnancy Prevention Program be available for use in middle school and high school.

Thank you to Child Nutrition Services for the refreshments served tonight!

Thank you to the Parent Center for providing translation services for tonight's meeting.

Next Meeting: April 13, 5:00 – 7:00 PM, ADMN Board Room

RECOMMENDED
EVIDENCE-BASED, ABSTINENCE-
PLUS CURRICULUMS
FOR SPRING BRANCH ISD

- Goal for
Human Sexuality Subcommittee**
- To select an
 - evidence-based
 - abstinence-plus education program
 - for middle and high schools in Spring Branch ISD

Question

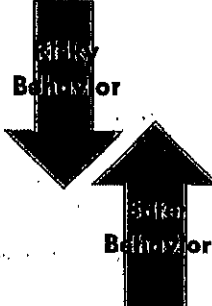
**What do you think of when
you hear the term
"Evidence-Based"?**

?

Answer

An evidence-based program
has been:

- Implemented with a group
- Rigorously evaluated
- Found to be effective in
changing behavior




The diagram consists of two large, dark arrows pointing towards each other. The left arrow points downwards and is labeled "Behavior". The right arrow points upwards and is also labeled "Behavior". The two arrows meet at a point in the center, forming a diamond shape.

What Is Evidence?

- Surveillance Data
- Systematic Reviews of Multiple Intervention Studies
- An Intervention Research Study
- Program Evaluation
- Word of Mouth
- Personal Experience

Objective



Subjective

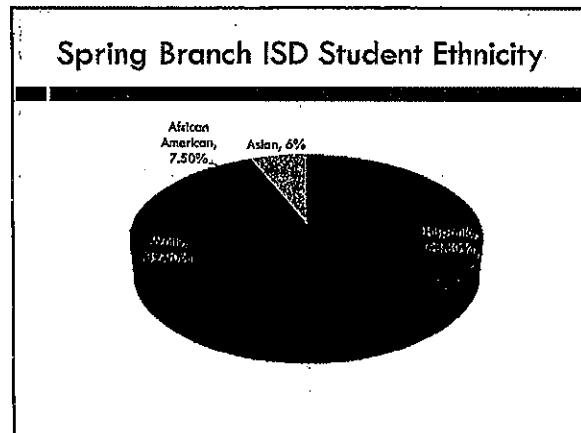
Advantages to Evidence-Based Programs

- ✓ Effective in changing behavior in the study populations
- ✓ Cost effective
- ✓ Shorten the time it takes to develop a program
- ✓ Reduce the time it takes to research a community
- ✓ Help narrow the evaluation

Spring Branch ISD Student Population

- 32 Elementary Schools
 - 16,725 students
- 9 Middle Schools
 - 6,777 students
- 6 High Schools
 - 8,841 students

Total- 32,160 students



Potential Programs for Middle School

- For middle schools, only a few programs have been found to be effective:
 - **Making Proud Choices**
 - For African American middle school students
 - **Draw the Line**
 - Found effective for boys only
 - **It's Your Game...Keep It R.E.A.L.**
 - Effective for all groups; strongest effect among Hispanics
 - Requires access to computers

Recommended Program for Middle School Students



Theme: *It's Your Game, Keep It Real*

- "Game" = Life
- "Real" = Telling it like it is, being respectful, being responsible, doing the right thing, being yourself, being healthy and happy
- How do you keep your game real?
 - Respecting yourself and respecting others
 - Playing by your rules



Additional Theme: IYG

- **Select your personal rules ahead of time**
- **Detect signs or situations that could challenge your rules (risky situations)**
- **Protect your rules**
 - Avoid risky situations ahead of time
 - Refusal skills and alternative actions

It's Your Game...Keep It Real Program Goals

Primary:

- ❑ Delay sexual initiation.

Secondary:

- ❑ Reduce unprotected sex, number of partners
- ❑ Positively impact psychosocial mediators related to sexual behavior

It's Your Game - Logic Model

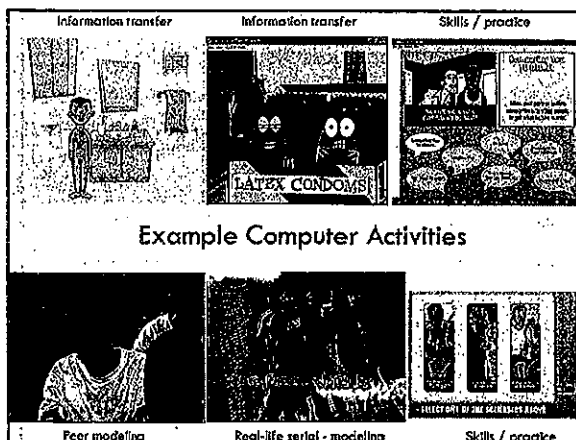
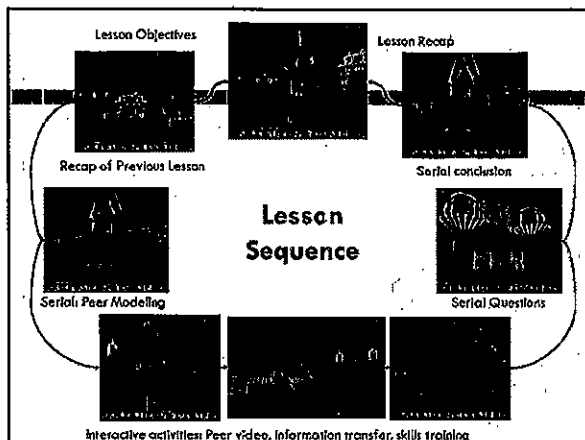
Inputs	Activities	Outputs	Short-Term Outcomes	Long-Term Outcomes	Impact
Time (in school day) Supplies Computers (1 per student) Facilitator training	Group lessons: <ul style="list-style-type: none"> Modeling (role model stories, demonstrations) Skills training (role plays refusing sex, avoiding risky situations) Goal setting, anticipated regret (journaling) Cues to action (parent-child homework) Computer lessons: <ul style="list-style-type: none"> Individualized Modeling (peer videos) Skills training (refusing sex, using condoms, healthy relationships) 	Teen actively participate in 24 lessons: <ul style="list-style-type: none"> Group activities Journaling activities Computer activities Parent-child homework (8 activities) 	<ul style="list-style-type: none"> HIV/STI, condom & contraceptive knowledge Self-efficacy skills in refusing sex, use condoms, have healthy relationships Beliefs about sex, abstinence, condoms Normative beliefs on sex & condoms Intentions to have sex Intentions for abstinence, condom use Avoid risky situations Parent-child communication about sexual topics 	<ul style="list-style-type: none"> Healthy peer and dating relationships Delayed initiation of oral, vaginal, & anal sex Increased use of condoms Decreased number of sexual partners Decreased frequency of sex 	<ul style="list-style-type: none"> Reductions in: <ul style="list-style-type: none"> HIV STIs Teen pregnancy Reduced school dropout Increased academic achievement

