

SEXUAL HEALTH TOOLKIT



National
Association of
School Nurses

nasn.org

Introduction and Purpose of the Toolkit

This toolkit has been produced with support from the Centers for Disease Control and Prevention's (CDC), Division of Adolescent and School Health (DASH). It is designed for schools and school nurses interested in promoting efforts to reduce HIV, other STDs, and unintended pregnancy, as well as reduce behaviors that contribute to health risks among our Nation's adolescents. The toolkit has been developed as a result of an identified need for an easily accessible source of information that can be used by school nurses. It provides a range of resources from publications, webinars, factsheets, and program implementation guides. It does not represent a systematic review of the resources available; rather, it represents a compilation of existing resources and materials selected by the CDC and the National Association of School Nurses (NASN) and vetted by an advisory group of school nurses. Links to non-federal sites are included for your convenience. The U.S. Department of Health and Human Services (HHS) cannot attest to the accuracy of information provided by non-federal links. Linking to a non-federal site does not constitute an endorsement by HHS or any of its employees of the sponsors, information, or products presented on the site. Furthermore, the linked content may not comply with all U.S. government guidance for Web sites.

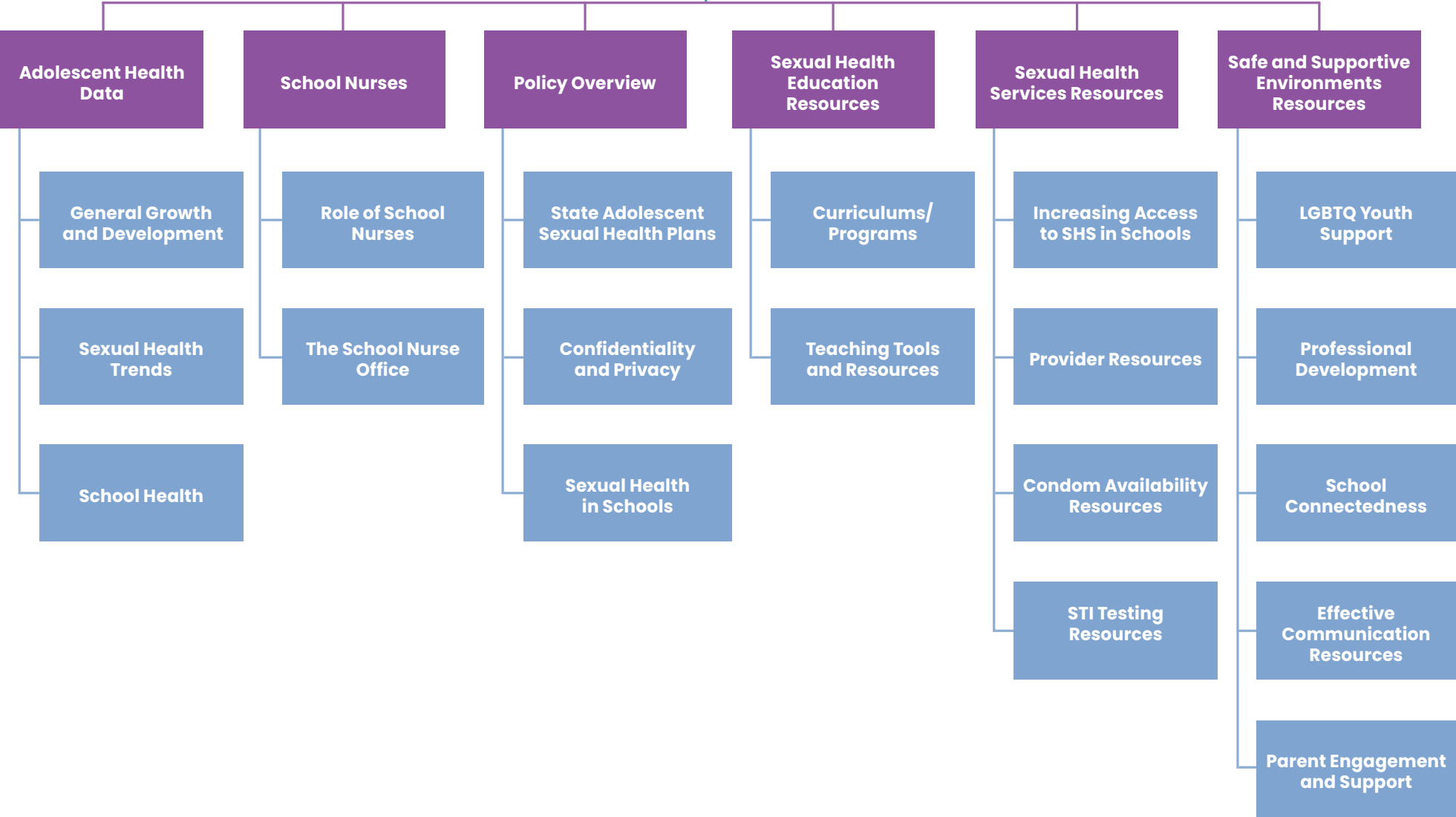
Background

Behaviors and experiences during adolescence set the stage for health into adulthood.¹ In particular, health behaviors and experiences related to sexual behavior, high-risk substance use, violence victimization, and mental health and suicide contribute to substantial morbidity for adolescents, including risk for HIV, sexually transmitted diseases (STDs), and teen pregnancy.