Overview

State laws and regulations in health education serve as a foundation to drive school-based programs and instruction. Well-designed and well-implemented sexual health education programs have been shown to reduce student risky sexual behaviors and improve health-related behaviors and outcomes. The following report provides a snapshot of Connecticut laws and regulations and school health policies and practices related to sexual health education, HIV prevention education, STD prevention education, and sexual health risk behaviors among Connecticut high school students.

Connecticut health education laws and regulations were analyzed across three topics of instruction (sexual health education, HIV Prevention, and STD Prevention) and a variety of characteristics related to curriculum and instruction. These characteristics were identified by researchers as potential facilitators for successful programs. The law and regulation data presented only indicate the presence or absence of a particular component related to health education and may not accurately reflect practice within the state.

Connecticut Law Facts

- The agency with authority to choose or approve curriculum for sexual health education and HIV Prevention instruction is not addressed.
- The option to either Opt-in or Opt-out of sexual health education and HIV Prevention instruction is not addressed.
- Instruction regarding contraception is is not addressed.
- Abstinence as a topic of instruction is not addressed.

Core Topics Addressed in Connecticut Law

<table>
<thead>
<tr>
<th>Topic of Instruction</th>
<th>Level of Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Health Education</td>
<td>Not Addressed</td>
</tr>
<tr>
<td>HIV Prevention</td>
<td>Not Addressed</td>
</tr>
<tr>
<td>STD Prevention</td>
<td>No Law or Regulation</td>
</tr>
</tbody>
</table>

Presence of Evidence Based Components

<table>
<thead>
<tr>
<th>Common Attributes of Effective School-Based Sexual Health Education</th>
<th>Included in Law(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curriculum is delivered by trained instructors</td>
<td>Required Sexual Health Education and HIV Prevention</td>
</tr>
<tr>
<td>Parental/Stakeholder Involvement. Parents and/or other key stakeholders are involved in the review, development, and/or approval of curriculum</td>
<td>Not included in laws</td>
</tr>
<tr>
<td>Curriculum follows Federal or National Standards, Guidelines, and/or Recommendations</td>
<td>Not included in laws</td>
</tr>
<tr>
<td>Curriculum is appropriate for age or developmental stage</td>
<td>Not included in laws</td>
</tr>
<tr>
<td>Curriculum is medically accurate</td>
<td>Not included in laws</td>
</tr>
<tr>
<td>Instruction is sequential across grade levels</td>
<td>Not included in laws</td>
</tr>
<tr>
<td>Curriculum includes instruction on strategies or skills</td>
<td>Not included in laws</td>
</tr>
</tbody>
</table>
Analysis of State Health Education Laws

School Health Policies and Practices in Connecticut

- **Strategies**: 82% of secondary schools provided those who teach sexual health education with strategies that are age-appropriate, relevant, and actively engage students in learning.

- **STD Prevention**: 98% of secondary schools taught how HIV and other STDs are transmitted in a required course during grades 9, 10, 11, or 12.

Risk Behaviors Among Connecticut High School Students

- Have had sexual intercourse with ≥4 partners: 6%
- Drank alcohol or used drugs before last sexual intercourse*: 22%
- Used a condom during last sexual intercourse*: 59%

Percent of secondary schools in Connecticut in which teachers tried to increase student knowledge on...

- 86% Human Sexuality
- 88% HIV Prevention
- 88% STD Prevention

In a classroom of 30 high school students in Connecticut, 7 are currently sexually active, 3 ever had sex, but are not currently sexually active, and 20 never had sex.

*Among the students in Connecticut who were currently sexually active (had sexual intercourse during the 3 months before the survey).

Source: School Health Profiles (Profiles), 2016. Profiles is a national survey of middle and high school principals and lead health education teachers assessing school health policies and practices in states, large urban school districts, and territories.


Know Your State Laws and Policies

For more information on: State laws and practices; Attributes of an effective sexual health education program; and State specific health data, visit [www.cdc.gov/healthyyouth/about/policy.htm](http://www.cdc.gov/healthyyouth/about/policy.htm)