It's Your Game Scope & Sequence

7th Grade			8th Grade		
Lesson	Duration/Topic	Delivery	Lesson	Duration/Topic	Delivery
1	Pre-Game Show	Classroom	1	Pre-Game Show	Classroom
2 & 3	Healthy Friendships	Classroom/Computer	2	Consequences of Pregnancy	Classroom
4 & 5	Setting Personal Limits & Detecting Risky Situations (general)	Classroom/Computer	3 & 4	Consequences of STI/HIV Pregnancy	Computer/Classroom
6 & 7	Refusal Skills (general)	Classroom	5	Condoms & contraception	Computer
8	Know your Body	Computer	6 & 7	Setting Personal Limits & Detecting Risky Situations (about sex)	Classroom/Computer
9	Setting Personal Limits (about sex)	Classroom	8 & 9	Healthy Relationships	Computer
10 & 11	Refusal Skills (about sex)	Classroom/Computer	10	Refusal Skills (about sex)	Classroom
12	Post Game Show	Classroom	11	Computer Free Time	Computer
			12	Post Game Show	Classroom

It's Your Game Lessons

7th Grade		8th Grade	
1	It's Your Game: Pre-Game Show	1	It's Your Game: Pre-Game Show
2	Keeping It Real: Among Friends	2	Keeping It Real: Consequences of Pregnancy
3	Keeping It Real: Keeping Friends	3	It's Keeping It Real: Consequences of STIs
4	It's Your Game: Playing by Your Rules	4	It's Keeping It Real: Consequences of STIs
5	It's Your Game: Playing by Your Rules	5	Keeping It Real: With Refusal Skills
6	Protecting Your Future: A Choice to Make	6	Playing by Your Rules: A Review
7	Protecting Your Future: My Future My Choice	7	Playing by Your Rules: A Review
8	Know Your Body	8	Keeping It Real: Healthy Relationships
9	Keeping It Real: For You!	9	Keeping It Real: Healthy Relationships
10	Playing by Your Rules: Negotiating Sex	10	Playing by Your Rules: Negotiating Sex
11	Protecting Your Future: Refusing Sex	11	It's Your Game: Free Time
12	It's Your Game: Post-Game Show	12	It's Your Game: Post-Game Show



Outcome Measures

- Sexual behavior (lifetime & past 3 months)
 - Oral, vaginal, anal sex
 - Condom & contraceptive use
 - Testing for & experience of HIV, STI, pregnancy
- Psychosocial variables
 - Knowledge (HIV, STI, condoms)
 - Beliefs (sex, condoms)
 - Normative beliefs (sex, condoms)
 - Self-efficacy (refusing sex, condoms)
 - Avoiding risky situations
 - Intention (sex, abstinence)
 - Parent-child communication

Evaluation Cohort (n=907)

- 59% Female
- 42% African-American
- 44% Hispanic
- Mean age at baseline = 13.0 years (Range: 11-16)
- At baseline:
 - 8% oral sex
 - 12% vaginal sex
 - 7% anal sex

Sexual Behavioral Results: 9th Grade

Outcomes	N	ARR*	95% CI
Initiated ANY sex	817	0.77*	(0.61, 0.98)
Initiated oral sex	831	0.57**	(0.39, 0.83)
Initiated vaginal sex	804	0.80	(0.62, 1.02)
Initiated anal sex	835	0.37**	(0.20, 0.69)

*ARR -- adjusted relative risk ratio (all models adjusted for age, gender, and race/ethnicity)
 *p ≤ 0.05, **p ≤ 0.01

Brookline, DE, Marshall, CA, Peñate, MS, Shapiro, R, Auld, RC, Grobler-Chaves, SL, Baunier, ER. It's Your Game, Keep It Real: Delaying Sexual Behavior with an Effective Middle School Program. Journal of Adolescent Health. Published online 18 August 2009.

Psychosocial Results: 8th Grade

Outcomes	N	Effect Size			
		OR	95% CI	OR	95% CI
HIV/STI beliefs (1-4)	946	0.05**	(0.03, 0.07)	0.08	(0.05, 0.12)
Sexual beliefs (1-4)	962	0.04	(0.02, 0.07)	0.08	(0.05, 0.12)
Attitudinal beliefs (1-4)	996	0.16**	(0.11, 0.22)	0.09	(0.05, 0.14)
Normative beliefs about sex (1-4)	968	0.18**	(0.13, 0.24)	0.11	(0.07, 0.16)
Refusal self-efficacy (1-4)	958	0.09**	(0.06, 0.13)	0.08	(0.05, 0.11)
Condom knowledge (0-3)	979	0.51**	(0.45, 0.57)	0.13	(0.09, 0.17)
Condom normative beliefs (1-4)	929	0.07	(0.04, 0.11)	0.07	(0.04, 0.11)
Condom self-efficacy (1-3)	960	0.11**	(0.07, 0.15)	0.09	(0.06, 0.13)
Risky decision (1-3)	960	0.09**	(0.06, 0.13)	0.06	(0.04, 0.09)
Intent to abstain in next year (1-5)	970	0.25**	(0.18, 0.32)	0.17	(0.12, 0.22)
Intent vaginal in next year (1-5)	957	0.04	(0.02, 0.07)	0.13	(0.08, 0.19)
Intent anal in next year (1-5)	957	0.21**	(0.15, 0.27)	0.13	(0.08, 0.18)
Parent-child communication (0-5)	916	0.25**	(0.17, 0.33)	0.23	(0.16, 0.30)

All models adjusted for age, gender, race/ethnicity and baseline score
 *p ≤ 0.05, **p ≤ 0.01

- ### Potential Programs for High School
- Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV
 - Safer Choices: Preventing HIV, Other STD and Pregnancy

- ### Reducing the Risk: Overview
- Reducing the Risk is a school-based sex education program that provides information about abstinence, contraception, HIV, and the risks and the consequences of teen pregnancy.
 - The program uses role-playing to help teens avoid unprotected sex.
 - Reducing the Risk is primarily for 9th and 10th grade students.
 - Co-educational program, and has been used with students from a variety of racial/ethnic backgrounds.

Reducing the Risk: Program Goals

- Reducing the Risk seeks to reduce the likelihood that teens will have unprotected intercourse by
 - encouraging them to remain abstinent and by
 - encouraging those who chose to be sexually active to use contraceptives.