¹ In 2017, 38.4% of high school students in the United States had ever had sexual intercourse, and 27.4% were currently sexually active. Among currently sexually active students, 45.7% did not use a condom the last time they had sexual intercourse, and 10.7% did not use any method to prevent pregnancy the last time they had sexual intercourse.² While the proportion of high school students who are sexually active has declined over the past decade,¹ young people between the ages of 15 and 24 accounted for over half (55.4%) of all the reported STD cases in 2019.³ Young people aged 13–24 years account for 21% of new HIV diagnoses in the United States.¹

One venue that offers valuable opportunities for improving adolescent health is school. Schools have direct contact with over 50 million students in kindergarten through 12th grade for at least 6 hours a day, and students generally attend school through 13 key years of their social, physical, and intellectual development.^{5,6} In addition, many schools have staff with knowledge of critical health risk and protective behaviors and have pre-existing infrastructure that can support a varied set of helpful interventions. This makes schools well-positioned to help reduce adolescents' risk for HIV infection and other STDs through sexual health education (SHE), access to sexual health services (SHS), and safe and supportive environments (SSE). School nurses are well positioned to take the lead for the school system in partnering with school physicians, community physicians, and community organizations. They can also play a leadership role to advocate for and support for the delivery of evidence-based sexual health education and sexual health services in schools. The following compilation of resources is designed for school nurses interested in promoting efforts to reduce HIV, other STDs, and unintended pregnancy among our Nation's adolescents.

Topic Orientation and Layout

School Nurses and Adolescent Sexual Health



Toolkit Resources and Materials

An asterisk (*) next to a title indicates information that was developed five years ago or longer and has not been updated, but whose information is still useful/relevant for school nurses.

