

The Florida Adolescent Sexual Health Committee consists of representatives of the Florida Departments of Education and Health. The mission of the Florida Adolescent and Sexual Health Committee is to work collaboratively to provide support for coordinated efforts to promote a healthy lifestyle among adolescents through prevention of teen pregnancy, STD and HIV. One of our goals is to provide information and resources to the public. In that vein, the Committee has compiled definitions of the various types of programs that exist to prevent students from being involved in sexual risk behaviors.

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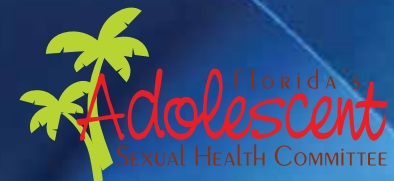
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Florida's Coordinated School Health Partnership



Definitions of Sexual Health Education Programs



Florida State Statute 1003.42 (2)(n) requires comprehensive health education which incorporates both sex education and disease prevention, and includes language on the awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy. Specific content in any subject matter is determined by local school district policy which gives districts the latitude to determine the type of family life (and sexual health education) program that is implemented. This brochure describes the different types of programs.

Sources:

Elissa Howard Barr, PhD, CHES
University of North Florida
College of Health

Douglas Kirby, PhD
ETR (Education Training Research
and Associates)

National Guidelines Task Force, 1996

Definitions of Sexual Health Education Programs

Abstinence-Only

Emphasizes abstinence from all sexual behaviors; may not include information regarding contraception (except in terms of failure rates) or disease prevention methods.

Abstinence-Based (Plus)

Emphasizes the benefits of abstinence; includes information about non-coital sexual behavior, contraception, and disease prevention methods; also referred to as abstinence-plus or abstinence-centered.

Abstinence-Only Until Marriage

Emphasizes abstinence from all sexual behaviors outside of marriage; may not include information regarding contraception (except in terms of failure rates) or disease prevention methods; typically presents marriage as the only morally correct context for all sexual activity.

Comprehensive Sexuality Education

K-12 education programs that view sexual health education as a lifelong process and address sexual development, reproductive health, interpersonal relationships, affection, intimacy, body image, gender roles, abstinence, and contraceptive options.

