

Supporting Inclusive Human Growth and Development

What is CSE?

"Age-appropriate, culturally relevant approach to teaching about sexuality and relationships by providing scientifically accurate, realistic, non-judgmental information" (UN, 2015)

Comprehensive sexual education = CSE

Content Areas:

- Adolescent development
- Healthy relationships
- Positive identity development
- Pregnancy prevention
- Violence prevention
- Health care rights

MYTH



CSE programs in schools undermine parent or guardian authority.



Sex-ed encourages youth to have sex.



CSE teaches the mechanics of sex to young children.



Abstinence-only education focused sex-ed programs stop kids from having sex.

FACT



An overwhelming number of parents support comprehensive sexuality education in schools.



Research demonstrates that comprehensive sexuality education programs delay sexual initiation.



CSE provides age and developmentally appropriate information and skills to help youth make informed decisions.



Abstinence-only programs and policies do not delay sexual initiation or reduce risk behaviors.

CSE Promotes:

Violence Prevention

CSE:

- Builds a culture of consent and promotes healthy relationships.
- Includes skill-building around respectful communication, conflict negotiation, and effective decision-making strategies.
- Promotes the respectful and dignified treatment of others.
- Contributes to reducing racial, sexual orientation and gender identity discrimination

Suicide Prevention

1 in 6 Wisconsin high school students reported suicidal ideations

LGBTQ+ individuals are...

2x as likely to feel suicidal.

4x more likely to attempt suicide.

Risk Factors:

- Bullying
- Lack of social support
- Stigma of services
- Lack of safe spaces for identity development

CSE reduces these risk factors by creating stronger connections with peers and trusted adults, using inclusive language, supporting identity development, and connection to resources.

STI Prevention

Adolescents have high rates of sexually transmitted infections (STI).

In 2018, there were a total of 68 million infections, meaning 1 in 5 people in the US have an STI

Almost half of the new STI infections were youth aged 15-24

Youth learn about...

- Prevention, transmission, and treatment of STIs.
- Barrier and contraception methods.
- Abstinence.

Civic Engagement and Leadership

CSE takes a rights-based approach; it does not promote any particular lifestyle.

It promotes health and well-being for each young person.

Youth will...

- Learn personal advocacy and leadership skills.
- Engage with decision makers.
- Gain skills and knowledge to make informed decisions.

What can you do?

Starting steps:

- Understand school and state policies related Human Growth and Development.
- Implement developmentally appropriate content.
- Create inclusive learning environments.
- Promote youth-friendly health care resources.

Prioritize the standards of CSE:

- Medically-accurate
- Culturally inclusive
- Age- and developmentally appropriate
- Shame-free
- Values-neutral
- Honest