| Title | Organization | Resource Type | Description |
|--|--|---------------|---|
| 1. Adolescent Health Data | | | |
| 1.1 General Growth and Development | | | |
| Brain Development During Adolescence | Deutsches Arzteblatt International Journal | Research | This research discusses brain development during adolescence and its impact on heightened risk-taking behavior. |
| Adolescent Development Explained | Office of Population Affairs | Research | This research is a guide for information about the major developmental changes that occur in adolescence and how parents and caring adults can support adolescents. |
| Adolescent Health | Office of Population Affairs | Research | This research discusses how adolescents develop and issues they may face as they mature. Topics include: Adolescent Development Explained, Healthy Relationships, Mental Health, Physical Health, Reproductive Health & Teen Pregnancy, Substance Use, and Positive Youth Development. |
| National and State Data Sheets | Office of Population Affairs | Fact Sheet | This research provides factsheets on five health areas, based on federal/state data for adolescents in the entire United States. |
| 1.2 Sexual Health Trends | | | |
| Youth Risk Behavior Surveillance System (YRBSS) | CDC | Data | This data includes a national school-based survey conducted by CDC and state, territorial, tribal, and local surveys conducted by state, territorial, and local education and health agencies and tribal governments. YRBSS monitors six categories of health-related behaviors that contribute to the leading causes of death and disability among youth and adults. YRBSS |
| Youth Online | CDC | Data | This resource lets you analyze national, state, and local YRBSS data from high school and middle school surveys. |
| Adolescent Sexual and Reproductive Health in the United States | Guttmacher Institute | Fact Sheet | This research provides important insights into young people's experiences and needs regarding sexual and reproductive health. |

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| 1.3 School Health | | | |
| School Health Profiles (Profiles) | CDC | Data | This resource is a system of surveys assessing school health policies and practices in states, large urban school districts, and territories. |
| 2018 Profiles Report | CDC | Data | This resource presents a full report of the 2018 Profiles data; pages 41-46 provide information specific to school health services. |
| School Health Policies and Practices Study (SHPPS) | CDC | Data | This resource is a national survey periodically conducted to assess school health policies and practices at the state, district, school, and classroom levels. |
| SHPPS Trends Over Time: 2000-2016 | CDC | Data | This resource presents trends over time for selected SHPPS variables from 2000 to 2016. |
| School Health Index | CDC | Tool/Toolkit | This resource is an online self-evaluation and planning tool for schools. The SHI is built on CDC's research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors. |
| 2. School Nurses | | | |
| 2.1 Role of School Nurses | | | |
| Screening and Counseling Adolescents and Young Adults | American Academy of Family Physicians | Research | This resource presents a framework for providing comprehensive care to adolescents. |
| What is the Role of the School Nurse in Sexual Health | NASN School Nurse Journal | Research | This research discusses the role of school nurses in sexual health education. By forming partnerships and sharing resources with health education teachers, social workers, guidance counselors, administrators, students, families, and the community, school nurses can improve access to information and resources to mitigate the negative consequences of early, unprotected, or forced sexual intercourse. |
| Comprehensive Health Education in Schools | National Association of School Nurses | Position Statement | This resource details the National Association of School Nurses' position on comprehensive health education in schools. |
| School Nursing and School-Based Health Centers in the US | National Association of School Nurses | Position Statement | This resource details the National Association of School Nurses' position on the combination of school nursing services and school-based health centers to facilitate positive health outcomes for students. |

| Title | Organization | Resource Type | Description |
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| 2.2 The School Nurse Office | | | |
| Best Practices for Youth-Friendly Sexual and Reproductive Health Services in Schools | Advocates for Youth | Guide | This resource provides recommendations on best practices for youth-friendly sexual and reproductive health services for school nurses and school-based or school-linked health center staff. |
| Building Effective Youth-Adult Partnerships | Advocates for Youth | Fact Sheet | This resource provides information on the benefits of building effective youth-adult partnerships. |
| Health Center/Practice Setting Organizational Assessment | CDC | Tool/Toolkit | This resource provides a tool for collecting data on health center capacity and implementation of teen access and quality best practices. |
| Health Center Provider Survey | CDC | Tool/Toolkit | This resource provides a tool for collecting data from health center staff and providers on their knowledge, attitudes, and skills on implementing evidence-based clinical recommendations for youth in their practice settings. |
| Health Center Youth Survey | CDC | Tool/Toolkit | This resource provides a tool for collecting data from youth about their experience at the health center, including assessment of accessibility and teen friendliness. |
| 3. Policy Overview | | | |
| 3.1 State Adolescent Sexual Health Plans | | | |
| Navigating Adolescent Sexual Health Plans | National Coalition of STD Directors | Webinar | This resource highlights several state adolescent sexual health plans and provides resources for those interested in developing such a plan. Plans from D.C., Oregon, and Rhode Island have been included as examples. |
| Youth Sexual Health Plan: District of Columbia: 2016-2020 | DC Youth HIV/STD Prevention Working Group | Guide | The 2016-2020 DC Youth Sexual Health Plan is an effort to foster greater collaboration among youth-serving agencies to craft a shared vision, develop actionable items, and evaluate the impact of the work. This is one example of how to write a state sexual health plan. |
| Oregon Youth Sexual Health Plan* | Oregon Department of Human Services | Guide | The Oregon Youth Sexual Health Plan is a guide for planning programs, policy development and implementation, procuring funding and educating stakeholders to support the sexual health of Oregon's youth. This is one example of how to write a state sexual health plan. |