Reducing the Risk: Curriculum

Curriculum Objectives

At the completion of this curriculum, students will be able to:

1. Evaluate the risks and consequences of becoming an adolescent parent or becoming infected with HIV or another STD.
2. Recognize that abstaining from sexual activity or using contraception are the only ways to avoid pregnancy, HIV infection and other STD.
3. Conclude that factual information about conception and protection is essential for avoiding teenage pregnancy, HIV infection and other STD.
4. Demonstrate effective communication skills for remaining abstinent and for avoiding unprotected sexual intercourse.

Reducing the Risk: Curriculum

16 Sessions:

- | | |
|---|--|
| Class 1: Introduction to Reducing the Risk Pregnancy Prevention | Classes 9, 10 & 11: Skills Integration |
| Alternate Class 1: HIV Prevention | Class 12: Preventing HIV and other STD |
| Class 2: Abstinence: Not Having Sex | Class 13: HIV Risk Behaviors |
| Classes 3 & 4: Using Refusal Skills | Class 14: Implementing Protection from STD and Pregnancy |
| Class 5: Delaying Tactics | Class 15: Sticking with Abstinence and Protection |
| Class 6: Avoiding High-Risk Situations | Class 16: Skills Integration |
| Classes 7 & 8: Getting and Using Protection | |

Reducing the Risk: Evaluation Findings

- Participants who were virgins when they started Reducing the Risk were less likely to initiate sexual intercourse by the 18-month follow-up compared with students in the comparison group who were virgins (28% vs. 38%).
- No differences were found between the program participants and the comparison members regarding
 - frequency of intercourse,
 - use of effective contraceptive methods at first intercourse or most recent intercourse,
 - frequency of contraceptive use, or
 - pregnancy at the 18-month follow-up.

Reducing the Risk: Evaluation Findings

- Female participants were more likely to report using contraception most or all of the time compared with females in the comparison group.
- Participants were less likely to report unprotected intercourse than comparison group students (9% vs. 16%).
 - These differences were even greater among lower-risk participants (defined as those who lived with both parents, had a mother who finished high school, did not drink alcohol in the previous month, and did not drink five or more drinks on each occasion).

Safer Choices Overview

- 2-year long school-based sex education program for 9th and 10th graders suitable for all ethnic groups (the program is designed for high school students in general, but was evaluated with students in these two grades).
- The program includes five broad components:
 - 1) school organization;
 - 2) curriculum and staff development;
 - 3) peer resources and school environment;
 - 4) parent education; and
 - 5) school-community linkages.

Safer Choices: Program Goals

Primary:

- Delay sexual initiation

Secondary:

- Increase condom use among teens who choose to have sex.

Safer Choices: Main Messages

- Safer Choices teaches that
 - Abstinence is the best way to prevent STDs and unplanned pregnancy.
 - It also emphasizes that contraception is important for reducing these risks for students who decide to have sex.

Safer Choices: 9th grade curriculum

1. **Not Everybody's Having Sex.** Students discuss why adolescents choose to abstain from or have sex. They identify various influences and discuss ways to be affectionate without sex.
2. **The Safest Choice: Deciding Not to Have Sex.** Students learn about "social norms." They discuss perceptions of how many of their peers have had sex and how these perceptions compare to actual statistics. Using role-playing, students also learn refusal skills.
3. **Saying No to Having Sex.** Meeting in small groups, students practice refusal skills, alternative actions and delay tactics.
4. **Understanding STD and HIV.** Students learn basic facts about HIV and other STDs, including how they are transmitted, and ways to reduce the risk of infection. They also discuss why some teens choose not to get tested for STDs.
5. **Examining the Risk of Unsafe Choices.** This lesson tries to personalize the risk of contracting HIV. Students receive colored index cards that they then exchange with classmates. The four colors represent four specific behaviors: 1. having sex without a condom, 2. sharing needles, 3. having sex using a condom, and 4. remaining abstinent and not sharing any needles. Teachers then discuss the potential consequences of each behavior.

Safer Choices: 9th grade curriculum cont.

6. **Teens with HIV: A Reality.** Students watch and discuss a video featuring teens and adults living with HIV.
7. **Practicing the Safest Choices.** Students review refusal skills, work in groups to write refusals for several pressure statements, and use role-plays to practice their refusal skills.
8. **Safer Choices: Using Protection, Part I.** Students learn about various methods of contraception and which are effective against HIV/STDs and/or pregnancy. As homework, students go to local stores to see which types of contraception are easily available.
9. **Safer Choices: Using Protection, Part II.** Students learn how to use condoms correctly and how to respond to pressure for unprotected sex.
10. **Know What You Can Do.** Students fill out a worksheet on how to delay having sex and refuse unprotected sex.

Safer Choices: 10th grade curriculum

1. **Making Safer Choices.** The students review unsafe sex (unprotected), safer sex (with a latex condom), and safest sexual choices (abstinence). Students work in groups to identify positive and negative outcomes related to each choice.
2. **The Safest Choice Challenge.** The teacher reviews lessons from ninth grade. Students are assigned to call or visit a local clinic to get information about available reproductive health services.
3. **Talking with a Person Infected with HIV.** A guest speaker shares his/her experience living with HIV/AIDS, and students ask questions. A homework assignment asks participants to reflect on how their feelings and opinions changed after the presentation.
4. **Personalizing the Risk for Pregnancy.** Teachers tell students that one out of six teens having unprotected sex over a year become pregnant each month. In a related activity, each student is assigned a number between one and six, the teacher rolls a die, and students with that number stand up, as a representation of teens who become pregnant (or caused a pregnancy) in one month.

Safer Choices: 10th grade curriculum cont.

5. **Avoiding Unsafe Choices.** Students discuss barriers to speaking with parents or other adults. They learn three steps for avoiding unsafe choices: Know your personal limits, be aware of circumstances that may challenge your limits, and be prepared in advance with a plan to stay within your set limits.
6. **Sticking with Your Decision.** Students use role-playing to practice refusal skills.
7. **Using Condoms Consistently and Correctly.** Students practice correct condom use.
8. **Resources.** Students learn about pregnancy and HIV/STD testing and available health services resources.
9. **Media Influences.** Students discuss media's influence regarding sex. They work in groups to create positive media messages about avoiding pregnancy, STDs/ HIV.
10. **Making a Commitment.** Students participate in an activity in which they practice committing to protecting themselves from pregnancy, STDs/ HIV.

Safer Choices: Evaluation Findings

- Sexual experience:
 - Overall, no differences were found regarding sexual initiation between program teens and control group members at any of the follow-ups.
 - However, analyses of racial/ethnic subgroups found that Latino program participants were 43% less likely to initiate sexual intercourse than Latino students in the control group at the 31-month follow-up.

