

## **Grades 5/6 KNOW HIV/STD Prevention Curriculum**

The KNOW Curriculum is a model HIV/STD prevention curriculum designed to meet the requirements of Washington State's AIDS Omnibus Act (RCW 28A.230.070) and requirements for instruction about sexually transmitted diseases (RCW 28A.230.020).

The KNOW Curriculum is provided in three grade level manuals (Grades 5/6, 7/8, and High School). The KNOW Curriculum offers lessons specific to each grade level, including lesson objectives, activities, student handouts and visuals, recommendations for optional supporting videos, family newsletters and homework.

### **KNOW Compliance with Washington State Laws**

The KNOW Curriculum is designed to fully meet the requirements of the AIDS Omnibus Act. It aligns with the WA State Health and Fitness Standards (2008), the WA State Guidelines for Sexual Health Information and Disease Prevention (2005), the National Sexuality Education Standards (2011), and current research on the prevention of HIV and other STDs.

Beginning no later than Grade 5, students shall receive yearly instruction in the life-threatening dangers of HIV/AIDS, its transmission, and its prevention.

- Each school district board of directors will adopt an HIV/AIDS prevention education program, which is developed in consultation with teachers, administrators, parents, and other community members including, but not limited to persons from medical, public health, and mental health organizations and agencies.
- The materials developed for use in the HIV/AIDS education program must be either: (a) model curricula and resources available from OSPI or (b) developed (or purchased) by the school district and approved for medical accuracy by the Department of Health Office on HIV/AIDS.
- If a district develops (or purchases) its own HIV/AIDS prevention curricula, the district must submit to the DOH office on HIV/AIDS a copy of its curricula and an affidavit of medical accuracy stating that the material has been compared to the model curricula for medical accuracy and that in the opinion of the district, the materials are medically accurate. After submission of these materials to the DOH Office on HIV/AIDS, the district may use the materials until the approval procedure by the DOH Office on HIV/AIDS has been completed.
- At least one month before teaching HIV/AIDS prevention education in any classroom, each district must conduct at least one presentation concerning the curricula and materials that will be used for HIV/AIDS education during weekend and evening hours for the parents and guardians of students.
- At least one month before teaching HIV/AIDS prevention education in any classroom, parents are to be notified of the presentation and that the materials are available for inspection. A student may be removed from HIV/AIDS prevention education if the student's parent or guardian, having attended one of the district presentations, objects in writing to such participation.

A parent/guardian who wishes to have a student excused from planned instruction in HIV/AIDS education must file a written request with the principal, at least 7 days prior to the planned instruction. The district will make the appropriate opt-out form available. Excused students shall be provided with appropriate alternative educational opportunities. No student may be required to participate in AIDS prevention education if the student's parent or guardian, having attended one of the district presentations, objects in writing to the participation.

**Grades 5/6 KNOW Standards Alignment**

The entire 5/6 KNOW Curriculum meets the following recommendations from the Washington State Guidelines for Sexual Health Information and Disease Prevention:

- Is age and culturally appropriate
- Uses information that is medically and scientifically appropriate
- Enlightens people to develop and apply health-promoting behaviors, including disease prevention and detection and accessing accurate health information that is age appropriate
- Stresses that abstinence from sexual activity is the only certain way to avoid pregnancy and to reduce the risk of STDs, including HIV
- Recognizes and respects people with differing personal and family values
- Teaches youth that learning about their sexuality will be a lifelong process as their needs and circumstances change

The following grid demonstrates how the 5/6 KNOW Curriculum aligns with state and national standards and guidelines.

<b>Grade 5</b>
<b>Lesson 5-1, HIV Overview: Immune System</b>
<b><i>Washington State Health and Fitness Standards</i></b>
Understands the structure and function of body systems (2.2.1)
Understands how to maintain sexual health throughout life (2.2.2)
Understands how to prevent or reduce the risk of contracting a communicable disease (2.3.1)
<b><i>National Sexuality Education Standards</i></b>
Define HIV and identify age appropriate methods of transmission, as well as ways to prevent transmission (SH.5.CC.1)
<b><i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i></b>
<i>In addition to the points listed above, this lesson/also:</i>

Provides accurate information about STDs including how STDs are and are not transmitted and the effectiveness of all FDA approved methods of reducing the risk of contracting STDs
Encourages community support and reinforcement of key messages by other adults and information sources
<b>Lesson 5-2, Abstinence and Refusal Skills</b>
<b><i>Washington State Health and Fitness Standards</i></b>
Analyzes abusive and risky situations and points out safe behaviors to prevent injury to self and others at home, school and in the community (2.4.1)
Applies necessary social skills to promote health and safety (3.3.1)
<b><i>National Sexuality Education Standards</i></b>
Demonstrates ways to treat others with dignity and respect (HR.5.SM.1)
Demonstrates refusal skills (PS.5.IC.2)
<b><i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i></b>
<i>In addition to the points listed above, this lesson also:</i>
Acknowledges that people may choose to abstain from sexual activity at various points in their life
Promotes the development of intrapersonal and interpersonal skills including a sense of dignity and self-worth and the communication, decision-making, assertiveness and refusal skills necessary to reduce health risks and choose healthy behaviors
Encourages young people to develop and maintain healthy, respectful and meaningful relationships and avoid exploitative or manipulative relationships
Promotes healthy self-esteem, positive body image, good self-care, respect for others, caring for family and friends and a responsibility to community
<b>Grade 6</b>
<b>Lesson 6-1, HIV Overview: Transmission</b>
<b><i>Washington State Health and Fitness Standards</i></b>
Understands the structure and function of body systems (2.2.1)
Understands how to maintain sexual health throughout life (2.2.2)
Understands factors and prevention related to communicable diseases (2.3.1)
<b><i>National Sexuality Education Standards</i></b>
Define HIV and identify age appropriate methods of transmission, as well as ways to prevent transmission (SH.5.CC.1)
<b><i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i></b>
<i>In addition to the points listed above, this lesson also:</i>

Provides accurate information about STDs including how STDs are and are not transmitted and the effectiveness of all FDA approved methods of reducing the risk of contracting STDs
Encourages community support and reinforcement of key messages by other adults and information sources
<b>Lesson 6-2, Abstinence and Refusal Skills</b>
<b><i>Washington State Health and Fitness Standards</i></b>
Analyzes abusive and risky situations (2.4.1)
Solves conflicts while maintaining safe and respectful relationships (3.3.1)
<b><i>National Sexuality Education Standards</i></b>
Demonstrates ways to treat others with dignity and respect (HR.5.SM.1)
Demonstrates refusal skills (PS.5.IC.2)
<b><i>Washington State Guidelines for Sexual Health Information and Disease Prevention</i></b>
<i>In addition to the points listed above, this lesson also:</i>
Acknowledges that people may choose to abstain from sexual activity at various points in their life
Promotes the development of intrapersonal and interpersonal skills including a sense of dignity and self-worth and the communication, decision-making, assertiveness and refusal skills necessary to reduce health risks and choose healthy behaviors
Encourages young people to develop and maintain healthy, respectful and meaningful relationships and avoid exploitative or manipulative relationships
Promotes healthy self-esteem, positive body image, good self-care, respect for others, caring for family and friends and a responsibility to community