

Comprehensive Sexual Health Education by Grade Band

Requirements and Suggested Content by Grade Band

The following recommendations for instruction are based on legislative requirements ([RCW 28A.300.475](#)) and expert guidance for age- and developmentally appropriate instruction from sources such as the Centers for Disease Control and Prevention (CDC).

All content must be age-appropriate, medically and scientifically accurate and inclusive of all students, including language and strategies that recognize all members of protected classes.

For more information and resources regarding comprehensive sexual health education requirements and implementation, see [OSPI's website](#).

Standards

Instruction in grades 4-12 must be consistent with Washington [Health Education K-12 Health Education Standards](#), which provide a framework for comprehensive, age-appropriate, skills-based instruction, and the requirements of RCW 28A.300.475. Grade-level outcomes provide examples of what scaffolded comprehensive instruction might look like and should be used as guidance, along with the following recommendations for instruction.

Grades K-3

The only requirement for this grade band is social emotional learning that is consistent with Washington [Social and Emotional Learning Standards and Benchmarks](#). No sexual health content is required. Instruction must be provided at least "once" (at least one unit of instruction in at least one grade). See "[Social Emotional Learning in Grades K-3](#)" for more information.

Grades 4-5

Instruction must be provided at least "once" (a unit of instruction in at least one grade), including the following topics of instruction:

- HIV/STD prevention (required annually starting no later than grade 5).
- Human growth and development.
- Affirmative consent (understanding and respecting personal boundaries).
- Bystander intervention (how to safely intervene when witnessing bullying, harassment, or sexual violence).
- Healthy relationships (with friends and family).
- How to avoid exploitative relationships.



Grades 6-8

Instruction must be provided at least “twice” (a unit of instruction in two or more grades). Learning standards will help districts determine how to scaffold instruction to meet changing developmental needs across grades, which should include the following topics of instruction at least once in this grade band:

- HIV/STD prevention (required annually)
- Human growth and development
- Choosing healthy behaviors and reducing health risks (including abstinence, condom use, and contraceptives)
- Affirmative consent (understanding and respecting personal boundaries, including sexual boundaries)
- Bystander intervention (how to safely intervene when witnessing bullying, harassment, or sexual violence)
- Healthy relationships (with friends, family and dating relationships)
- Understand the influence of family, peers, community, and media on healthy sexual relationships
- How to avoid exploitative relationships and the consequences of sexual offenses involving minors

Grades 9-12

Instruction must be provided at least “twice” (a unit of instruction in two or more grades). Learning standards will help districts determine how to scaffold instruction to meet changing developmental needs across grades, which should include the following topics of instruction at least once in this grade band:

- HIV/STD prevention (required annually)
- Affirmative consent (understanding and respecting personal boundaries, including sexual boundaries)
- Human growth and development refresher
- Choosing healthy behaviors and reducing health risks (including abstinence, condom use, and contraceptives)
- How to identify and access valid health care and prevention resources
- Bystander intervention (how to safely intervene when witnessing bullying, harassment, or sexual violence)
- Healthy Relationships (with friends, family and dating relationships)
- Understand the influence of family, peers, community, and media on healthy sexual relationships
- How to avoid exploitative relationships and the consequences of sexual offenses involving minors