



Office of Superintendent of Public Instruction
Chris Reykdal, State Superintendent

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REPORT TO THE LEGISLATURE

UPDATE: School Health Profiles Survey

2019

Authorizing legislation: [RCW 28A.300.475](#)

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Executive Summary

The Office of Superintendent of Public Instruction (OSPI) asks all public schools, through the School Health Profiles Survey (Profiles), to identify curricula used for sexual health education and reports those results to the Legislature every two years. OSPI uses Profiles of secondary schools to collect this information. Beginning in the 2018–19 school year, OSPI implemented a new survey in order to respond to requests from the Legislature for district-level data. Results from both surveys are included in this report.

OSPI continues to work with the Washington State Department of Health and other education and public health partners on the implementation of medically accurate, comprehensive sexual health education in Washington schools. Current work to implement the Health Education K–12 Learning Standards includes reviewing curricula and supporting schools in using optional sexual health education grade-level outcomes that align with the Healthy Youth Act (HYA) and [2005 Guidelines for Sexual Health Information and Disease Prevention](#).

Background

Sexual Health Education Curriculum Surveys

Revised Code of Washington (RCW) 28A.300.475 directs the Office of Superintendent of Public Instruction (OSPI) to collect information about the sexual health education curricula used in Washington’s K–12 public schools. Since 1996, OSPI has been administering the School Health Profiles Survey (Profiles), developed by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) and the National Center for Chronic Disease Prevention and Health Promotion, in collaboration with state, local, and territorial departments of health and education. In 2008, OSPI added a supplemental survey for the purpose of collecting information about curricula used by Washington schools.

In the 2018–19 school year, OSPI added two questions to an existing required Health Education Instruction and Assessment survey of districts in order to collect district-level information about sexual health education in Washington schools.

Sexual Health Education Curriculum Review

OSPI, the state Department of Health (DOH), and other education and public health stakeholders support the use of curricula and other instructional materials that are consistent with the Healthy Youth Act (HYA) by offering resources to school districts going through the curriculum selection process. Resources include the CDC’s Health Education Curriculum Analysis Tool (HECAT) and OSPI-developed review tools that reflect state-specific requirements and standards related to sexual health education and bias in instructional materials. In addition, OSPI and DOH partner regularly to review sexual health instructional materials for consistency with the HYA and the AIDS Omnibus Act (RCW 28A.230.070). [Results from the most recent Sexual Health Education Curriculum Review](#) are available on the OSPI website.

Update Status

School Health Profiles Survey

Every two years, OSPI administers Profiles to a random sample of schools serving students in grades 6–12. The survey includes two questionnaires—one for school principals and one for lead health education teachers. Since 2008, the survey has included Washington-specific supplemental questions to help assess implementation of the Healthy Youth Act and health policies and instruction related to state learning standards and various grant-funded health

goals. The CDC, which conducts Profiles nationally, randomly selects schools from a list provided by OSPI of all Washington secondary schools. Participation is voluntary. In 2018, 73% of lead health teachers and 76% of principals responded to the survey, which means results are “weighted” and may be considered representative of secondary schools statewide. The CDC collects and analyzes the responses and produces reports using aggregate data. School-specific results are available only to each participating school.

In spring 2018, 273 lead health education teachers completed the Washington supplemental survey related to health instruction. Of the 273 lead health teachers reporting, 228 (or 83.5%) reported providing some type of sexual health instruction. That instruction ranged from single-topic instruction such as HIV prevention, abstinence, or sex trafficking to the use of a comprehensive sexual health curriculum. Two curricula continued to be used significantly more often than others: the KNOW HIV Prevention curriculum (KNOW) and the Family Life and Sexual Health curriculum (FLASH).

KNOW was developed by OSPI in response to a legislative request in the [AIDS Omnibus Act](#) (AOA). OSPI has updated this curriculum several times as necessary to ensure medical accuracy. Public Health Seattle & King County developed the FLASH curriculum. Both curricula are consistent with requirements in the 2007 Healthy Youth Act and the 2005 Guidelines for Sexual Health and Disease Prevention, although KNOW addresses HIV prevention only.

The Washington supplemental survey asks lead health teachers to report their use of “any of the following curricula.” Respondents are able to check all that apply from a pre-populated list of curricula, since many schools use multiple resources to support sexual health education. The Washington supplemental survey also includes a comment section so respondents may indicate other instructional materials used in their school.

OSPI has reviewed three of the five most widely used curricula for their consistency with the HYA, including medical and scientific accuracy. FLASH and KNOW rated *above average*, and the third title *below average*, not meeting HYA requirements as written without significant modification. Two percent (2%) of schools reported using other curricula that do not conform to the requirements spelled out in the HYA, down from 7% in 2016. Multiple schools reported using a variety of other materials, many of which have not been reviewed by OSPI for consistency with the Healthy Youth Act because they are not widely used. Appendix A provides detailed results of the 2018 Profiles Curriculum Survey.