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| Adolescent Sexual Health: 2016–2020 Rhode Island Profile | Rhode Island Adolescent Sexual Health Task Force | Guide | This profile describes the current landscape of sexual health among adolescents in Rhode Island. It also provides recommendations for future public health policy development. This is one example of how to write a state sexual health plan. |
| 3.2 Confidentiality and Privacy | | | |
| An Overview of Consent to Reproductive Health Services by Young People | Guttmacher Institute | Policy | This resource provides an overview of state laws regarding consent to reproductive health services by adolescents. |
| Protecting Confidentiality for Individuals Insured as Dependents | Guttmacher Institute | Policy | This resource provides an overview of state laws regarding confidentiality for individuals insured as dependents. |
| Confidential Health Care for Adolescents | Society for Adolescent Medicine | Position Statement | This resource details the Society for Adolescent Medicine’s position on confidentiality in the delivery of health services to adolescents. |
| 3.3 Sexual Health in Schools | | | |
| Addressing Sexual Health in School: Policy Considerations | Advocates for Youth | Guide | This resource provides a guide for educators, administrators, and advocates to assess the sexual health policies and practices in their states, school districts, and schools. |
| School-Based Health Centers and Pediatric Practice | American Academy of Pediatrics | Research | This resource provides an overview of school-based health centers and some of their documented benefits. |
| Sex and HIV Education | Guttmacher Institute | Policy | This resource provides an overview of state requirements for sex and HIV education. |
| Establishing Organizational Partnerships to Increase Student Access to Sexual Health Services | Connections for Student Success | Guide | This resource provides support to education agencies who are developing new partnerships or invigorating current partnerships with youth friendly community-based organizations and healthcare agencies. |
| 4. Sexual Health Education Resources | | | |
| 4.1 Curriculums/Programs | | | |
| Sex Education Programs: Definitions & Point-by-Point Comparison | Advocates for Youth | Fact Sheet | This resource defines and compares different types of sex education programs. |

