

Human Growth and Development Citizens Advisory Committee

January 25th, 2023
12:00-2:00pm
Hybrid Meeting:
In-Person (Administration Building/SPS Boardrooms)
Virtual (Zoom)

Presiding: Heather Beebe-Stevens
HGD Executive Board Chair

Meeting Minutes

1. Welcome and Introductions

- a. North Central Students from Wellness committee
- b. Present

Name	Position	Name	Position
Heather Beebe-Stevens	Chair; Member at Large	Laura Kolbe	Agency- Catholic Charities- CAPA
Casey Balzano	Chair Elect; Member at Large	Kristina Poffenroth	Agency- Lutheran Community Services- Victim Advocate and Research Associate
Luke Tolley	Secretary; Member at Large	Nikki Lockwood	School Board Member
Molly Merkle	Member at Large	Jenny Slagle	School Board Member
Kara Buller	Member at Large	Becky Ramsey	Director, Teaching and Learning
Ian Sullivan	Agency- Odyssey Youth Movement- Executive Director	Stephanie Splater	Director, Athletics & Afterschool Activities
Kirsten Duncan	Agency- Spokane Regional Health District	Elizabeth Ferris	Curriculum Secretary
		3 NC Student Wellness committee members and staff advisor	Visitors

2. Reading and approval of minutes from November 16th 2022 HGD-CAC meeting

Motion: (Molly) moves to approve the minutes as written.

Second: (Casey) seconded the motion.

Discussion: None

Vote: (9) voting members present; Yes-(9); No-(0), Abstain-(0)

Motion to approve November 16th, 2022 minutes as written passes.

3. New Business

a. Committee Bylaws updates

1. Motion: (Casey) moves to approve the bylaws as drafted.
2. Second: (Kara) seconded the motion.
3. Discussion: Board member request overview of changes. Heather Beebe-Stevens provided summary of updates:
 - The chair will only vote in the case of a tie breaker.
 - Clearly defined what relationships to SPS employee would restrict someone from participating as Member at large.
 - Clarified process of how a new agency and recommended their representative are selected.
 - Updated structure of document to make clearer.
4. Vote: (9) voting members present; Yes-(9); No-(0), Abstain-(0)
5. Motion to approve bylaws as drafted passes.

b. Medical committee update

1. The committee went through Grade 8 curriculum, reviewed materials for medical accuracy and checked to see if links were working correctly. Suggestions for updates were sent to the school district for consideration.
2. One concern was the use of the term STD vs STI. Casey confirmed that the CDC currently uses the terms interchangeable, but the terms STI is becoming the norm. Recognized that updating terms in our current curriculum would require a lot of updates but could be beneficial for students to understand the difference.
 - Students feel that the context should be looked at and the correct term should be used if it's an infection vs a disease. In general, they feel STD does have a negative connotation and stigma. STI is less scary, more modern and more relatable for students.
 - Committee recommends the district define the difference between the STI and STD and update where applicable in our current curriculum.

3. The plan moving forward is to update STI and STD were applicable as we curriculum is reviewed across all grade levels.
4. Committee questions: if teachers using the materials get questions from students the materials are not covering what they can do to get more or updated information on materials and topics.
 - SPS confirmed that staff teaching materials have feedback channels they can use to ask questions and get more information about curriculum.

c. Review of HGD Replacement Materials

1. CDC - STD Fact Sheets

- The committee agreed this provides good information.
 - a. The committee would like to move forward with replacement material presented by SPS.

2. Healthy Children - Article on Stages of Adolescence

- Committee members felt this was geared more to adults than students but is still a good resource.
 - a. The committee would like to move forward with replacement material presented by SPS.

3. Project Know - Article on Date Rape

- Article on sexual and emotional health. The committee and students felt this article was very "parent voiced" and not directed at adolescents. NC Wellness committee mentioned Green Dot and Spokane domestic violence are being used at NC and may have good resources. Sasha Carey provided link to another replacement option for SPS to review from NCTSN, "https://www.nctsn.org/sites/default/files/resources//preventing_acquaintance_rape_teens.pdf . The committee expressed interest in having child psychology staff member from Eastern University who previously reviewed materials for age appropriateness review new materials as they are updated to continue to make sure resources are age appropriate. SPS staff said they would investigate this and see if it is still an option.
 - a. The committee would like to see another option.

