

**Northside Independent School District  
San Antonio, Texas 78238**

**Regular Meeting of the School Health Advisory Council  
January 19, 2012 – Student Services  
5651 Grissom Rd.  
6:30 PM**

**Meeting Minutes**

- **Call Meeting to Order – Suzanne Levan, Chair**
  - **Members Present: Robin Clark, Lisa Delgado, Alice Fiedler, Helen Huff, Suzanne Levan, Laure Luce, Lydia Martinez, Michele Maxwell, Carol Pett, Jackie Reyes, Heather Ruth, Rudy Sanchez, Shirley Schreiber, Linda Seewald, Kathy Shields, Jeffery Stivors, Cynthia Thomas, Marina Tucker, Thomas Wherry, Jeannie Von Stultz, Deonna Dean, visitor.**
  
- **Invocation and Pledge of Allegiance – Rudy Sanchez**
- **Presentation of Sexuality Education Committee – Rudy Sanchez, Chair**
  - **Reviewed activities of the Sexual Education Committee**
  - **Noted that the committee has narrowed the available curriculums to those listed below and would like the SHAC to receive an overview of these curriculums**
  - **Linda Seewald introduced Deonna Dean (Director of Middle School Curriculum & Instruction)**
- **Review of Preliminary Recommendation of committee Presentation – “It’s Your Game, Keep It Real” – Belinda Hernandez, University of Texas Health Science Center at Houston**
  - **(7<sup>th</sup> and 8<sup>th</sup> grade curriculum)**
  - **Primary Goals:**
    - **Delay sexual initiation**
    - **Reduce risk among students who are sexually active**
  - **Objectives include:**
    - **Abstinence**
    - **Healthy Relationships**
  - **Focuses on developing a decision-making paradigm**
    - **SELECT your personal rules**
    - **DETECT signs/situations that challenge rules (risky situation)**
    - **PROTECT your rules through avoidance, refusal skills, and alternative actions**
  - **Skills/information taught:**
    - **Abstinence**
    - **Goal-setting**

- Healthy relationships
    - Delaying tactics
    - Refusal skills
    - Preventing HIV/STDs/Pregnancy
  - Evaluation Outcomes:
    - Evaluated program in Texas middle schools with comparable demographics
    - Demonstrated:
      - delayed initiation of sex
      - decreased frequency of sex
      - increased intent to abstain
      - increased confidence to refuse
      - increased knowledge
  - Program Components
    - 12 lessons at each grade level
    - Classroom lessons
    - Journaling
    - Individualized computer-based lessons
  - Reviewed Scope & Sequence
    - Noted that it meets TEKS objectives
  - Provided overview of teacher's manual
    - Curriculum includes quizzes to test for comprehension
    - Curriculum includes parent-child homework to build parent-child communication.
    - Website also provides videos of teachers
  - Web-based activities includes games, videos of peers, knowledge dissemination, skills practice
    - Demonstrated some of the activities/animation
  - Questions/Answers:
    - Curriculum developed thru NIH funding
      - Program is free
      - Training of staff is suggested and agency would charge to meet cost of travel/materials
    - Identified as an effective program by CDC
    - Identified as effective for Latino youth
  - Currently implemented in 12 Houston school districts, and Los Angeles and South Carolina
  - Distributed a fact sheet to the SHAC members
  - This curriculum was also presented to the Texas School Health Advisory Council
  - Question posed re: whether during 1<sup>st</sup> year of implementation would 8<sup>th</sup> grade students be skipped or bring 8<sup>th</sup> grade up to speed by providing both level I and II curriculums
- Presentation – “Reducing the Risk” – Mario Martinez, San Antonio Metropolitan Health District ( High School Health)