Safer Choices: Evaluation Findings

- At the 31-month follow-up, students who participated in Safer Choices were
 - 37 percent less likely to report having intercourse without a condom and
 - reported fewer sexual partners who did not use condoms in the past three months compared with students in the control group.
- In addition, sexually active program participants were more than
 - 1.5 times more likely to report using a condom and
 - more than 1.5 times more likely than control group students to report using another method of birth control the last time they had intercourse.

Safer Choices: Evaluation Findings

- Analyses by gender showed that the program increased condom use more among males than females.
- Analyses by race/ethnicity showed increases among all racial/ethnic groups for rates of condom use.
 - Latino program participants were 65% more likely than the Latino control group members to use a condom at last sex.
 - White participants were 57% more likely than the control group to use condoms at last sex.

Table 6-6 Programs with Strong Evidence of Positive Impact on Sexual Behavior or Pregnancy or STD Rates

Type of Program	Primary focus	Setting	Race/Ethnicity			Gender	Age	Contraception
			Latino	White	Other			
Curriculum-Based Sex and STD/HIV Education Programs			X	X	X	X	X	X
Reaching the At-Risk: Building Skills to Prevent Pregnancy, STDs, and HIV			X	X	X	X	X	X
Safer Choices: Strengthening Other STD and Pregnancy Prevention			X	X	X	X	X	X

Table 10-1: Programs with Strong Evidence of Positive Impact on Sexual Behavior or Pregnancy or STD Rates (Con't)

Type of Program	Behavioral Outcomes ^a					
	Delayed sex	Reduced frequency of sex	Reduced number of partners	Increased condom use	Increased contraceptive use	Decreased unprotected sex

Curriculum-Based Sex and STD/HIV Education Programs						
Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV [7]		X		X	X	X
Safer Choices: Preventing HIV, STD and Pregnancy [8-11]			X	X	X	X

District School Health Advisory Council
April 13, 2010
Meeting Notes

- Welcome Co-chair, Jonathan Lack/Rebecca Fuchs
 - Reminder for those wanting to remain on the D-SHAC, please make note on the sign-in sheets. If for some reason you did not make this notation we would greatly appreciate your notification through e-mail or a phone call to Deloris.kirk@springbranchisd.com or nancy.jaster@springbranchisd.com , 713.251.2339.
- Presentations: (15 minutes each)

You're Living Proof, Doris Forte/Deanne Franklin & Pat Waldrop – Dr. Doris Forte', Founder and CEO of You're Living Proof empowers survivors of family violence to set goals that lead to freedom from abuse. Through THE SQUEAKY WHEEL PROJECT, You're Living Proof presents educational seminars in school districts to educate teens about dating abuse and how to become a "squeaky wheel" about the victimization in their lives. This program can help SBISD become compliant with the mandates of House bill 121 which requires that all school districts in the State of Texas implement an on-going curriculum that addresses the issue of teen dating abuse education, intervention, and prevention for grades 7–12.

Logistics of program: STOP SHOP is set up in a gymnasium where a grade level at a time works through the presentation. There is a parent night/seminar the night before the students see the presentation. Cost is determined by number of presentations to be held at the campus (example – one Health Class = one facilitator = \$500, \$1500 for a parent night and STOP SHOP per grade).

Sites to visit to gain more information:

www.urlivingproof.org

www.squeakyspeaks.com (go to video presented by Channel 2)

Neighboring districts that have recommended this program are Sheldon ISD, Katy ISD and Cy-Fair ISD.

Teen Parent Perspective, Lynn Austin and District Teen Parents – Teen parents from SWHS spoke on their perspective of Adolescent Human Sexuality Instruction. Each one spoke of how becoming a teen parent has changed their life and how other teens listen to them when they tell their story.

Adolescent Human Sexuality Instruction, Regional Perspective, Kelly Cline- (see *handout, Plus vs. Only*) Kelly discussed the difference between Abstinence-plus and Abstinence Only programs. Since 1996,

Texas is an abstinence based state. Through interpretation of the law this means that abstinence is to be discussed as the most effective means to delay the onset of pregnancy and disease. Kelly discussed the onset of puberty is beginning earlier in our students of today. She elaborated on seniors going off to college asking questions to prepare them for college life. Statistical information discussed that 90% of school districts have moved from Abstinence Only programs to Abstinence Plus programs.

It's Your Game: Technology Project, UT School of Public Health, (see handout)

Melanie Thiel, Project Director

Dr. Melissa Peskin, Principal Investigator

Dr. Ross Shegog, Principal Investigator

UTSPH introduced an opportunity for our district to join in this pilot program. The pilot will include 20 schools/first come first serve. This would be a three year pilot program with three surveys being conducted in the course of the pilot.

IYG is a middle school program that is a scientifically researched based abstinence plus program that is taught through half classroom and half computer mode of delivery. This pilot would be researching the effect of a 100% computer based program. By moving to a total computer based program, school districts would experience cost effectiveness, ease in content delivery and decrease barriers of teacher concern on sensitive material.

www.itsyourgame.org code= C17 to preview

Real Life Real Talk/UT School of Public Health/ Dr. Meryl Cohen – Parent Program

Meryl introduced RLRT as a social change program. This program is not a curriculum or an agenda, but it trains parents to facilitate parent groups to have conversation, "Sex and the Family." Research indicates that this program increases the number of families that are talking about abstaining from sexual activity.

www.realliferealtalk.org

Can be used at health fairs, guest speakers and PSA on TV/Radio

- Break out session to review Human Sexuality Instruction Curriculum (45 minutes)
 - It's Your Game (Middle School) – group review in the board room and individual review in the Hard Drive Café/2nd floor (see handout)
 - Reduce Your Risk (High School) – group review in the executive board room
 - Safer Choice (High School) – group review in the executive board room

- Closing comments and recommendation cards
 - Recommendations from tonight's meeting –
 - Yes – You're Living Proof, Dr. Doris Forte' (recommendation will move forward in the district process)
 - Yes – Real Life Real Talk, parent program (recommendation will move forward in the district process)
 - Subcommittee on Human Sexuality Instruction meeting in June 15, 2010/Room 275 of ADMN Building and July 20, 2010/Board Room of ADMN Building. Meeting times 5:00 – 7:00
 - Status of recommendations from this year
 - Food Allergy Policy is in the next steps of becoming part of the district regulation
 - 45:1 Safety Plan for Health Fitness has received principal input and will become a "best practice standard" for our district.
 - Health Course to remain a requirement for graduation did not move forward from Program of Studies. Health will remain an elective for 2010 – 2011.