| Title | Organization | Resource Type | Description |
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| Health Education Curriculum Analysis Tool (HECAT): Sexual Health Module | CDC | Curriculum | This resource provides the sexual health module from the CDC’s Health Education Curriculum Analysis Tool (HECAT) that can be used to determine healthy behavior outcomes (HBOs) to guide curriculum and instruction in sexual health education. |
| National Health Education Standards | CDC | Guide | This resource provides written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. |
| What Works in Schools: Research and Results | CDC | Research | This research outlines a three-strategy school-based program designed to prevent behaviors and experiences that put adolescents at risk for HIV, STI, and unintended pregnancy. |
| Tool to Assess the Characteristics of Effective Sex and STD/HIV Education Programs | Education, Training and Research Associates | Tool/Toolkit | This resource outlines a set of questions designed to help practitioners assess whether curriculum-based programs have incorporated the common characteristics of effective programs in HIV, other STDs, and pregnancy prevention. |
| National Sexuality Education Standards: Core Content and Skills, K-12 | Future of Sex Education | Guide | This resource provides core content for sexuality education that is developmentally and age appropriate for students in grades K-12. |
| 4.2 Teaching Tools and Resources | | | |
| Performance Assessment Tool for Teacher Candidates Teaching Sexuality Education* | Advocates for Youth | Tool/Toolkit | This resource provides a tool that can be adapted to assist local education agencies in evaluating teachers’ instructional competencies in sexual health education as framed by the National Teacher Preparation Standards for Sexuality Education. |
| Professional Learning Standards for Sex Education (PLSSE) | Sex Education Collaborative | Guide | The Professional Learning Standards for Sex Education (PLSSE) is a set of standards designed to help improve educators’ ability to effectively address sexuality in the classroom. |
| National Standards for Initial Health Education Teacher Education (2018) | Society of Health and Physical Educators | Tool | This resource describes five standards supported by the common roles and responsibilities of professional practices in health education. |
| Training Tools for Healthy Schools: Professional Development | CDC | Tool/Toolkit | This resource is an eLearning series that consists of five core training tools, including the Health Education Curriculum Analysis Tool, to support school health education and sexual health education. |
| Instructor Competency Self-Assessment Tool | Healthy Teen Network | Tool/Toolkit | This resource provides a rubric to assess health education teacher instructional competency in the classroom. |

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| 5. Sexual Health Services Resources | | | |
| 5.1 Increasing Access to SHS in Schools | | | |
| Connections for Student Success: Increasing Access to Sexual Health Services in Schools and Communities | CAI | Tool/Toolkit | This resource provides capacity building assistance to local education agencies to implement referral systems and improve access to youth friendly sexual health services. |
| Sexual Health Services | CDC | Fact Sheet | This resource discusses what schools, districts, and administrators can do to increase students' access to SHS. |
| Project Connect | CDC | Guide | This resource is an evidence-based, scalable intervention designed to increase youth access to sexual and reproductive health care services. |
| Developing a Referral System for Sexual Health Services | National Coalition of STD Directors | Tool/Toolkit | This resource provides guidance on how to implement a referral system for students. |
| Referrals and Linkages to Youth-Friendly Health Care Services | Office of Adolescent Health | Guide | This resource provides a description of the 7 components of a referral system for linking youth to youth-friendly services that are available in their communities. |
| Adolescent Health Initiative: Building Effective Referral Systems | University of Michigan | Guide | This resource provides a starter guide on building formal relationships and developing effective referral systems to connect youth to needed health services. |
| Integrating the Social Determinants of Health Approach in Teen Pregnancy Preventions | Reproductive Health Equity for Youth | Research | This resource provides case examples to illustrate how teen pregnancy prevention programs have used data to assess context and inform action around the social determinants of health. |
| 5.2 Provider Resources | | | |
| Adolescent Sexual Health | American Academy of Pediatrics | Tool/Toolkit | This resource provides a collection of tools and resources to support pediatricians and other health care providers interested in improving sexual health care for adolescents and young adults. |
| Education and Training Opportunities in Adolescent Health Care | American Academy of Pediatrics | Training | This resource provides a set of videos that demonstrates conversations with adolescent patients about sexual health care issues, including how to take a sexual history, addressing gender identity, and serving LGBTQ patients. |