4. Boys and Girls Club - Article on Internet safety

- The committee asked if this article was for students to review and do assignments without discussion. SPS staff confirmed article is for review and class discussion. The committee and students felt it was very parent focused.
 - a. The committee would like to see another option.

5. YouTube – Video of Axe Spray Ad

- The committee asked if the discussion questions are for specific videos. They want to make sure that replacement video would still make sense with questions in the curriculum. SPS Staff confirmed that Discussion questions are generalized and could be applied to different videos including alternate axe commercial presented. Committee members felt this video would be good for the purpose of the lesson. Students felt it would be beneficial to have additional videos that show good and bad examples male and female representations in the media.
 - a. Would like to move forward with replacement material presented by SPS and continue to look for additional videos for lessons.
- Students would like to have a question added to the lesson that addresses how these ads make students feel.
 - a. The committee recommend that a question be added to the lesson that addresses how advertisements make students feel.

6. StanfordChildren.org – Article on Sexually transmitted diseases in adolescents recommended from the Medical Committee.

- The committee felt it was directed more at parents than adolescents but does mention good information on symptoms and provides more detail about HIV. Also felt it didn't emphasize that most STIs in adolescents are asymptomatic or mention that PID is a disease from a prior infection.
- Students felt this resource was very focused on telling students not to do things but does not explain why. Felt this could make students not feel safe to talk about topic because it's very heavy on telling them "Don't do this". A resource that is more natural and less scary may be better and more relatable. As well as a resource that provides more resources to learn about different STI's and STD's would be helpful. Students like the current Teen Health

resource that is being used more than the alternative provided.

- a. The committee would like to keep the current Teen Health resource and have SPS continue to look for a different resource that is non-binary and provides more information on symptoms. Would like to add Stanford Children article to Home Connections resources list for this lesson.

7. CDC.gov - Adolescents and Young Adults STD Prevention

- The committee felt it provides good information and liked that resources were provided in various methods (articles, images, videos).
 - a. The committee would like to move forward with replacement material presented by SPS.

8. FDA.gov- Birth Control Chart

- The committee felt it provided good information.
 - a. The committee would like to move forward with replacement material presented by SPS.

9. CDC.gov – STD Information from CDC

- The committee felt this was a good resource and liked that it was provided in various languages.
 - a. The committee would like to move forward with replacement material presented by SPS.

10. KidsHealth.org – Female reproduction system

- The committee liked the resource but felt it needed visual to be effective.
 - a. The committee would like to see another option with visual.

d. Looking ahead at curriculum accessibility and measurable outcomes

1. Looking for data source that captures data for overall rates of STI/STD, teen pregnancy.

- Kirsten Duncan confirmed that that SPRD collects data for different age ranges by zip code that could be used to look at specific metrics we want to track. Kristen will bring Spokane Regional Health Data to review at the next HGD-CAC meeting.
- Molly Merkle asked if looking at data will tell the whole story? They would like

to know if there can be district support in those areas to make sure curriculum is correctly implemented. Interested in looking at the implementation of fidelity measures as well.

- SPS Staff mentioned that health teachers teaching 9th grade asked if they could get zip code data for STI/STD in SPRH infographic as well as pregnancy data.
- Committee members asked how SPS makes sure competencies are being met? SPS staff confirmed each unit defines which standards are being covered to make sure competencies are being met.
- SPS staff confirmed there is currently no end of unit assessment for students. But it's something that could be added in the future.
- The committee would like to know if the Healthy Youth survey has questions that could provide data to show measurable outcomes. SPS staff looking into question and what information could be looked at to measure outcomes.

4. Old Business

- a. None

Next Meeting March 22nd 2023, 12:00-2:00pm, Hybrid Meeting

- b. Virtual Zoom
- c. In-Person-SPS Administration Building/SPS Boardrooms

Meeting adjourned at 1:25 PM. (9) voting members present including chair who presided over meeting.

ARTICLE II – Purpose

- The goal of the Human Growth and Development Citizens Advisory Committee is to provide clear and accurate information, resources, and guidance, through factual materials and open dialogue, on concerns and issues related to sexuality and the developmental needs of children and youth, including the physical, emotional, relational, and ethical aspects of sexuality.
- The committee advocates a positive, healthy, accurate, and affirmative view of sexuality. We do not believe the committee's actions or decisions encourage, condone, or advocate for sexual permissiveness or activity.