NEXT MEETING DATE for D-SHAC: September 16, 5:00 – 7:00 Administration Board Room. The District SHAC is a representation of the SBISD community and welcomes parent and community input at all of our meetings.

We appreciate the healthy snacks provided by Child Nutrition Services and our translator, María Galvan from the Parent Center ☺

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District School Health Advisory Council
September 16, 2010 Meeting Notes

Welcome – Dr. Merrill Lewen (D-SAHC Co- Chair)

Purpose – Policies BBD (LEGAL), BDF (LEGAL), BQ (LEGAL), EHAC (LEGAL), EFAA (LEGAL), EHAA (LEGAL), EHAC (LEGAL), FFA (LEGAL) (LOCAL) (REGULATION), FFAE (LEGAL) (see attachment for FFA/Wellness Policy)

Sign in procedure and response cards

Parents – blue
Community – yellow
Employees – green

Program Presentations: Each of the following programs received the recommendation of the council to be added to the district speaker bureau. See attachments for more details on the presentations

Sgt. Bill Davis /Sex and the Law (Counseling/Health/Safety)
John Price/I AM (Drug Prevention)
Shannon Cutts/Eating Disorders (Counseling/Health)

Program of Studies: Introduction to the council of project development in the area of Curriculum and Instruction -

Healthy Lifestyles (new course development)
PE3 Mind, Body, and Soul (innovative course)

Sub – committee reports:

Human Sexuality Instruction – *see attachment*

Recommending: High School – Reducing the Risk
Middle School – It's Your Game Keep
It Real

Safety - subcommittee of district personnel pursuing safety in the areas of outside teaching spaces, play/recess spaces, outside and inside HF/Athletic areas plus the discussion of educating, implementing and maintaining a safety plan for recess through school wide procedures and practices.

Critical Issues Planning – moved to November agenda

New look at the ADMN Building – the ADMN building will be going through a construction update. For our next meeting please be advised that the look of the building will have changed and the entry door will be on the south side of the building

Next meeting: November 16, 2010

January 27, 2011

April 12, 2011

All meetings scheduled from 5:00 to 7:00 p.m., ADMN Board Room

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District School Health Advisory Council
November 16, 2010 – 5:00 – 7:00 P.M.
Notes

Welcome – Dr. Merrill Lewen

Sign in procedure and response cards –*recommendation response cards were collected at the end of the meeting.*

- Parents – blue
- Community – yellow
- Employees - green

Program Presentations:

Bill Herman/Youth Empowerment Seminar Program – *YES for Schools is an educational initiative of the non-profit, 501c(3), humanitarian organization International Association of Human Values (IAHV). The objective of YES is to create a stress free, violence free learning climate in schools by giving students, teachers and parents the ability to better deal with stress, manage negative emotions and develop interpersonal effectiveness. YES inspires youth to have:*

- A healthy body*
- A healthy mind and*
- A healthy lifestyle*

YES provides a trained teaching facilitator to provide 20 hours of program instruction. Houston contact for this program is Cathleen Cade (832)221-4816. This program was brought to us by Shell Oil. Shell Oil will provide funds to administer the program to interested campuses.

Mary Brimer & Merylyn Oliveros/Developing Healthy Lifestyles – Memorial Hermann Medical Center – *Developing Healthy Lifestyles is a community outreach program from Memorial Hermann Medical Center that focuses on cancer awareness and prevention. The program is free to campuses/worksites. Contact information: Merylyn Oliveros, 713.242.3508, merylyn.oliveros@memorialhermann.org*

Janette Lastrape/MD Anderson Tobacco Awareness Puppet Show – *“Too Cool To Smoke” is a free 30 minute program for students K – 4th grade. Contact information for this program is found at www.mdanderson.org/publiceducation*

Mobile Dairy Classroom – *The Mobile Dairy Classrooms are part of a dynamic educational program sponsored by the Southwest Dairy Museum, Inc. The 32 foot classrooms feature a fully operational milking parlor. Each classroom carries a live cow to schools, fairs and festivals*

throughout the Southwest. The program is targeted to PreK – 6th grade. Instructors can teach 100 – 200 children per presentation and give five demonstrations a day. There is no charge for this program. The objectives of this program are:

The importance of dairy foods in a healthy diet

Modern environmental and food safety practices on the dairy farm

The modern milking process

Characteristics and anatomy of dairy cows

Contact information for this program: L.P. Voskamp

lvoskamp@southwestdairyfarmers.com

www.southwestdairyfarmers.com

Mary T and Ashley Bass/Girls on the Run and Girls on the Track –
Program goals for Girls on the Run and Girls on the Track is to empower all girls to...

Have a strong sense of identity

Give and receive support from a group

Stand up for themselves in a healthy manner

Have a healthy body image

Understand their importance in the community

Complete a 5k run/walk event

This is an after school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living.

Contact information: Mary T Callahan runrun3@hotmail.com

www.GirlsontheRun.org

Brittney Sanchez and Mike Smith/Spring Branch Community Health Center – *The presentation brought awareness to the programs that are available through the SBCHC. Mike elaborated on the Weight Management Program that is available for children. This program provides customized programs for each individual on weight management that includes family connection and an individualized activity program.*

The weight management program is a 16 week program.

Contact information: Referring nurse, Rose Guevara (RN) 713.462.6565

rquevara@sbchc.net

Mike Smith msmith@sbchc.net

Each of these presentations received recommendation to be added to the CSH Speaker Bureau and to provide services for the district.

Recommendation for a sub-committee to research school food reform – Parent, Jenna Pepper spoke on the behalf of this recommendation through voicing a need to research and bring information back to the council. Maria Galvan added to the discussion that students on her campus have actually begun research on this topic. The council

understands the need and accepted the recommendation. The sub-committee will begin at the January meeting.

Recommendation – Mission – Goals – See handout

Comments from the council indicated the need to add wording that spoke to all domains of healthy = physical, social/emotional and cognitive to the mission statement and have a goal that addressed this as well.

This recommendation will go back to the CSH Leadership team for revisions.

Sub – committee reports:

Human Sexuality Instruction – recommendation will be on the agenda for
December Program of Studies

Recommending: High School – Reducing the Risk

Middle School – It's Your Game Keep
It Real

Safety – Elementary Campus Safety Plan for Outside Teaching Areas

Went to November Elementary Principal meeting – comments are
Being collected at this time

New look at the ADMN Building – new entry doors, existing side board room doors will be locked after exiting the room – this will be important information to members that exit the room and want to return to the meeting...we will work to remind everyone of this new improvement at the beginning of each meeting.

