



## HEALTH COMMITTEE MEETING AGENDA

American Preparatory Academy

Thursday, February 9th, 2023 at 3:30 pm

American Preparatory Academy - Draper 3 campus  
11938 S Lone Peak Pkwy, Draper, UT 84020, in Room 326

[or join electronically at](#)

<https://uetn-org.zoom.us/j/8610146493?pwd=bHNlbnkM2RmNCBfU1d014MmlUQmdHdz09>

To access curriculum materials for review or public comment, please contact Daniel Baker at [dbaker@apamail.org](mailto:dbaker@apamail.org).

### Members Present:

- Daniel Baker
- Caytlin Jones
- Lia Mier
- Craig Hollinger
- Jen Walstad (online)
- Carolyn Sharette
- Todd Christensen (left meeting room at 4:35 pm, rejoined via phone.)
- Jeremiah Brennan (online)

### Guests Present:

- Lisa Brunson (online)
- Kate York (online)

### I. **Welcome and Introductions - Start time: 3:39 pm**

#### A. Designate Committee Procedures and Rules

##### 1. Modified Robert's Rules of Order

#### B. Designate Chair - The Committee unanimously designates Carolyn as the chair of the meeting.

II. [Public Comment](#): The Chair invited any public comments. No members of the public were present. The Chair invited the Committee members to make a comment outside of their position as a member of the committee. No comments.

### III. Review of Presentations

Todd Christensen shared his screen displaying the APA health curriculum website. Each of the three grades that teaches health or human sexuality (at APA, 5th, 7th, and 10th grades) has a link to the Curriculum and a unique password on the APA website.

1. 5th-grade Curriculum: Uses "What your 5th-grader Needs to Know." This Curriculum briefly covers mammals (including humans) carrying babies and gender organs, and from there, it moves into hormones and glands for the rest of the science unit.



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- a. Motion: Daniel Baker motions to approve the 5th grade Maturation Curriculum.
  - b. Seconded: Jen Walstad.
  - c. The Committee unanimously voted to approve. Motion passed.
2. 7th-grade Curriculum:
- a. The Committee began with the section of the Curriculum that covers Dating and Relationships per state statute. This includes manipulation, coercion, abuse, and moves into to dating, etc.
    - i. Question for discussion: From Carolyn - about the dating aspect: what about the cultural differences when discussing "dating"? The Curriculum speaks to the over-arching vision of abstinence-based relationships and monogamous relationships. She recommended that APA review the Curriculum from a more culturally aware perspective. APA should re-contextualize this section to put into different terms of social interactions (friendship, etc., instead of exclusive dating.)
    - ii. After dating, the Curriculum outlined discusses healthy relationships, the dangers of online dating, etc. Committee discussion emerged to re-contextualize these topics: currently, the presentations normalize dating, but the presentations should refocus on socializing, personal boundaries for friendships, communication, trust, avoiding abusive relationships and pursuing healthy relationships of all types.
  - b. Puberty and Anatomy presentation: only change discussed is to include what feminine products look like and their availability.
  - c. Pregnancy presentation: No comments.
  - d. STDs presentation: change "prevalent" in the statistic about the ages of people with STDs. Also, the implications of the verbiage "one sex partner." May change to STI instead of STD. Discussed language of "Close contact" versus "sexual contact" with others.
  - e. Abstinence presentation: The Committee discussed amendments to this presentation's inclusion of survey data and choosing abstinence or students changing their minds. The Committee discussed possibly issuing a new survey to high school students.
  - f. Pornography presentation: The Committee discussed the definition of porn and recommended the presentation include warnings of the illegal depictions of children engaging in those acts.
    - i. Motion: Daniel Baker motions to approve the 7th-grade Curriculum with the changes noted.
    - ii. Seconded: Craig Hollinger
    - iii. The Committee voted unanimously to approve. Motion passed.
3. 10th-grade Curriculum: 10th-grade builds on the 7th-grade curriculum.
- a. Endocrine and Contraception presentation: Some of this content is not required by the state but is allowed.



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- b. Cyber-Bullying and Sexting presentation: The Committee recommend the presentation change "adults are slow to respond" to something like "can be difficult to uncover" or "adults are often unaware."
    - i. Todd inquires if there is a unit about social media addiction. Answer: Yes, in the another unit.
  - c. Dating & Relationships presentation: This presentation builds upon the 7th-grade Curriculum.
    - i. Todd asks if there is any discussion on the dangers of exclusivity and stages of development regarding codependence. Answer: Not in that context. This topic is discussed in AP Psych, though it would also fit in this unit.
  - d. Love presentation: no comment
  - e. Pornography presentation: Utah is one of the only states that decided that pornography was a crisis.
    - i. The Committee discussed reframing the context for this presentation to have students think through their choices and the impacts of those choices. We are helping students build an arsenal of support for their decisions, which hopefully include avoiding this sort of material in their life.
  - f. Setting Boundaries presentation: Builds on the previous Curriculum and includes consent. No comments.
  - g. STDs presentation: This presentation also builds on the previous Curriculum but dives more in-depth into diseases, stats, and symptomology.
  - h. Unhealthy and Violent Relationships Presentation: The Committee noted that some concepts such as codependency, emotional abuse, etc., are discussed in this unit.
    - i. The Committee recommended that the presentation clarify abuse and, specifically, the term "gaslighting."
    - ii. This presentation dives into the topics of sexual assault and rape.
      - a. This topic focuses on both genders, not just girls. Both genders must understand that they should be protected and be wary of sexual assault.
    - iii. Question: Is this topic introduced to students after boundaries and consent? Answer: Yes.
    - iv. Question: What about consent with impairment as a factor? Answer: It is discussed with this presentation.
  - i. Motion: Daniel Baker motions to approve the Curriculum as presented with the changes noted.
  - j. Seconded: Jen Walstad seconds.
  - k. The Committee voted unanimously to approve. Motion passed.
- IV. Next Meeting: Next school year.
- V. **Adjournment - End Time: 5:23 pm**