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# SUPERINTENDENT OF PUBLIC INSTRUCTION

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Date: Nov. 13, 2013

To: Invited School District Leaders  
Superintendents and Assistant Superintendents

From: Jessica Vavrus, OSPI Assistant Superintendent for Teaching and Learning  
Laurie Dils, OSPI Interim Program Supervisor for HIV and Sexual Health Education

Greetings! We would like to invite your school district to apply to become one of 15 districts across the state to participate in an exciting grant opportunity focused on promoting student health and school success through exemplary sexual health education. The Office of Superintendent of Public Instruction (OSPI) was one of 19 State Education Agencies to receive funding through a highly competitive process from the Centers for Disease Control and Prevention, Division of Adolescent and School Health (CDC/DASH) in August 2013. The project is currently funded for five years, through July 30, 2018.

Washington's project, *Supporting Student and School Success Through Exemplary Sexual Health Education*, includes close partnerships with the Association of Educational Service Districts Network (all nine ESDs), the Department of Health, and other key state and national organizations to provide support, professional learning support, and technical assistance to participating districts. The attached flyer provides more detail about the project, including district commitments and the funding and types of support districts will receive over the grant period.

An informational webinar will take place on **Nov. 21, 2013, 3:30-4:30 p.m.** for District Superintendents, Assistant Superintendents and district "champions" (e.g. school nurse, health teacher, prevention specialist). **Register here to participate:** <https://www1.gotomeeting.com/register/583345345>

**Key Dates:**

- **Dec. 13, 2013** – iGrant applications due (package available after Nov. 21)
- **Dec. 20, 2013** – Districts notified of awards

In the event that OSPI receives more interest from districts than the available 15 spots, districts will be selected through an objective application review process and prioritized by demonstrated need, geographic representation, and district capacity and readiness.

Laurie Dils, OSPI Interim HIV/Sexual Health Program Supervisor is available if you have further questions or are unable to join the webinar on November 21<sup>st</sup> ([laurie.dils@k12.wa.us](mailto:laurie.dils@k12.wa.us) or 360-725-6368).

We look forward to partnering with you on this important project!



## Supporting Student and School Success through Exemplary Sexual Health Education

A CDC-funded partnership project opportunity for  
WA School Districts

The Office of Superintendent of Public Instruction (OSPI) was one of 19 State Education Agencies awarded a five-year grant from the CDC, Division of Adolescent and School Health (CDC/DASH) (FOA 1308). OSPI will be working closely with the state's nine regional ESDs and state and national school health partners to implement this project over the next five years.

We are looking for 15 Washington school districts interested in partnering with us on an initiative to improve school success and adolescent health.

### Focus Areas of the Project:

- ★ Exemplary sexual health education emphasizing HIV, STD and teen pregnancy prevention
- ★ Safe and supportive environments for all students and staff
- ★ Access for adolescents to key sexual health services in the community
- ★ Policies related to sexual health education, safe and supportive environments and access to sexual health services.

### What Will Partner School Districts Receive?

- Funding to support grant activities (\$500 in year one of the grant and up to \$10,000 per year in years 2-5 of the grant)
- 5 years of support from OSPI and state and national partners
- High quality professional development and technical assistance that will include support with overall project planning, curriculum mapping and analysis, capacity and needs assessments, support for creating and/or enhancing School Health Advisory Councils, and support with policy review processes (as identified through district-specific action plan)

### This initiative is designed to increase the capacity of Washington school districts to develop and implement sustainable program activities that will:

- ✓ Reduce drop-out rates and chronic absenteeism
- ✓ Improve academic achievement
- ✓ Reduce teen pregnancy rates
- ✓ Reduce HIV and other sexually transmitted diseases (STDs) among adolescents.
- ✓ Reduce disparities in HIV and other STDs experienced by specific adolescent sub-populations.

(based on "Research Review; School-based Health Interventions and Academic Achievement", Dilley, 2011; and Centers for Disease Control data)

## **Commitments for District Participation**

(OSPI and state/national project partners will provide support to participating Districts in all aspects of this project as needed)

- Commit to participating in this project for the full five years of the project period (Nov. 2013 – Sept. 2018)

### **Starting with Year 1 (2013/14):**

- Participate in required data collection, including School Health Profiles (spring of 2014, 2016 and 2018) and the WA Healthy Youth Survey (HYS) (2015 and 2017), including supplemental and Sexual Behavior Questions
- Participate in assessment of current activities and capacity related to the “Four Focus Areas” of the project (see p. 1 of this flyer) and planning for years 2-5

### **Starting in Year 2 (2014/15) through Year 5 (2017/18):**

- Adopt and implement a written course of study in sexual health education for middle and high school students that is grade-specific and evidence-based, and taught by well-qualified and trained teachers
- Set up a referral system (if you don't have one already) with community organizations that provide adolescent sexual health services
- Attend professional development opportunities on implementing anti-bullying and anti-sexual harassment policies, school-connectedness, and parent engagement
- Identify schools interested in additional support on behalf of LGBT students
- Track policy adoption and monitor policy implementation related to sexual health education, safe and supportive environments and access to sexual health services
- Develop or maintain a School Health Advisory Council
- Continue required data collection, including School Health Profiles and the HYS.

## **Guiding Factors for District Invitation**

- Existing conditions that indicate potential readiness and willingness to participate through conversations with ESDs, OSPI, or other state public health partners (CDC requirement)
- Past or current participation in the W.I.S.E. Initiative (Working to Institutionalize Sex Education) or other sexual health education initiatives
- District “champions” present to support strong sexual health education
- County-level statistics on teen pregnancy, STDs and HIV (CDC requirement)
- School-district statistics on free and reduced lunches, homelessness, drop-out and percentage of minority students (CDC requirement)

***For more information about applying, contact Laurie Dils, Interim HIV/Sexual Health Education Supervisor, OSPI: [laurie.dils@k12.wa.us](mailto:laurie.dils@k12.wa.us) or 360-725-6368***

### **Why This Is Needed?**

Well-planned and implemented comprehensive sexual health education has been shown to positively influence students' health-related knowledge, skills and behaviors. It contributes to academic achievement. Schools, in concert with families and communities, can play a key role in implementing effective sexual health education programs.

***School districts are not responsible for meeting every need of their students. But when the needs directly affect learning, the school must meet the challenge. ~Carnegie Council on Adolescent Development***