Next meeting: January 27, 2011

April 12, 2011

All meetings scheduled from 5:00 to 7:00 p.m., ADMN Board Room



District School Health Advisory Council
January 27, 2011 – 5:00 – 7:00 P.M.
Meeting Notes

Welcome given by Co-Chair, Dr. Merrill Lewen

Sign in procedure and response cards to be used to collect feedback on presentations

Parents – blue

Community – yellow

Employees - green

Program Presentations:

- Body Works, The Women's Fund/Katherine Stackel
 - The purpose of this program is:
 - To provide parents/caregivers with tools and strategies to improve family eating and activity habits
 - To support adolescent girls and boys in reaching and maintaining a healthy weight
 - To prevent obesity among adolescent girls and boys
- Program received D-SHAC recommendation – see attachment
- NED Show – Brochure
 - Mission – promoting Academic Achievement through Character Development.
 - Description – the NED Show is high energy and lots of fun for kids. More importantly it teaches students what it takes to be champions at school and in life! NED stands for:
 - Never Give Up (focus and persistence)
 - Encourage Others (kindness and shared learning)
 - Do Your Best (diligence and excellence)
- Program received D-SHAC recommendation – see attachment
- Listen Now, Hear Later Program – Catherine Boyette
 - The purpose of this program is to bring awareness to the exposure to sounds and safe levels for sounds to protect hearing. This program is sponsored by The Center for Hearing and Speech
- Program received D-SHAC recommendation – see attachment
- Texas Risk Assessment for Type 2 Diabetes in Children – Lead Nurse, Mary Spiller
 - The Texas Risk Assessment for Type 2 Diabetes in Children is a legislatively mandated program developed, coordinated, and administrated by The University of Texas Pan-American Border Health Office. The program assesses children who may be at high risk of developing Type 2 Diabetes. Students in grades 1, 3, 5, 7, and 9 were screened for the Acanthosis Nigricans marker on the

skin. Acanthosis Nigricans is a cutaneous marker associated with hyperinsulinemia and insulin resistance and is considered a risk factor for Type 2 Diabetes and other chronic diseases.

- SBISD 2009 – 2010 results:
 - Total Number of Students Assessed: 11965
 - Total Number of Students with AN: 740
 - Number of Students Referred: 740
 - Number of Students Seen Physician: 165
 - *Percent Free and Reduced: 55%

See attachment

- Child Nutrition Reauthorization Act – Child Nutrition Director, Chris Kamradt

- Healthy, Hunger Free Kids Act 2010 passed in November; Child Nutrition Services is waiting for clarification of this act. The act has 72 regulations associated with it. Director Kamradt highlighted the following:

- Community eligibility for free lunch (use census numbers)
- Expansion of school breakfast program
- After School Snack Program will be modified to After School Meals Program
- Development of "Hunger Research"
- Charging for meals
- Fluid milk – skim and no greater than 1% (already a practice in our district)
- Wellness Policy will have more accountability
- Equity in meal pricing
- Nationalize nutritional content
- Organic food pilot program
- Nutrition/Wellness goals
- Additional funding for feeding
- Obesity education
- Research or selection of food
- Development of schedule of fines

Sub – committee break out session and reports:

Human Sexuality Instruction – recommendation passed through Program of Studies;
next step Senior Staff

Recommending: High School – Reducing the Risk
Middle School – It's Your Game Keep It Real

Safety – Elementary Campus Safety Plan for Outside Teaching Areas

Received principal input and is now becoming a policy regulation
Aquatic Activities update to policy is being reviewed by principals

Critical Issues Planning – see attachment

School Lunch Reform – see attachment

Health and Wellness – see attachment

Next meeting: April 14, 2011 (Date change!) 5:00 to 7:00 p.m., ADMN Board Room

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Yearly Report from District School Health Advisory Council 2010-2011

In reference to EHAA (LEGAL), the Board shall establish a local school health advisory council to assist the District in ensuring that local community values are reflected in the District's health education instruction. *Education Code 28.004(a)* [See BDF regarding composition of council and FFA regarding federal wellness requirements].

The council's duties include recommending:

1. The number of hours of instruction to be provided in health education
2. Curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type II diabetes through coordination of health education, physical education and physical activity, nutrition services, parental involvement, and instruction to prevent the use of tobacco
3. Appropriate grade levels and methods of instruction for human sexuality instruction, and
4. Strategies for integrating the curriculum components specified by item 2 above, with the following elements in a coordinated school health program:
 - a. School health services
 - b. Counseling and guidance services
 - c. A safe and healthy school environment, and
 - d. School employee wellness

2010 - 2011 D-SHAC Chairperson: Dr. Merrill Lewen (SBISD parent)

Co-Chair: Rebecca Fuchs, Director of Health and Health Fitness

District Coordinated School Health Leadership Team: Chuck Brawner, Linda Buchman, Ann Fisher, Rebecca Fuchs, Chris Kamradt, Katie Kattner, Sue Loudis, Mildred Santamaria, Mary Spiller, Patricia Waldrop, and Jerona Williams.

CSH Leadership Team meetings for the 2010 - 2011 school year: July 22, September 1, November 4, January 19, March 2, March 30, and May 25

Campus-SHAC Chair meeting dates for 2010-2011 school year: October 28 and March 24.

District-SHAC meeting schedule for the 2010-11 school year: September 16; November 16, January 27, and April 14. All meeting times were from 5:00 – 7:00.

This year the council diligently completed the following:

- Continued to work with Dr. Susan Tortolero, UT School of Public Health on latest research involving Human Sexuality Instruction and interventions for our students. Reviewed data collected from UTSPH.
- Developed District SHAC mission and goals to be added to a District CSH website.
- Developed a Speaker Bureau List to support CSH. This list will be added to the CSH website.

