

PURPOSE: "To enable the state or other entity to implement education exclusively on sexual risk avoidance (meaning voluntary refraining from sexual activity)."

REQUIRED COMPONENTS

Education on SRA shall:

- ❑ Ensure that the unambiguous and primary emphasis and context for each topic (A-F) is a message to youth that normalizes the optimal health behavior of avoiding nonmarital sexual activity
- ❑ Be medically accurate
- ❑ Be age-appropriate
- ❑ Be based on adolescent learning and developmental theories
- ❑ Be culturally appropriate

Education on contraception

is not required, but if taught shall ensure that any information provided:

- ❑ Is medically accurate and complete
- ❑ Ensures that students understand that contraception offers physical risk reduction, but not risk elimination
- ❑ Does not include demonstrations, simulations, or distribution of contraceptive devices

REQUIRED TOPICS

Education on SRA shall address each of the following topics:

- A** The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision making, and a focus on the future
- B** The advantage of refraining from nonmarital sexual activity in order to improve the future prospects and physical and emotional health of youth
- C** The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity
- D** The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families
- E** How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex
- F** How to resist and avoid, and receive help regarding, sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior

GOAL: Optimal Health

"Optimal health is a dynamic balance of physical, emotional, social, spiritual, and intellectual health...Lifestyle change can be facilitated through a combination of learning experiences that enhance awareness, increase motivation, and build skills and, most important, through the creation of opportunities that open access to environments that make positive health practices the easiest choice."

O'Donnell, M. P. (2009). Definition of Health Promotion 2.0: Embracing Passion, Enhancing Motivation, Recognizing Dynamic Balance, and Creating Opportunities. American Journal of Health Promotion, 24(1), iv-iv. doi:10.4278/ajhp.24.1.iv