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| Recommendations for Providing Quality Sexually Transmitted Diseases Clinical Services, 2020 | CDC | Research | This resource provides CDC recommendations to US healthcare providers regarding quality clinical services for STDs for primary care and STD specialty care settings. |
| A Guide to Taking a Sexual History | CDC | Guide | This resource provides parameters for discussion of sexual health issues and conducting a sexual history during a patient visit. |
| Keep It Simple: A Lesson in Linking Teens to Sexual Health Care Facilitator's Guide | Healthy Teen Network | Guide | This resource provides a lesson plan and accompanying video, or motion graphic, designed to help link young men and women aged 15–19 years to trusted, “teen friendly” contraceptive and reproductive health care providers. |
| National STD Curriculum | Infectious Diseases Education & Assessment | Curriculum | This resource is a free educational website from the University of Washington STD Prevention Training Center. This project is funded by the Centers for Disease Control and Prevention (CDC). This site addresses the epidemiology, pathogenesis, clinical manifestations, diagnosis, management, and prevention of STDs. |
| Providers and Teens Communicating for Health Program | Providers and Teens Communicating for Health (PATCH) | Guide | This resource is an innovative educational program that strives to improve the ability of health care providers and teens to communicate effectively about sensitive health topics such as sexual health, mental health, alcohol and drug abuse, or safety, thereby improving the quality of care that teens receive. |
| STD Clinical Prevention Training Centers | The National Network of STD Clinical Prevention Training Centers (PTCs) | Training | This resource discusses a CDC-funded group of training centers created in partnership with health departments and universities. The PTCs are dedicated to increasing the knowledge and skills of health professionals in the areas of sexual health. The NNPTC provides health professionals with a spectrum of state-of-the-art educational opportunities, including experiential learning, with an emphasis on STD treatment and prevention. |
| Adolescent Health Initiative Spark Trainings | University of Michigan | Training | This resource provides free, packaged, and ready-to-use 15- to 30-minute presentations that include a PowerPoint presentation, a facilitator script, and follow-up materials. They are designed for providers or staff to deliver at staff meetings or PD opportunities. |
| Teen-Friendly Reproductive Health Visit Infographic | CDC | Tool/Toolkit | This resource discusses the key elements of a teen reproductive health visit. |
| Training Archive* | Reproductive Health Equity for Youth | Webinar | This resource provides a training archive from Reproductive Health Equity for Youth. |

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| Delivering Adolescent Sexual Health Services During COVID-19 | National Coalition of STD Directors | Webinar | This webinar addresses key considerations and best practices for school-based health providers related to telehealth, modified in-person visits and planning for the return to in-person learning. Presenters will also highlight approaches for providing inclusive, safe, and supportive care during COVID-19. |
| 5.3 Condom Availability Resources | | | |
| Condom Availability Programs in Schools: A Review of the Literature | American Journal of Health Promotion | Research | This research provides a summary of evaluations of condom availability programs (CAPs) in secondary schools. It provides discussion points about how CAPs can improve adolescent use of condoms without impacting sexual risk behaviors. It also describes key components of CAPs and highlights an intervention to improve implementation of CAPs. |
| Contraceptive Action Plan Birth Control Options Grid | Contraceptive Action Plan | Tool/Toolkit | This resource provides staff with a job aid to discuss contraceptive options with clients to assist them in selecting a method that best meets their needs. |
| Adolescent Condom Fact Sheet | CDC | Fact Sheet | This resource provides adolescents with information on the benefits of condom use and how to use condoms correctly. |
| Dual Protection Fact Sheet | CDC | Fact Sheet | This resource provides adolescents with information on the importance of dual protection for STI and pregnancy prevention. |
| Condom Availability Programs in Schools: Things to Consider | CDC | Research | This resource provides action steps for schools and districts considering the use of condom availability programs. These steps can be effective whether your program is for the entire school district or just one school and can be used to start a new program or improve an existing one. The strategies are based on research literature, expert experience, and successful program examples. |
| 5.4 STI Testing Resources | | | |
| Innovative Strategies for Creating a Successful GYT Campaign | CDC | Webinar | This resource discusses a new CDC tool to help schools and partners implement a GYT social marketing campaign in their high school settings. |
| GYT: Get Yourself Tested | CDC | Tool/Toolkit | This resource provides a campaign encouraging young people to get tested and treated for STDs and HIV to protect their health and that of their partners. |

