

FLASH

FLASH lessons are evidence-informed and adhere to the Centers for Disease Control and Prevention's (CDC) Characteristics of an Effective Health Education Curriculum. The lessons prepare students to do the following:

- successfully navigate puberty;
- abstain from sex;
- use condoms and birth control when they do have sex;
- confirm consent before engaging in sexual activity;
- report sexual abuse and assault;
- communicate with their family about sexual health and dating;
- make decisions that minimize risk to their sexual health; and
- seek medical care to take care of their reproductive health.

FLASH is based on the Theory of Planned Behavior. Lessons include a variety of strategies designed to create positive attitudes, beliefs, and norms and build skills to reduce pregnancy rates, sexually transmitted infections, and sexual violence.

FLASH includes a strong family-involvement component to further increase protective factors that support students in abstaining from sexual activity, using birth control and condoms, and respecting others' decisions not to have sex.

FLASH supports and respects diverse community values through its inclusive design, the Values Question Protocol, and the Family Homework, which encourages family discussions about values.

The general description of the curriculum was adapted from information provided on the publisher's website.

Reference

Public Health - Seattle & King County. (2021). *FLASH*. Retrieved from <http://www.kingcounty.gov/health/FLASH>.

Opt-Out Process

For information about sexual health education and the opt-out process, visit <https://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/sexed>.

For information about controversial issues and the opt-out process, visit <https://www.hawaiipublicschools.org/ConnectWithUs/FAQ/Pages/Parent-opt-out-for-child.aspx>.