**Comprehensive Sexual Health Education**

The two quotes below further explain the importance of comprehensive sex education.

“Substantial evidence of the effectiveness of comprehensive sex education has recently emerged. Comprehensive sex education addresses both abstinence and age-appropriate, medically accurate information about contraception. Comprehensive sex education is also developmentally appropriate, introducing information on relationships, decision-making, assertiveness, and skill building to resist social/peer pressure, depending on grade-level.” (Advocates for Youth)

“SIECUS believes that comprehensive school-based sexuality education that is appropriate to students’ age, developmental level, and cultural background is an important part of the school curriculum at every grade. A comprehensive sexuality program will provide medically accurate information, recognize the diversity of values and beliefs represented in the community, and complement and augment the sexuality education children receive from their families, religious and community groups, and healthcare professionals.” (Sexuality Information and Education Council of the United States)

**Iowa**

* In 2007, Iowa law was modified to include the following: “Each school district shall provide age—appropriate and research-based instruction in human growth and development areas, the health curriculum or health education unit including instruction regarding human sexuality, self-esteem, stress management, interpersonal relationships, domestic abuse, HPV and the availability of the vaccine to prevent HPV, and acquired immune deficiency syndrome as required for grades one through twelve.

**National**

One January 9, 2012, the new *National Sexuality Education Standards* were released by the American Association of Health Education, the American School Health Association, the National Education Association - Health Information Network, and the Society of State Leaders of Health and Physical Education, in coordination with the Future of Sex Education (FoSE) Initiative. The standards provide clear, consistent, and straightforward guidance on the essential minimum, core contentfor sexuality education that is developmentally and age-appropriate for students in Kindergarten through grade 12. These standards are available to be downloaded at <http://www.futureofsexed.org/index.html>