



**NATOMAS PACIFIC PATHWAYS PREP**

**Middle School**

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Dear Parent/Guardian:

December 17, 2018

California state law, the California Healthy Youth Act, requires that comprehensive sexual health education and HIV prevention education be provided to students at least once in middle school and once in high school, beginning in grade 7.

Instruction encourages students to communicate with parents, guardians or other trusted adults about human sexuality. Instruction is inclusive of all students and must include the following:

- Information about healthy relationships and avoiding unhealthy behaviors and situations.
- Information about stress management, self-harm and suicide prevention.
- Information about HIV and other sexually transmitted infections (STIs), including transmission, FDA approved methods to prevent HIV and STIs, and treatment.
- Information about pregnancy, including FDA approved prevention methods, pregnancy outcomes, etc.
- Information about substance abuse prevention including drug, alcohol and tobacco.
- Information about social awareness on technology including cyber-bullying and social media.

Instruction will be provided by NP<sup>3</sup> Counselors and Physical Education teachers in January. If you have questions, we encourage you to contact one of us. You may view information about the California Healthy Youth Act (California Education Code Sections 51930-51939) at <https://www.cde.ca.gov/ls/he/se/>.

Sincerely,

Lindsay Anzelc  
NP<sup>3</sup> Middle Principal  
(916) 567-5744