- Recommended the following indicators for evaluating the effectiveness of Coordinated School Health:
 - District Five Year Plan Survey (added questions concerning CNS and CHS)
 - School Health Index (Campus and District levels)
 - SEL Survey (Social Emotional Learning)
 - TEA School Health Survey
- Sub-committee action:
 - Child Nutrition Services/Child Health Services – developed a sub-committee to research School Food Reform. Director, Chris Kamradt, reported on the Healthy, Humber Free Kids Act 2010.
 - Physical Activity/Safety – pursued safety in the areas of outside teaching spaces, play/recess spaces, outside and inside HF/Athletic areas plus the discussion of educating, implementing and maintaining a safety plan for recess through school wide procedures and practices.
 - Health Education – Innovative course design was investigated and resulted in the creation of a virtual Health course for high school credit. Problem Based Learning was introduced and teachers were trained in the delivery of PBL strategies to enhance learning for the high school Health curriculum. Recommendation was given to investigate a middle school Health curriculum to be delivered in 9 weeks. By working together with Tech Apps to split a semester and deliver Health Education through Technology both contents can be covered and delivered in a highly hands on approach. The secondary DC's are working to create the curriculum and a pilot teacher has been selected.
 - Human Sexuality Instruction – recommendation was made to move from abstinence only to abstinence plus curriculum to deliver Human Sexuality Instruction. Recommended programs are: Reducing the Risk/High School and It's Your Game Keep It Real/Middle School. This recommendation traveled through Program of Studies, Senior Staff and was approved by the Board of Trustees.
 - Family & Community Involvement – critical issue seminars are in the planning stage.
 - Child Health Services – Lead Nurse, Mary Spiller, reported on district results of the Texas Risk Assessment for Type 2 Diabetes in Children. This report initiated the creation of the Health and Wellness sub-committee to analyze data and create interventions for students that are positive for AN and are not in the Healthy Fitness Zones for FITNESSGRAM.
 - Accountability sub-committee was formed to develop a district instrument to measure the progress of CSHP. It is the decision of the council that the School Health Index is not a true measure of our district values for CSH. The sub-committee will use the SHI as an example in formatting the new district instrument.
- Recommendations from D-SHAC for future programming:
 - Sgt. Bill Davis/Sex and the Law (Counseling/Health/Safety)
 - John Price/I AM (Drug Prevention)
 - Shannon Cutts/Eating Disorders (Counseling/Health)

- Bill Herman/Youth Empowerment Seminar (YES) Program (Counseling/Health/SEL)
- Mary Brimier & Marilyn Oliveros/Developing Healthy Lifestyles – Memorial Hermann Medical Center
- Janette Laenstrap/MD Anderson Tobacco Awareness Puppet Show
- Mobile Dairy Classroom
- Mary T & Ashley Bass/Girls on the Run and Girls on the Track
- Brittney Sanchez and Mike Smith/Spring Branch Community Health Center
- The Women's Fund/Body Works
- NED Show
- Catherine Boyette/ Listen Now, Hear Later Program
- Cpl. Ray Gonzales, SBISD Police/RAD Kids
- Bernadette Ellis/Medicine Cabinet Safety
- Nick Woodard/ Jumpin' Sports Industries
- Alfredo Tijerina/ Family Services of Greater Houston – Life Skills Training, All Stars, and Project Success

Results from Evaluating Indicators on CSH

- Participated in the Center for Disease Control, School Health Index (SHI). The SHI assists in bringing to light the strengths and weaknesses of each of the eight Coordinated School Health (CSH) components. The CSH Leadership Team worked through the SHI from a district perspective and each of the campuses worked through the instrument with a campus perspective. The CSH Leadership Team completed the TEA School Health Survey to be in compliance with *Texas Education Code* § 38.0141. All campus based stakeholders are also involved in the completion of the Five Year Plan Survey and the SEL Survey. Results from each of these instruments are used to identify the underdeveloped areas and a plan of focus for 2011-2012 is developed.
 - *School Health Policies and Environment/Module 1*
 - No tolerance for harassment or bullying
 - Active supervision to promote safety
 - Staff development on unintentional injuries, violence, and suicide
 - Restrict access to other foods of low nutritional value
 - *Health Education*
 - Professional development in delivering the curriculum in a coordinated effort to cover essential content
 - Develop a 9 week middle school Health curriculum to be delivered through technology integration and Tech Apps.
 - Re-visit the Healthy Lifestyles innovative course offerings for high school graduation requirement
 - *Physical Education & Physical Activity*
 - Extra- curricular physical activity programs (sec.)
 - Instructional minutes
 - Student to teacher ratio
 - Address special health care needs and interventions for students

- *Nutrition Services*
 - Increase marketing efforts for CNS
 - Off-site fundraising
 - School Food Reform
- *School Health Services*
 - Screen for tobacco use (secondary)
 - Tobacco awareness and tobacco cessation classes (secondary)
- *School Counseling, Psychological and Social Services*
 - Health and safety promotion for students and family
 - Self Respect Issues – cutting, bullying, dating violence & obesity
 - “Respect Yourself Week”
 - Professional development offered in these areas
 - Academic honesty
- *Health Promotion for Staff*
 - Work together with Safety Risk Management and Employee Wellness to develop more opportunities for employee wellness
- *Family and Community Involvement*
 - Parent Education on “critical issues”
 - Develop and follow the National PTA model by incorporating a Healthy Lifestyles Chair for each campus
 - Build parent stakeholders for D-SHAC

Priority Areas for District as Found in SHI, 5 Year Plan & SEL surveys

- Health Education professional development opportunities with a coordinated approach
- Parent and staff education programs for “critical issues”
- Safety in all areas (facility, grounds, equipment, practices, etc.)

Priority Area for District not related to evaluating indicators above

- The on-going rise in teen pregnancy and Human Sexuality Instruction for secondary campuses

See attachment for campus data and district data (results from the SHI) and a collection of Best Practices in CSH

A complete listing of meeting agendas and meeting notes can be found on the SBISD webpage. <http://www.springbranchisd.com/instruc/healthfitness/shac.htm>

The scheduled dates for the District School Health Advisory Council meetings for the 2011 - 2012 school year are: July 26, September 15, November 17, January 26, and April 10. All meetings are in the Administration Board Room, 5:00-7:00 p.m.

Friday Note
May 13, 2011
Human Sexuality Instruction Curriculum

Human Sexuality Instruction Curriculum:

After 18 months of researching, the Human Sexuality Task Force of the District School Health Advisory Committee reached consensus on a Human Sexuality program recommendation. The programs fulfill all requirements of the existing policy and therefore a policy change will not be pursued. As required by the district's existing policy, parents will still have the "opt out" option and the regulations of the policy are still met within the use of the recommended programs. Policy reference is EHAA (LEGAL).

This recommendation went before the Program of Studies, December 7, 2010 where it received approval from participating members.

The recommended programs present an Abstinence Plus approach, rather than the current Abstinence Only approach:

Abstinence – Plus Education programs explores the context for and meanings involved in sex.	Abstinence – Only Education programs include discussions of values, character building, and, in some cases, refusal skills.
Promote abstinence from sex	Promote abstinence from sex
Acknowledge that many teenagers will become sexually active	Do not acknowledge that many teenagers will become sexually active
Teach about contraception and condom use	Do not teach about contraception or condom use
Includes discussions about contraception and sexually transmitted diseases	Cites sexually transmitted diseases

The recommended programs address Health TEKS associated with issues involved with human sexuality. See *Chapter 115. Texas Essential Knowledge and Skills for Health Education, Middle School and High School.*

<http://www.tea.state.tx.us/rules/tac/chapter115/ch115b.html>

Recommended programs:
Middle School = *It's Your Game – Keep It Real*
High School = *Reducing the Risks*





District School Health Advisory Council
August 2, 2012
Meeting Notes

Sign in procedure and response cards -response cards collected after the presentations to receive recommendation feedback

- Parents - blue
- Community - yellow
- Employees - green

Welcome - Rebecca Fuchs

Introduction - Heather Rexrode, D-SHAC Co-Chair - Heather is a parent of two children in our district. Heather has served on the DSHAC for many years and has a passion for the wellness of our students and community.

