

Ten Ways CA Sex Ed Curricula Fail to Protect Students that HEART Gets Right

The HEART curriculum more fully aligns with the CA Ed Code objective of healthy youth than other curricula. Here are ten examples:

1. HEART emphasizes primary protection (risk avoidance—delaying sex until at least the legal age of consent) per guidance of CHYA and the CDC. HEART does comprehensively teach secondary prevention (risk reduction) as required, but first place is given to risk avoidance as the only medically certain safe path by teaching healthy relationship where kids can have “fun without sex.”
2. HEART teaches the truth about the laws protecting minors—minors can’t ‘consent’ to sex. Other curricula teach or infer that minors can ‘consent’ to sex but the law clearly doesn’t allow this—sex with an unmarried minor is always a crime.
3. HEART discloses the risks of condom use. Authorities advocate condom use because this will reduce overall teen pregnancy and STIs. At the individual level, however, teens are not taught by other curricula that the risk that still remains is more than they would want to be exposed to.
4. HEART reveals the fundamental lesson of STIs—the human immune system cannot protect against casual sex. The number of STIs continues to grow, especially those without a cure. HEART teaches the only real safety is faithfulness to a single partner, or living as close to this as possible.
5. HEART teaches the link between certain STIs and certain cancers. HPV, for example, is a risk for cervical, anal-rectal, or mouth-throat cancers, depending on where the infection occurs.
6. HEART presents information about ways STIs are harder on girls with the CDC’s “10 Ways STDs Impact Women Differently from Men.” The list includes “pelvic inflammatory disease,” a common STI complication and a cause of infertility and ectopic pregnancy.
7. HEART better protects males who have sex with males (MSM). New HIV infections have significantly declined in the general population but have tragically persisted at around 26,000 per year among MSM. The guidance being given hasn’t worked. HEART provides full CDC guidance for MSM.
8. HEART teaches the consequences of abortion. HEART recognizes a woman’s right to abortion, but does teach the risks. Abortion, particularly with multiple abortions, has consequences that are often overlooked.
9. HEART acknowledges gender dysphoria but shares information that 98% of cases resolve by adulthood and that patience under the guidance of parents is the safest path.
10. HEART supports marriage by presenting the advantages of marriage over the growing trend of cohabitation. Studies show marriage, for example, is the best protection against poverty, even better than a college education. Marriage, once practiced by all income classes, is becoming a lost dream for many poor women.

There is a media message of growing sexual promiscuity—that everyone’s doing ‘it.’ The fact is that since the early ‘90s kids are starting sex later, doing it less, with fewer partners, and teen pregnancies have steadily fallen. This is a trend that needs support and encouragement and HEART promotes and teaches the message of ‘kids getting better.’