



# Supporting Implementation of Comprehensive Sexual Health Education (SB 5395)

**With nearly 50 years of experience in promoting sexual health and 15 years of advancing comprehensive sexual health education (CSHE) in Washington and across the country, Cardea is well-positioned to support you with implementation of CSHE.**

## Our Experience

Cardea promotes CSHE through technical assistance and training.

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

In 2020, Senate Bill 5395 was passed by the Washington State Legislature, requiring **all schools (public and charter)** to provide CSHE, defined as recurring instruction in human development and reproduction that is age-appropriate and inclusive of all students, in grades K-12.

### **Working to Institutionalize Sexuality Education (WISE)**

— The WISE initiative supports schools in implementing quality sexual health education to prepare our nation's youth for life-long health and well-being. Cardea serves as the lead agency for WISE California and for the legacy sites in Washington and Texas.

### **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 50-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 Comprehensive Sexual Health Education support includes...

| District Support  | Teacher Support   | Parent Support  |
|---|---|---|
| <p>Build school-wide buy-in and share best practices for CSHE implementation with other school leaders</p>  | <p>Equip teachers with tools to successfully implement CSHE</p>   | <p>Provide parents/caregivers with information related to laws and requirements, curriculum selection, and how to support at home</p>   |
| <p><b>Curriculum Selection Task Force</b><br/>Expert facilitators lead parent/caregiver, 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"> <li>• Overview of CSHE laws and requirements</li> <li>• Curriculum options and overview</li> <li>• Curriculum selection</li> <li>• Presentation of task force results to parents/caregivers, board members, and other stakeholders</li> </ul> | <p><b>Teacher Trainings</b><br/>Facilitating CSHE effectively requires teachers to create safe and supportive environments and support student learning. Our one and two-day trainings, Foundations, equip teachers with the skills to effectively implement CSHE in the classroom. Additionally, we provide training on a variety of evidence based/informed curriculum, such as:</p> <ul style="list-style-type: none"> <li>• <i>FLASH, MS &amp; HS</i></li> <li>• <i>Draw the Line/Respect the Line</i></li> <li>• <i>Native Voices, Native Stand and Native It's Your Game</i></li> <li>• <i>Making Proud Choices</i></li> <li>• <i>Respect, Rights and Responsibility (3Rs) MS &amp; HS</i></li> </ul> | <p><b>Parent/Caregiver Information Events</b><br/>Expert facilitators lead event to address parent/caregiver questions and concerns related to CSHE implementation, in partnership with a school.</p> <ul style="list-style-type: none"> <li>• Up-to-date information on CSHE laws and requirements</li> <li>• Curriculum overview and review sessions</li> <li>• District/school implementation plan overview</li> </ul> |
| <p><b>Comprehensive Sexual Health Education Networks</b><br/>CSHE Networks bring together representatives from several schools to discuss recent updates to sexuality education laws, share best practices, and hear about resources.</p>   | <p><b>Teacher Workshops</b><br/>Virtual or in person, workshops</p> <ul style="list-style-type: none"> <li>• Updates to CSHE laws and requirements</li> <li>• Minor consent, bystander training, and confidentiality</li> <li>• Students with special needs</li> <li>• LGBTQ+ inclusivity</li> <li>• Trauma-informed sexuality education</li> <li>• Customized workshops</li> </ul>   | <p><b>Parent/Caregiver Workshops</b><br/>Virtual or in-person workshops</p> <ul style="list-style-type: none"> <li>• Curriculum overview and review sessions</li> <li>• District/school implementation plan overview</li> <li>• How to talk to your kids about sexuality</li> <li>• Customized workshops</li> </ul>   |
| <p><b>Evaluation</b><br/>We provide full-scope evaluation services to help schools track fidelity and measure the impact of their work.</p>   | <p><b>Teacher Professional Development</b><br/>Web-based call-in series discussing a range of topics, Let's Talk About Sex...Education!</p>   | <p><b>Parent/Caregiver eLearning</b><br/>Web-based, eLearning introduction to CSHE, for parents.</p> <ul style="list-style-type: none"> <li>• Self-guided informational module</li> </ul>   |

## TA Helpline:

Teachers and School Administrators can call or e-mail our team any time with questions they have regarding sexuality education.

**Call 206-729-4764 or e-mail:**  
[WAPREP@cardeaservices.org](mailto:WAPREP@cardeaservices.org)

## Contact:

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