Table 1: Five Most Widely Used Sexual Health Curricula

Curriculum Title	Number of Schools Reporting use of Curriculum	Percentage of Schools Reporting use of Curriculum
Family Life and Sexual Health (FLASH)	161	59%
KNOW HIV/STD Prevention	108	40%
Health: A Guide to Wellness (Glencoe)	53	19%
Teen Health (Glencoe)	52	19%
Healthy Relationships and Sexuality (Glencoe)	29	11%

Source: School Health Profiles Survey, 2018.

Health Instruction and Assessment Survey

In the 2018–19 school year, OSPI added two questions to an existing required survey of districts to collect district-level information about sexual health education in Washington schools. This survey asked districts:

- When is Sexual Health Education taught in your district? (select all grade bands that apply or choose “district does not offer”)
- What Sexual Health Education curriculum are you using? (select all that apply or add written response to “other”)

Of the 285 responding districts, 266 (93%) reported providing sexual health education in at least one grade band:

- K–5: 64.7%
- 6–8: 86.1%
- 9–12: 75.2%

Districts reported using several reviewed curricula that have been determined to meet state statutory requirements.

Table 2: Districts Using Curricula Consistent with State Requirements

Curriculum Title	Number of Districts Reporting use of Curriculum	Percentage of Districts Reporting use of Curriculum
KNOW HIV/STD Prevention	103	38.7%
Family Life and Sexual Health (FLASH)	102	38.3%
Rights, Respect, Responsibility (3Rs)	10	3.1%
Great Body Shop	9	3.4%
Get Real (ETR)	5	1.9%

Source: Health Instruction & Assessment Survey, 2019.

A significant percentage of districts (42.1%) reported using district-developed curricula, which means their materials have not necessarily been reviewed for consistency with state requirements.

Two districts reported using curricula that were found to be inconsistent with state requirements. School Health Profiles and anecdotal reports identified these and other inconsistent titles being used by several schools in the state. Additional details on survey results are available in Appendix B.

Conclusion and Next Steps

Many schools and districts report the use of sexual health education curricula that have been reviewed by the Office of Superintendent of Public Instruction (OSPI) and the state Department of Health (DOH) and found to be consistent with state requirements. However, a significant number report using materials that have not been reviewed at the state level; and a small number of titles in use have been reviewed and found to be inconsistent with state statutory requirements and state standards. Three previously unreviewed titles most widely used according to Profiles were added to the 2019 curriculum review, and results will be available early 2020. An ongoing collaboration between OSPI and DOH supports regular curriculum reviews, although resources have decreased over time and do not support an annual review of materials.

OSPI, DOH, and other education and public health stakeholders will continue to provide districts with support and resources to ensure students receive sexual health education that is

medically accurate, age-appropriate, and appropriate for all students regardless of gender, race, disability status, or sexual orientation.

APPENDICES

Appendix A: School Health Profiles, 2018, Curricula Reported Being Used by Secondary Schools

Washington 2018 School Health Profiles
 Weighted Lead Health Education Teacher
 Survey Results from Washington Supplemental Questionnaire

This appendix reflects numbers and percentages of secondary schools in which teachers or other presenters used any of the following sexuality education curricula for students in any of grades 6–12. Schools were given the choice of checking “yes” for titles on a pre-populated list or adding titles in a comment box. Of the 376 schools in the sample, teachers from 273 schools completed the survey. Many schools reported using more than one title.

Curriculum Title	Schools Reporting use of Curriculum	Percent of Schools Reporting use of Curriculum	Title Consistent with State Requirements as of 2015 or 2017 Review?
Family Life and Sexual Health (FLASH)	161	59%	Yes
KNOW HIV/STD Prevention	108	40%	Yes
Health: A Guide to Wellness (Glencoe)	53	19%	Not reviewed in 2015 or 2017
Teen Health (Glencoe)	52	19%	With modifications
Healthy Relationships and Sexuality (Glencoe)	29	11%	Not reviewed in 2015 or 2017
Human Sexuality (Glencoe)	25	9%	Not reviewed in 2015 or 2017
The Great Body Shop	11	4%	Yes
Lifetime Health (Holt)	9	3%	Not reviewed in 2015 or 2017
Health Smart (ETR Associates)	8	3%	Yes
Reducing the Risk (ETR Associates)	7	3%	Not reviewed in 2015 or 2017
Draw the Line (ETR Associates)	4	1%	Not reviewed in 2015 or 2017

Curriculum Title	Schools Reporting use of Curriculum	Percent of Schools Reporting use of Curriculum	Title Consistent with State Requirements as of 2015 or 2017 Review?
Life Skills	4	1%	No
SHARE	2	1%	Not reviewed in 2015 or 2017
Safer Choices (ETR Associates)	2	1%	Not reviewed in 2015 or 2017
Health (Pearson)	2	1%	Not reviewed in 2015 or 2017
Get Real (ETR)	2	1%	Yes

“Other Curricula” Reported Being Used by Schools

Comments included in the Lead Health Education Teacher Survey Results from the Profiles Supplemental Questionnaire related to “other curricula” used to teach sexual health education (each representing one distinct comment). Each of the titles below was reported being used by one school.

