

# Health Education & Inclusion

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## IN HOMESCHOOLING

Homeschooling is on the rise, and many families no longer have access to comprehensive sex education for their young people. With a focus on inclusion and empowerment, this webinar will leave you with the tools and resources you need to bridge the gap. Confidently navigate the world of puberty, gender identity, consent, sex, and relationships...together!

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# TERMS OVERVIEW

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- Health Education
  - helps adolescents acquire functional health knowledge, and strengthens attitudes, beliefs, and practice skills needed to adopt and maintain healthy behaviors throughout their lives.

# TERMS OVERVIEW

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- Inclusive

- Activities, curricula, language, and other practices in the educational environment that ensure every student's entitlement to, access to, and participation in learning is anticipated, acknowledged, and taken into account. This includes all students, regardless of race/ethnicity, ability, socio-economic status, gender, gender identity, gender expression, sexual orientation, age, size, or religion.

# TERMS OVERVIEW

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- Homeschooling
  - to teach school subjects to one's children at home

# INCLUSIVITY IN HOMESCHOOLING

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Why does it matter?

- Representation
  - doors and windows
- Social awareness
  - the world is full of diverse people
- Wholistic approach to sexual health
  - It's not just anatomy and biology

# BRIDGING THE GAP

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- National Sex Education Standards
  - Consent & Healthy Relationships
  - Anatomy & Physiology
  - Puberty & Adolescent Sexual Development
  - Gender Expression & Sexual Orientation Identity
  - Sexual Health
  - Interpersonal Violence

# ABSTINENCE ONLY VS TEEN BIRTH RATES

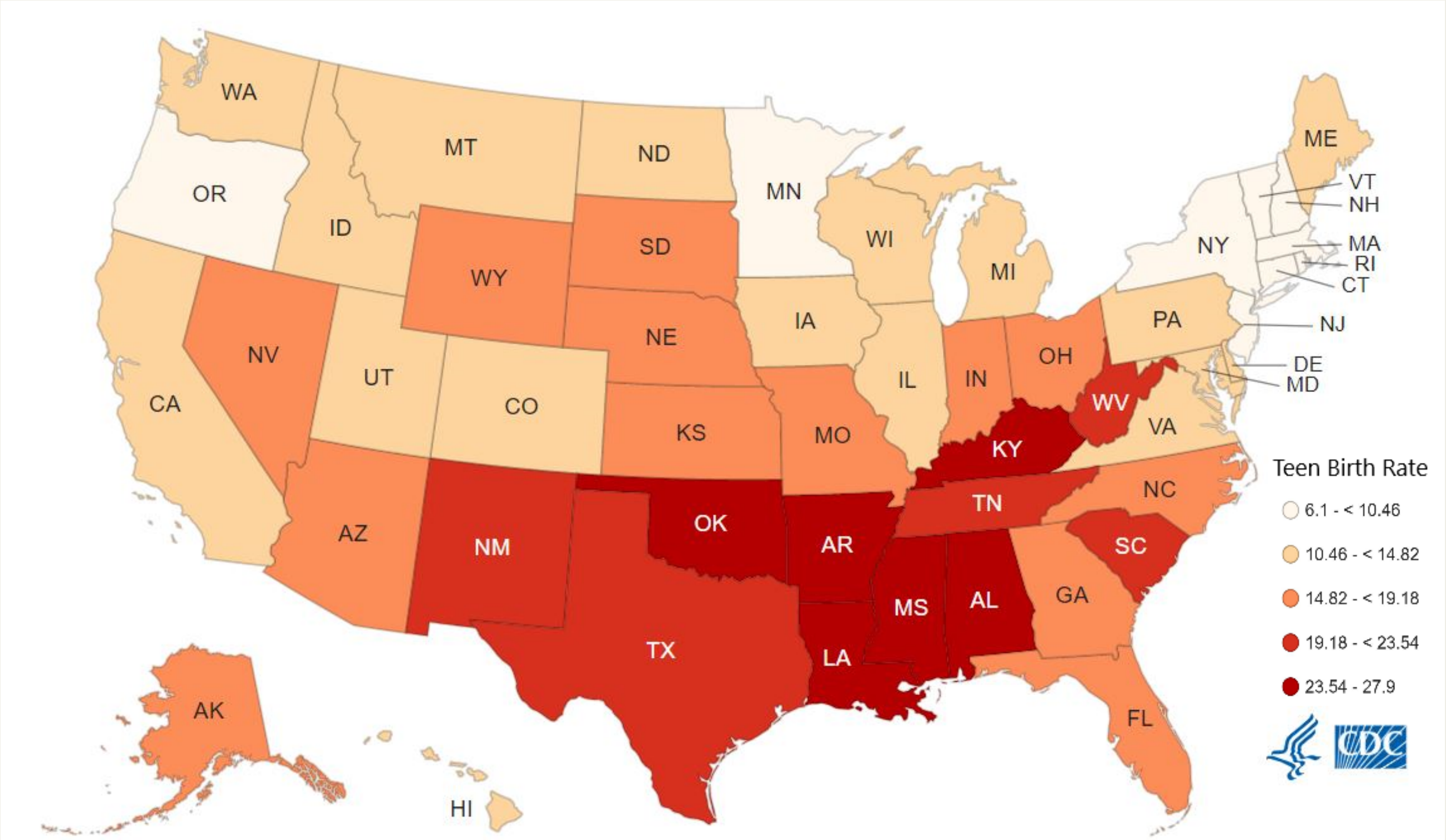
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- **29** states and the District of Columbia require sex education.
- **30** states require schools to emphasize the importance of abstinence when sex education or HIV/STI instruction is provided.
- **16** states provide abstinence-only sex education
- **6** states explicitly require instruction that discriminates against LGBTQ people.

[US Abstinence-only Sex Education map](#)



# ABSTINENCE ONLY VS TEEN BIRTH RATES



## RESOURCES AVAILABLE

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- Unit studies
  - Anatomy
  - Puberty
  - Reproductive health
- Predominantly non-inclusive, abstinence based curriculum

# QUESTIONS TO ASK YOURSELF

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Whether you are choosing to homeschool, or just want your learner to have a more wholistic approach to sexual health, these questions will help guide the relationship you're looking to have moving forward.

**What do I feel comfortable talking to my young person about?**

**What do I feel UNcomfortable talking to my young person about?**

**How can I support them through this journey?**



# WHEN SHOULD YOU START?

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Amaze jr. video



# CONNECTING WITH YOUNG PEOPLE

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Why is it so difficult?

- No example to follow
- Past trauma
- Sex and parents don't mix

What can you do?

- **Educate yourself**
- **Stay approachable**
- **Learn together**
  
- **Leave resources out**
- **Parent/child journal**
- **Outsource**



# HOW DO I TALK TO KIDS ABOUT SEX?

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[Amaze jr. video](#)



# WHAT IF THEY DON'T ASK?

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Amaze jr. video



## WHERE DO I GO FROM HERE?

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- It's okay to feel uncomfortable
- You WILL mess up... that's okay!
- Use diverse & inclusive resources
  - [Amaze.org](https://www.amaze.org/)
  - FREE Homeschool Toolkit - available soon!
  - Curated resource page - by me!



## **BOTTOM LINE!**

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Knowledge = Power = Healthy Decision Making

It's NEVER too later to start...

You CAN do this!

# QUESTIONS TO ASK YOURSELF

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What do I feel comfortable talking to my young person about?

What do I feel UNcomfortable talking to my young person about?

How can I support them through this journey?

**How can I support MYSELF?**

**How am I feeling NOW?**

**What are my next steps?**



# Questions?

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