

Texas Association for Health, Physical Education, Recreation, and Dance
Position Statement
Comprehensive Sexuality Education

The Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD) supports comprehensive sexuality education that is age, developmentally, and culturally appropriate. TAHPERD supports comprehensive sexuality education because the personal, social, community, and health costs related to lack of comprehensive sexuality education are high.

- Despite a downward national trend, Texas ranks 2nd in birthrate, 5th in teenage pregnancy, and 26th in abortion (Alan Guttmacher Institute, 2004).
- In 2003, among those high school students who reported being sexually active, 12% of females and 12% of males in Texas reported having used birth control pills the last time they had sexual intercourse compared to 21% of females and 13% of males nationwide (CDC, 2003).
- Nationwide half of all new cases of sexually transmitted infections (STIs) occur among youth ages 15-24 – including half of all new HIV infections.

Both international and national studies have indicated that comprehensive sexuality education programs can enhance and promote abstinence decisions, as well as safer sexual behavior. Specifically these studies have found that comprehensive sexuality education programs:

- Can help delay first intercourse (i.e., support abstinence) and protect sexually active youth from STIs, HIV, and unplanned pregnancies.
- Can lead to an increase in use of contraceptive and safer sexual practices for students who are already sexually active.
- Do not lead to an increase in sexual intercourse or activity among youth (National Campaign to Prevent Teen Pregnancy, 2004).

Therefore be it resolved that TAHPERD supports:

- Medically accurate sexuality education that is based on rigorous, peer-reviewed research.
- Comprehensive sexuality programs that are part of an overall comprehensive, coordinated school health education program.
- Comprehensive sexuality education programs that include an ongoing evaluation component.
- Comprehensive sexuality education that is taught by qualified teachers.
- Ample involvement of parents, health professionals, and other concerned community members in the development of the program.

References

Allan Guttmacher Institute - <http://www.guttmacher.org/sections/birth.html>
Centers for Disease Control - <http://www.cdc.gov/HealthyYouth/yrbs/statefacts.htm>
National Campaign to Prevent Pregnancy - <http://www.teenpregnancy.org/>