

ALASKA STATE LEGISLATURE



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SENATE DISTRICT I

Sponsor Statement for SB 157 version A

Sex education is essential to young people's health, relationships, and life goals. Young people should get age-appropriate, medically accurate information. Young people across Alaska deserve age-appropriate, medically accurate information about sex, reproduction, and healthy relationships taught in culturally competent, inclusive ways. Sex education should cover a wide range of topics, including healthy and unhealthy relationships, decision-making and peer pressure, abstinence, communication, consent, body image, media literacy and critical thinking, birth control, and sexually transmitted infections (STIs). But many students in Alaska don't have access to the information and skills they need to protect their health because our state does not have comprehensive requirements for sex education in public schools. Sex education can equip young people with the skills they need for a lifetime of good health, including the ability to have healthy relationships, make decisions for themselves, think critically about the world, be a good ally to those who are different, and love yourself for who you are. Comprehensive, medically accurate sexual health education is the best way to help young people stay healthy.