

### *Framework for Teaching Sex Education in School*

Type of instruction	Components
Basic health education course	<ul style="list-style-type: none"> <li>• Typical/general education course</li> <li>• Covers hygiene, sexuality, sexual health, and relationships</li> <li>• Students with DD can be included based upon their needs</li> </ul>
Specialized sex education instruction	<ul style="list-style-type: none"> <li>• Specific to people with DD</li> <li>• Can be paired with the basic health education course</li> <li>• Provides explicit instruction, either small group or individually</li> </ul>
Individualized education program	<ul style="list-style-type: none"> <li>• Develop individualized target behaviors and goals</li> <li>• Identifies evidence-based strategies to use during instruction</li> <li>• Aligned with the Sexuality Information Education Center of the United States guidelines for comprehensive sex education</li> </ul>
Ongoing opportunities	<ul style="list-style-type: none"> <li>• Social opportunities to develop relationships</li> <li>• Privacy to engage in appropriate sexual behavior consistent with person's capacity</li> <li>• Provide opportunities, enhance capacity, and promote self-perception for self-determination</li> </ul>

Note. DD = developmental disabilities.