| Title | Organization | Resource Type | Description |
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| Talk. Test. Treat. | CDC | Tool/Toolkit | This resource provides a campaign that encourages individuals and healthcare providers to take three simple actions – Talk. Test. Treat. – to protect their health, the health of their partners, and that of their patients. The campaign reinforces that all STDs are preventable and treatable, and most are curable. |
| Treat Me Right | CDC | Tool/Toolkit | This resource provides a campaign for healthcare providers and their patients that underscores the value of fostering a trusting patient-provider relationship and empowering patients to know what they can do to stay healthy. |
| Starting a School-Based Chlamydia Screening and Treatment Program* | ETR | Guide | This resource provides schools with a step-by-step process for implementing school-based STI screening (SBSS). |
| 6. Safe and Supportive Environments Resources | | | |
| 6.1 LGBTQ Youth Support | | | |
| Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools | Gender Spectrum | Guide | This resource provides a guide for supporting transgender students. |
| Safe Spaces Kit | GLSEN | Tool/Toolkit | This resource provides an implementation resource on establishing safe spaces. |
| Gay-Straight Alliances | GLSEN | Guide | This resource provides a number of different resources for establishing and strengthening Gay-Straight Alliances (GSAs). |
| Building Your GSA | GSAN | Guide | This resource provides a number of different resources for establishing and strengthening GSAs, including this resource on creating GSAs. |
| Out for Safe Schools Campaign | Los Angeles LGBT Center | Training | This resource provides badges to identify allies and includes a professional development program to facilitate the creation of safe spaces for LGBT youth. |
| LGBTQ Inclusivity in Schools: A Self-Assessment Tool | CDC | Tool/Toolkit | This resource assist schools and districts in addressing the health and academic needs of LGBTQ students, this self-assessment tool was created to help school and district staff understand current policies, programs, and practices that may contribute to safe, inclusive environments where all youth can be successful. |

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| 6.2 Professional Development | | | |
| RESPECT Workshop | American Psychological Association | Training | This resource provides pre-service and in-service education for middle and high school counselors, school nurses, school psychologists, school social workers, and other specialized instructional support professionals. |
| Professional Development | GLSEN | Training | This resource provides materials that include toolkits, webinars, and workshops for educators. |
| 6.3 School Connectedness | | | |
| School Connectedness: Strategies for Increasing Protective Factors Among Youth | CDC | Guide | This resource provides six science-based strategies for fostering school connectedness. |
| Service-Learning and Adolescent Sexual Health* | Act for Youth | Guide | This resource provides an overview of service learning and its association with adolescent sexual health. |
| Positive Youth Development | Youth.gov | Tool/Toolkit | This resource is a compilation of positive youth development programs and tools from across federal agencies. |
| 6.4 Effective Communication Resources | | | |
| Gateway to Health Communication and Social Marketing Practice* | CDC | Guide | This resource discusses best practices for health communication materials. |
| Everyday Words for Public Health Communication | CDC | Guide | This resource discusses plain language considerations for health communication materials. |
| Step In, Speak Up! | The Trevor Project | Training | This resource provides a 30-minute online interactive training that is a collaborative program between the Trevor Project and Kognito Interactive. |
| Framework for Effective Communications | World Health Organization | Guide | This resource discusses best practices for health communication materials. |
| Youth Engagement Toolkit | School Based Health Alliance | Tool/Toolkit | This resource provides an online youth engagement toolkit designed for individuals who work in school-based or community health centers and who want to engage youth in their mission and work. |

| Title | Organization | Resource Type | Description |
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| 6.5 Parent Engagement and Support | | | |
| Parent Engagement: Strategies for Involving Parents in School Health* | CDC | Guide | This resource defines and describes parent engagement and identifies specific strategies and actions that schools can take to increase parent engagement in schools' health promotion activities. |
| CDC Parent Information | CDC | Research | This resource discusses how to handle common parenting challenges through interactive activities, videos, and more! |

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