Program Presentations (8 minutes presentation; 5 minutes Q&A):

- AVANCE - Carla Bianchi-Banfi - *see attachment for program description*- received DSHAC recommendation
- Ripple Effects - Linda Bessmer -*see attachment for program description* - received DSHAC recommendation (The program will go through the technology approval process for district approved software and the purchasing process to become an approved vendor)
- Volunteers of America - Teresa Garcia *see attachment for program description*- received DSHAC recommendation
- Memorial Hermann PaRC - Helena Washington *see attachment for program description*- received DSHAC recommendation
- How I Survived My Parents' Divorce - Tina Laningham *see attachment for book description*- received DSHAC recommendation

Subcommittee break out session and reports:

Policy Recommendation - the following policies have been best practice recommendations from prior work of the DSHAC, through legislative changes the best practices are now recommended to become additions to the regulations listed below. (The new regulations will be presented to the principals and senior staff for feedback)

- CIP/CSH/FFA Regulation
- EHAA Regulation - Safety Plan (45:1)

District Initiatives

- Advanced Movers Updates - *see attachment for The Advanced Movers Framework*
- Nutrition Across the Curriculum - Oliver Foundation and Baylor College of Medicine will continue their second year of the integration of nutrition

lessons into the content subject's curriculum. The initiative will be sustained in the 2nd grade curriculum and advance to the 3rd grade curriculum at our pilot campuses {Westwood Elementary, Edgewood Elementary and Rummel Creek Elementary}. The Oliver Training for 3rd grade classroom teachers, specialists, cafeteria managers, nurses, counselors and administrators is scheduled for August 15 at Westwood Elementary. The integrated curriculum from 2nd grade was presented at Teacher U in June. Sandy Bristow is scheduled to data from the first year of the initiative at the September DSHAC meeting.

- **Human Sexuality Instruction** - 2012-2013 is the implementation year of the new abstinent plus human sexuality instruction curriculums. August 14 & 15 will training days for "It's Your Game - Keep it Real", middle school curriculum. The purchase of "Reducing the Risks", high school curriculum is on schedule with training to occur in the fall.

Critical Issues Seminar

- **October 16, 5:00-8:00 p.m. @ Northbrook High School** - *see attachment for subcommittee notes*
 - Subcommittee has selected to meet prior to the next DSHAC meeting for a working workshop. Information on this meeting TBD

Updates

- **Active Life Community Challenge** - *see attachment for brochure and information for our district partners and schools*

www.HEBcommunitychallenge.com

Meeting Schedule for 2012-2013: Aug.2, Sep.11, Nov.27, Jan.24, and Apr.9.

All meetings are held in the SBISD Administration Board Room, 5:00-7:00 p.m. Light refreshments are served at these meetings.



District School Health Advisory Council
November 27, 2012
Meeting Notes

Sign in procedure and response cards

- Parents – blue
- Community – yellow
- Employees - green

Welcome – Rebecca Fuchs

Program Presentations (10 minutes presentation; 5 minutes Q&A)

- Dr. Ehrin Weiss/ADHD – presented on topics of Children’s Mental Health... she is available to give presentations to parents, students and staff...flexible presentations topics for age appropriate audience...topics will not be therapeutic in nature but a general level of knowledge. *See attachment*
Received recommendation from the council to be place on resource list
- Sofia Petrou, Rudy Garcia, and Salle Harrell, Phoenix House Grant - update presentation on grant and use of curriculum at DAEP/3 days of teaching per week, curriculum is evidence based to reduce drug use, positive impact in Aldine ISD, HISD and JJAEP.
Received recommendation
- Sofia Petrou, School-Based Health Center @ Housman – update on federal grant to explore placing a school based health center at Housman, at this time an MOU has been written with SBCHC and district
- Dr. Susan Tortolero – Update on It’s Your Game, Middle School Human Sexuality Instruction Curriculum – reviewed research concerning adolescent human sexuality...
Research can be found at www.utprc.org
IYG Web-base instruction is showing not to be effective in delaying the onset of adolescent human sexuality behaviors. IYG is curriculum of choice in 80 middle schools in Harris County/12 school districts. IYG has been used for 10 years in other districts.
Q & A time was allowed by guests and members of the council.

Sub-committee break out session and reports:

Follow up – “Night of Empowerment” – DSHAC Co-Chair, Heather Rexrode
The District School Health Advisory Council sponsored “A Night of Empowerment”, Tuesday, October 16, 5:00-8:00 p.m. at Northbrook High School. The special event was designed to educate Spring Branch families and community members about childhood obesity and diabetes.
There were 153 attendees, 16 vendors and 60+ volunteers in attendance. The evening began with the vendor market opening at 5:00 where those in attendance received one on one education in nutrition, exercise, obesity and diabetes awareness plus free health screenings. The vendor market was followed by special speakers Mary Bauman from the American

Diabetes Association and Cherita Andrews, “Biggest Loser” winner. Ms. Andrews gave a highly energized and motivating testimony on how obesity impacted her life. She spoke of her new purpose to reach as many people as possible on the issues associated with obesity and the strategies to set goals and make life changes.

After the program speakers the attendees went to break out session which focused on nutrition and exercise. The breaks out speakers were Carol Lapin/HEB Dietitian and Dr. Jose Yanez/Health Education Coordinator for the City of Houston. Parents and students became so involved in the breakout sessions that the event extended past 8:00 p.m.

The evening highlighted efforts from each of the eight coordinated school health components with volunteers from all departments across the district. The community partners who donated funds and other resources to support this special evening were Community Health Choice, Center Point, HEB, My Fit Foods, Clay Road YMCA and American Diabetes Association.

Triple P/Positive Parenting Program – grant received

New CSH monitoring tool – DSHAC Co-Chair, Rebecca Fuchs

All stakeholders have had input on the monitoring tool. CSHAC Chairs received final draft on November 15. Monitoring tool will be implemented this spring

Policy Update – FFA (CIP Embedded)

EHAC (45:1 ratio)

Next meeting: January 24 and April 9

All meetings are held in the SBISD Administration Board Room, 5:00–7:00 p.m.