***INSERT SCHOOL LETTERHEAD HERE***

SHARCIGA DHALLINYARO CAAFIMAAD QABO EE KAALIFORNIYA (THE CALIFORNIA HEALTHY YOUTH ACT) – SHARCIGA WAX BARASHADA §§ 51930 ‐ 51939 WACYI-GALIN DHAMMAYSTIRAN OO KU SAABSAN CAAFIMAADKA ISU-TAGA IYO KA HORTAGA HIV

[Date]

Waalidka/Qofka Mas’uulka Ka Ah Ardayga Ee Qaaliga Ah:

Sharciga gobolka Kaaliforniya, Sharciga Dhallinyaro Caafimaad Qabo Ee Kaaliforniya, ayaa u baahan in ardayda loo soo bandhigo wacyi-galin dhammaystiran oo ku saabsan caafimaadka isu-taga iyo ka hortaga HIV ugu yaraan hal mar marki ay u jiraan dugsiga dhexe iyo hal mar marki ay ku jiraan dugsiga sare, waxaana loo bilaabaa fasalka 7’baad gudahiisa. Sidoo kale waxay degmadaha dugsiyaasha usoo bandhigi karaan ardayda wacyi-galin dhammaystiran oo ku saabsan caafimaadka isu-taga iyo ka hortaga HIV xili ka horeeyo fasalka 7’baad waana in waxa loo dhigaayo uu ku haboonaado da’dooda iyo uu yahay maclumaad sax ah xaga caafimaadka wuxuuna ku saabsanaan karaa mid kasta oo ka mid ah mawduucyada guud. Iyadoo ilaalineyso shuruudahaan iyo xeerarkaan, Degmada Dugsiga Midaysan Ee San Diyeego ayaa fasalada 6, 8, iyo dugsiga sare gudahood kasoo bandhigto wacyi-galinta dhammaystiran ee ku saabsan caafimaadka isu-taga. Sharciga Dhallinyaro Caafimaad Qabo Ee Kaaliforniya (California Healthy Youth Act), Sharciga Wax Barashada Kaaliforniya (CA Education Code) ee u dhigma, iyo khayraad kale oo wax barashada ayaa laga heli karaa websaytka Barnaamijka Wacyi-galinta Caafimaadka Isu-taga (Sexual Health Education Program) oo laga heli karo: [www.sandiegounified.org/SHEP](http://www.sandiegounified.org/SHEP).

Duruufaha COVID-19 sababtood, iyo iyadoo la raacayo xeerarka Waaxda Wax Barashada Ee Kaaliforniya (California Department of Education) oo dhigaayo in dhammaan wax barashada loo wareejiyo qaabka laga dhiganaayo meelaha ka baxsan dugsiga oo loo yaqaano “distance learning model,” ayaa laga yaabaa in wacyi-galinta dhammaystiran ee caafimaadka isu-taga lagu bixiyo hab laga baranaayo intarnetka. Waxay degmada dugsigeena isticmaali doontaa manhajka uu Guddiga Wax Barashada (Board) ogolaadey oo loo yaqaano *Rights, Respect, Responsibility* (Xuquuqda, Xushmada, Mas’uuliyada), oo laga qaadan doono intarnetka ama hab ku dhisan galaaska oo si toos ah loo qaadanaayo. Waxaa tilmaamta laguu soo gudbin doonaa xili loogu talagalay uu go’aamin doono iyo uu kuu soo sheegi doono cunugaaga macalinkiisa.

Hadii uu habka lagu bixin doono noqdo intarnetka, waxaa muhiim ah inay qoysaska hubiyaan inay:

* Ardayda haystaan qalabka wax lagu maqlo ama meel gaar ah oo ka fog caruurta yaryar si ay oga qayb-galaan casharadaan.
* Ardayda duubin ama qaybin wax ka mid ah qalabka wax lagu baraayo iyagoo aan macalinkooda u ogolaanin.