Other (Describe)	Total Responses	Title Consistent with State Requirements as of 2015 or 2017 Review?
Apex Learning	1	Not reviewed in 2015 or 2017
Choosing the Best Journey	1	No
Comprehensive Health (Goodheart-Wilcox)	1	Not reviewed in 2015 or 2017
Decisions for Health (Holt)	1	Not reviewed in 2015 or 2017
Essentials of Teaching Health Education	1	Not reviewed in 2015 or 2017
Five for Life	1	Not reviewed in 2015 or 2017
Health (Prentice Hall)	1	Not reviewed in 2015 or 2017
HOPE (Health Opportunities through Physical Education)	1	Not reviewed in 2015 or 2017
Making Proud Choices (ETR)	1	With modifications
Rights, Respect, Responsibility (3Rs)	1	Yes
Safe Dates	1	Not reviewed in 2015 or 2017
Teen AID	1	Not reviewed in 2015 or 2017
WAIT	1	No

Appendix B: Health Instruction & Assessment Survey, 2018–19

1. When is Sexual Health Education taught in your district? (select all grade bands that apply or choose "District does not offer")

Grade Bands	Percent	Total Responses
K–5 (elementary)	60.3%	172
6–8 (middle)	80.3%	229
9–12 (high)	70.2%	200
District does not offer sexual health education	6.6%	19

2. What Sexual Health Education curriculum are you using? (select all that apply)

Title	Percent	Total Responses	Title Consistent with State Requirements as of 2015 or 2017 Review?
FLASH	38.3%	102	Yes
KNOW	38.7%	103	Yes
Get Real (ETR)	1.9%	5	Yes
Rights, Respect, Responsibility	3.8%	10	Yes
District created/developed curriculum	42.1%	112	Not reviewed in 2015 or 2017
Other (describe)	17.7%	47	Not reviewed in 2015 or 2017

Other (Describe)	Total Responses	Title Consistent with State Requirements as of 2015 or 2017 Review?
Great Body Shop	9	Yes
Draw the Line, Respect the Line	5	Not reviewed in 2015 or 2017
School Nurse	3	Not reviewed in 2015 or 2017
Health Smart	3	Yes
CPR for Relationships	2	Not reviewed in 2015 or 2017
My Health (CWU)	2	Not reviewed in 2015 or 2017
Always Changing	2	Not reviewed in 2015 or 2017
Pearson Health Curriculum	2	Not reviewed in 2015 or 2017

Other (Describe)	Total Responses	Title Consistent with State Requirements as of 2015 or 2017 Review?
Planned Parenthood	2	Not reviewed in 2015 or 2017
AWARE	1	No
Around the Corner	1	Not reviewed in 2015 or 2017
Cardea (refers to WA PREP involvement – name of curriculum not noted)	1	Not reviewed in 2015 or 2017
Choosing the Best	1	No
Combination of titles	1	Not reviewed in 2015 or 2017
ELL programs used at other deaf schools	1	Not reviewed in 2015 or 2017
ESD contracted school nurse provides (name of curriculum not noted)	1	Not reviewed in 2015 or 2017
Glencoe Holt	1	Not reviewed in 2015 or 2017
Glencoe Health & school nurse	1	Not reviewed in 2015 or 2017
Growing Up for Girls/Boys	1	Not reviewed in 2015 or 2017
Growth & Development (grade 5 only)	1	Not reviewed in 2015 or 2017
Growth and Human Development	1	Not reviewed in 2015 or 2017
Health Curriculum (9th grade)	1	Not reviewed in 2015 or 2017
Health Education State Standards	1	Not reviewed in 2015 or 2017
Health Promotion Wave	1	Not reviewed in 2015 or 2017
Health textbook	1	Not reviewed in 2015 or 2017
Health textbook & Planned Parenthood	1	Not reviewed in 2015 or 2017
Human Growth/Puberty, HIV/AIDS, Hygiene	1	Not reviewed in 2015 or 2017
Jefferson Co. taught previously, not this year	1	Not reviewed in 2015 or 2017
Locally developed instruction	1	Not reviewed in 2015 or 2017
MS using something other than FLASH	1	Not reviewed in 2015 or 2017
Mental Health Counselor delivered	1	Not reviewed in 2015 or 2017
Nurse Corps	1	Not reviewed in 2015 or 2017
Nurse-created presentation centered around communicable diseases and body awareness	1	Not reviewed in 2015 or 2017
OSPI	1	Not reviewed in 2015 or 2017
Just adopted FLASH to begin using next year	1	Not reviewed in 2015 or 2017

Other (Describe)	Total Responses	Title Consistent with State Requirements as of 2015 or 2017 Review?
HIV and Human Growth and Development for grades 5–6	1	Not reviewed in 2015 or 2017
School nurse teaches annually and I also teach a unit on this as part of Human Growth and Development	1	Not reviewed in 2015 or 2017



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