



Developing capacity to promote youth sexual health and well-being.



Scroll down to:

- **Access** our electronic participant surveys (Especially useful if you are implementing this Spring!)
- **Learn** about new WA PREP resources
- **Join** our new Network Meetings for school district administrators
- **Participate** in our new professional learning series: Let's Talk About Sex...Education!
- **Read** *Affirmative Consent and Bystander Training Basics*

Are You Implementing Sexual Health Ed this Spring?

Online versions of the participant entry and exit surveys are available to facilitate the evaluation process. Please contact [Olivia Lutz](#) to make arrangements.

New Resources

Whether you are currently implementing Comprehensive Sexual Health Education, (CSHE) or are just beginning to develop a plan to meet the new [Washington State requirements](#), we have resources to support you. Our expert team is available to support with curriculum selection, working with your school board, educating parents/caregivers and community, providing curriculum walk-throughs and core skills training for teachers, and more.

Contact Emily at emerson@cardeaservices.org for more information.

Connect and Learn!

Network Meetings for School District Administrators

Join WA PREP staff and school district administrators from across the state for quarterly network meetings to:

- Discuss and share updates on sexual health education requirements and related policies
- Share successes and lessons learned
- Develop/get feedback on plans to support institutionalizing CSHE in your district
- Share strategies for parent/caregiver engagement and community outreach

[Click here to register for the April 22 Network Meeting.](#)

Join Us for Let's Talk About Sex...Education!

Join teachers/educators in California and Washington to hear about new teaching practices and receive updates on current research in the sexual health education field. **Contact Emily at emerson@cardeaservices.org** for more information.

Affirmative Consent & Bystander Basics

Washington State's new [sexual health education legislation](#) requires public and charter K-12 schools to provide comprehensive sexual health education by the 2022-2023 school year. Detailed descriptions of the bill's requirements by grade level can be found [here](#) on the OSPI website.

One subject specified in the legislation is age-appropriate instruction on the topics of affirmative consent and bystander training. Schools that already provide sexuality education are required to include this topic in the 2020-21 school year, beginning in

the 4th grade. Affirmative consent and bystander training definitions and approaches are evolving. To learn more, [register](#) to attend our OSPI sponsored training on April 29, 2021.

Affirmative consent is an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in sexual activity. It is not just the absence of “no.” For 4th and 5th grade students, age-appropriate instruction in affirmative consent should focus on hugs or horseplay, hand-holding, and other touch, as well as virtual contact through e-mail, texting, or social media. In 6th through 12th grades, affirmative consent training might focus on similar activities, as well as kissing or sexual touch.

Bystander training helps students to break the “code of silence” that often keeps bystanders from taking an action to stop an incident. Research suggests that bullying and harassment, including sexual harassment, rarely occur in the absence of bystanders. However, most bystanders do not intervene. Bystander training teaches students how to safely intervene when they observe bullying, sexual harassment, or unwanted sexual touch. It helps students identify bullying and harassment and empowers them to distinguish between getting support from adults and “tattling.” It also fosters development of empathy and encourages support for the student who is experiencing bullying/harassment.

When we teach about consent and bystander intervention, we are encouraging communication, respect, honesty, trust, and responsibility, all components of healthy relationships and happy lives.

Actions for Educators & Teachers

Watch this video with your students (If permitted in your district)

[Cycling Through Consent](#) (high school grades & up)

This concise four-minute video explains affirmative consent using the metaphor of inviting a friend on a bike ride. Created for college aged students, it could be easily adapted for high-school. Possible debrief questions:

- What did you learn about consent from this video?
- This video compares the process of seeking sexual consent to inviting a friend on a bike ride. Based on this video, what are similarities between the two?
- How might watching this video change a person’s understanding of consent?
- How might it change their behavior in the future?

Attend our OSPI sponsored training!

Cardea will be offering a 2-hour training on affirmative consent and bystander intervention on April 29. We would love to see you there! [Register with OSPI here.](#)

Additional Resources**[Amaze.org](#)**

Videos for most ages on consent, healthy relationships, sexual assault, sexual harassment, and bullying

[We Speak About It](#)

Resources on consent and sexual health for students, by students

[Teach Consent](#)

Video and discussion guide

[Sexual Harassment Prevention in Schools: A Facilitator's Manual and Curriculum for Grades 1 through 12, Pennsylvania Coalition Against Rape](#)

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