Waxaa diyaar laga dhigay qalabka wax lagu baraayo ardayda si ay u arkaan waalidiinta ama dadka masuulka ka ah ardayda, waxayna ka arki karaan intarnetka ama dugsiga (hadii uu furan yahay). Si laguugu soo bandhigo fursad aad u isticmaali karto inaad ku fiiriso qalabka wax lagu dhigaayo, cunugaaga dugsigiisa ayaa usoo diri doono qoysaska manhaj hore loo duubey oo laga soo jeedin doono intarnetka uu ku jiro xiriiriyaal (links) laga geli karo manhajka intarnetka laga qaado iyo kan galaaska laga qaato labadaba si aad u aragto. Sidoo kale waxaad qalabka wax lagu baraayo ardayda ka arki kartaa [Bogga Manhajka SHEP](https://www.sandiegounified.org/departments/sexual_health_education/curriculum). [If your site will be providing an additional curriculum preview opportunity, please provide details here.]

**Fadlan ogoow inay waalidiinta ama dadka masuulka ka ah ardayda ka reebi karaan cunugooda caafimaadka isu-taga oo la dhigaayo (sexual health instruction) sannad dugsiyeedkaan, waxay u baahan yihiin inay cunugooda macalinkiisa u keenaan fariin elegtaroonig ah ama warqad ku qoran oona ku qoran luuqada ay rabaan. Waxaa la rabaa inay warqada ku qornaato inay cunugooda ka reebayaan waxa la dhigaayo, iyo uu ku qornaado cunugooda magaciisa, iyo uu soo saaro ama soo saxiixo waalidka ama qofka masuulka ka ah ardayga. Looma baahno in fariintaan lagu sheego wax sabab ah.**

Wuxuu gobolka Kaaliforniya u baahan yahay inuu waxaan loo dhigaayo ardayda noqdo mid ay u dhan yihiin dhamman ardayda, ku dhiiri-gelinaayo ardayda inay waalidiintooda ama dadka mas’uulka ka ah kala hadlaan dareenka isu-taga aadanaha, iyo inuu usoo bandhigo ardayda aqoonta iyo xirfadaha ay ugu baahan yihiin inay ku dhistaan dabeecadaha caafimaadka leh oo la xiriira koritaanka iyo horumarka dhalinyarada. Sidaa darteed, waa khasab in manhajka lagu daro mawduucyada soo socdo, weyna ku jiraan:

* Maclumaad ku saabsan HIV iyo jeermisyada kale ee la isugu gudbiyo isu-taga (sexually transmitted infections [STIs]), oo ka mid ah gudbinta, hababka looga hortago HIV iyo STIs, iyo daaweynta ay ogoshahay FDA
* Maclumaad sheegaayo in ka joogitaanka uu qofka ka joogaayo isu-taga uu yahay habka keliya oo la hubo oo looga hortagi karo uurka aan la rabin, HIV, iyo STIs kale, iyo maclumaad ku saabsan qiimaha ay leedahay dib u dhigitaanka hawlaha isu-taga
* Wada hadal ku saabsan siday bulshada u aragto HIV iyo AIDS
* Maclumaad ku saabsan jinsiga, jiheynta jinsiga, iyo dhibaatada ay leeyihiin fikradaha xun ee laga aaminsan yahay jinsiga
* Maclumaad ku saabsan xiriirka caafimaadka leh iyo xirfadaha la isaga ilaaliyo dhaqanka iyo xaaladaha caafimaad darrada ah

Waxaa intaas dheer, waa khasab in waxa looga dhigaayo fasalka 8’daad iyo dugsiga sare uu ku jiro, wuuna ku jiraa:

* Maclumaad ku saabsan helitaanka khayraadka loogu talagalay daryeelka caafimaadka isu-taga iyo taranka
* Maclumaad ku saabsan uurka, oo ka mid ah hababka looga hortagi karo ay ogoshahay FDA iyo fursadaha uurka

Waxaa wax dhigi doono macalimiinta galaaska ee degmada dugsiga ama kuwa wax dhigo ee ka socdo wakaalad caafimaad oo lagu tababaray manhajka. Waxaa laga yaabaa inay wakaaladahaan caafimaadka ku jiraan Family Health Centers of San Diego, Operation Samahan, Planned Parenthood, iyo San Ysidro Health Center.

Si daacad ah,

[Principal]