

## Comprehensive Sexual Education: The Facts

Teens need honest and straightforward information about sex in order to protect themselves from unintended pregnancy and sexually transmitted infections. The overwhelming majority of parents believe comprehensive sexuality education ought to be part of Minnesota's overall effort to prevent unintended pregnancy and sexually transmitted infections among our teens.

**Planned Parenthood stands with Minnesota's parents and supports the Comprehensive Family Life and Sex Education Programs legislation (HF 615/SF 588).**

---

### ***Minnesotans Support Comprehensive Sexuality Education***

According to a survey of Minnesotans conducted by Minnesota Organization on Adolescent Pregnancy, Prevention, and Parenting:

- 7 out of 10 Minnesota adults believe that sexuality education should include both abstinence and contraception.
- 9 out of 10 Minnesotans support comprehensive sexuality in high schools; 8 out of 10 support comprehensive sexuality education in junior high schools.
- 8 out of 10 Minnesota parents reject the ideas that teaching both abstinence and contraception encourages young people to have sex.

### ***Comprehensive Sexuality Education Works***

- Research shows that comprehensive sexuality education is effective in providing adolescents with the tools, the knowledge, the skills, the attitude and values to make responsible choices about their sexual health.
- Comprehensive sex education programs that discuss both abstinence and contraception, including condoms, do not increase sexual activity among teens; rather, such programs often delay first intercourse, reduce the frequency of sex, and reduce the number of sexual partners.
- The decline of teen pregnancy rates has been attributed not only to an increase in abstinence among adolescents, but also to an increase in contraceptive use.

### ***“Comprehensive family life and sex education” means education in grades 7 through 12 that:***

- respects community values and encourages family communication;
- develops skills in communication, decision making, and conflict resolution;
- contributes to healthy relationships;
- provides human development and sexuality education that is age appropriate and medically accurate;
- includes an abstinence-first approach to delaying initiation of sexual activity that emphasizes abstinence while also including education about the use of protection and contraception
- promotes individual responsibility.

*For more than 75 years, Planned Parenthood Minnesota, North Dakota, South Dakota has worked in our region to make sure all people have the information and the means to make free and responsible decisions about whether and when to have children. Planned Parenthood operates 24 clinics in Minnesota and South Dakota, providing quality and affordable family planning, reproductive health care services and education to nearly 80,000 women and men each year.*