

Parents Matter

How to Champion Sex Education
for Your Child's Optimal Health

QUICK GUIDE



Ascend

Youth. Sex. Relationships.
Leading the National Conversation.

This guide provides parents/guardians with practical recommendations to effectively encourage school administrations to advocate for sound, ideologically-free education that presents age-appropriate, medically accurate information and does not contribute to the sexualization of children and teens.

It is your responsibility as a parent/guardian to secure the physical and emotional health of your child(ren). To protect the psychosocial development of your child(ren), it is crucial that you are actively engaged in what they are taught regarding sex, relationships, and marriage.

1 Stand Firm

- Be confident that you, as the parent/guardian know your child(ren) better than anyone.
- Be intentional about sharing your family values with your child(ren).
- Be secure in your right to always advocate for the health and well-being of your child(ren).

2 Be Aware of What Is Taught

- Learn to recognize [the difference between Sexual Risk Avoidance and Sexual Risk Reduction approaches](#).
- Inquire what sex education approach is used in your school.
- [Look up what your state law says about sex education requirements](#).

3

Review Materials

- Request to examine sexual health curricula content, including supplemental materials that will be presented to your child(ren) and ask who will be presenting the lessons.
- Look for any curricula directives that exclude parent involvement or encourage medical decision-making by a student without parental knowledge or consent.
- Examine materials for explicit/pornographic illustrations, copy, or commentary.

4

Present to School Administration

- Be respectful of the protocols for presenting to school personnel.
- Advocate for the type of sex education you support; challenge any material you find inappropriate and be prepared to share direct quotes and/or illustrations of your concerns.
- Consider creating handouts to distribute to those at school or related meetings you attend, if permitted.
- Suggest specific action steps to address inappropriate content.
- If possible, offer viable alternatives to replace inappropriate curricula and materials.

5

Stay Vigilant

- Follow-up with school personnel on the status of action steps to address any inappropriate content.
- Offer availability for ongoing dialogue with school personnel.
- Consider organizing with other parents who align with your views to magnify your voice.

Related Resources

[Comparing Types of Sex Education](#)

[SRA Works](#)

[SRAE: What You Need to Know](#)

[Quick Facts 2021: Sex Ed. in America](#)

[Sex Ed Laws by State](#)

[Authentic SRAE Curricula](#)

[Parent Toolkit](#)

[Survey: Americans Speak Out](#)



Questions?

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