- Provided handouts including powerpoint presentation, summary of core components, and TEKS compliance overview
- Reinforces these clear messages:
  - Abstinence is best and safest choice
  - Youth should avoid unprotected sex
  - If sexually active, youth should always use protection
- Developed for high school students but has also been successfully used at 8<sup>th</sup> grade level
- Teaches
  - Risk assessment
  - Communication
  - Decision making
  - Planning skills
  - Refusal skills
  - Delay tactics
- Evaluation outcomes:
  - Delayed onset of intercourse
  - Reduced unprotected intercourse
  - Increased knowledge of abstinence, contraception, pregnancy risks
  - Increased parent-child communication through homework activities
- Works by:
  - Learning relevant information
  - Recognizing social pressures and anticipate risk
  - Establishing norms for positive behaviors
  - Learning and practicing skills to respond to social pressures
- Utilizes practice/role plays to develop and reinforce skill development
  - Role plays are slowly introduced in order to gain confidence
  - Curriculum focuses on practice, practice, practice
- Curriculum
  - 16 classes (45 minutes each)
  - Can be implemented over a 3 week period or longer
  - Includes role play activities and parent-child homework assignments
- Teacher's Guide includes:
  - Student worksheets (in both English & Spanish)
  - Detailed role-play scripts
  - Also provides optional activities kit
- Recognized as an effective program by:
  - CDC
  - National Campaign to Prevent Teen and Unplanned Pregnancy

- **Local implementation:**
  - **UTHSCSA implementing with 3 local ISDs**
- **Published materials.**
  - **There is a cost associated with this curriculum**
  - **Publishing company is non-profit entity**
  - **Training of staff may also be an additional cost.**  
It is possible that UTHSCSA may be able to provide training.
- **Questions:**
  - **Sees it as reinforcing and complementing the information that is proposed to be provided in middle school**
  - **Discussed/described potentially sensitive lessons**  
Described lesson which provides condom use demonstration.  
Also described activity which asks students to investigate how/where to purchase condoms  
Also described activity which asks students to contact/visit reproductive health clinic
  - **Curriculum does provide CDC-approved adaptation options for these lessons/activities**
  - **Discussed some issues/questions regarding how this would be implemented within high school health**
- **Time line – Linda Seewald, District Facilitator**
  - **Linda Seewald reviewed discussions which occurred during the previous SHAC re: the consideration of sensitive topics**
  - **The committee is making a preliminary recommendation of Its Your Game and Reducing the Risk curriculums**
  - **The curriculum committee is working to meet with the NISD Academics Committee**
  - **The committee will also conduct a secondary critical review of the aforementioned curriculums to ensure that all text/videos are reviewed word-for-word to ensure appropriateness/accuracy.**
  - **Reviewed cost issue.**
  - **Acknowledged that questions still exist re: how the middle school curriculum would be implemented**
- **Discussion – all members and advisory**
  - **Its Your Game discussion:**
    - **Curriculum was teacher friendly**
    - **Addressed sensitive topics via the web-based components which helps both teachers/students**
    - **Questions exist re: access to computers**  
Discussions need to occur with the technology department
    - **Questions also exist re: where this would be implemented during the 7<sup>th</sup> and 8<sup>th</sup> grade school year**

- It was also noted that the SHAC had originally expressed a preference for condom demonstration to occur in high school yet IYG has animated and video review of condom use at the 8<sup>th</sup> grade level.
  - It was noted that the animations/videos are presented on an individualized/private basis.
  - Videos/animation are available online for parents to review
  - Members of the SHAC who are parents noted no concerns regarding the animation/video
  - Members noted that the condom use information was well presented and received well by their own children
- Reducing The Risk discussion:
  - Curriculum is straight-forward and support is provided to the teacher regarding information
  - It was noted that the curriculum does require a strong/confident instructor
    - Certified health educators will be providing the curriculum and will be trained
  - Curriculum focuses on skill development through frequent role-playing

#### **District Facilitator Report**

- Member Participation:
  - Mike Galvan will no longer be able to participate in the SHAC
  - Patrick Dempsey will also not be able to participate at this time.
  - Linda Seewald has received applications for membership
- Mayor's Fitness Council
  - Healthy Schools Committee
  - Healthy School Summit on October 26, 2012 at NAC

#### **Committee Chair's Report**

- Suzanne highlighted and thank Rudy and Jeff for their efforts in coordinating the sexual education committee
- The committee members were also thanked for their efforts.

#### **Unfinished Business**

- November Meeting Minutes
  - Minutes were reviewed.
  - November meeting minutes were approved.

#### **New Business**

- No new business

## **Members' and Advisors' Report**

- **No comments**

## **Announcements**

- **No comments**