



Meeting Date: February 26, 2026

Submitted By: Dr. Lacey Gosch
Title: Assistant Superintendent

Agenda Item: Consider and take possible action regarding approval of purchasing, training, and implementation of *Big Decisions* (Healthy Futures Texas) as recommended by the Judson ISD School Health Advisory Council (SHAC).

DISCUSSION/ACTION ITEM

RECOMMENDATION:

That the Board of Trustees approves the adoption, purchase, professional development training and implementation of *Big Decisions*.

IMPACT/RATIONALE:

In accordance with **Texas Education Code §28.004**, the Judson ISD School Health Advisory Council (SHAC) reviewed available Human Sexuality Instruction (HSI) materials and recommend adopting **Big Decisions (Healthy Futures of Texas)**. This curriculum meets state requirements for abstinence-focused, medically accurate, age-appropriate instruction and supports parent transparency and opt-in provisions. Following review of instructional materials, the Judson ISD School Health Advisory Council (SHAC) voted **10–1** in favor of *Big Decisions* (Healthy Futures of Texas) as the district’s Human Sexuality Instruction curriculum.

Approval of this item authorizes the district to adopt the curriculum, purchase materials, provide necessary professional development, and implement *Big Decisions* districtwide beginning in 2025–26 to ensure consistent, compliant HSI delivery aligned with community values.

BOARD ACTION REQUESTED:

Approval/Disapproval

**Texas Education Code (TEC) §28.004 – Human Sexuality Instruction (HSI)
Judson ISD School Health Advisory Council (SHAC) Recommendation: Adoption
and Implementation of *Big Decisions* for 2025–26**

Texas Education Code §28.004 requires each school district to establish and maintain a School Health Advisory Council (SHAC) to assist the district in ensuring that community values are reflected in its health education instruction, including Human Sexuality Instruction (HSI). The statute charges SHACs with reviewing curriculum materials, recommending instructional resources, and advising the Board of Trustees prior to any adoption or implementation of HSI. The law also requires that any chosen HSI materials promote abstinence as the preferred choice for unmarried students; emphasize the importance of healthy decision-making; and align with state and local community expectations for age-appropriate, medically-accurate content.

During the 2023-24 and 2024–25 school years, the Judson ISD SHAC conducted a comprehensive review of available Human Sexuality Instruction materials consistent with TEC §28.004 requirements. This review process included evaluation rubrics, community input, teacher feedback, and alignment checks with statutory mandates and local district priorities related to student safety, wellness, and health literacy. Following this evaluation, the SHAC voted to recommend ***Big Decisions (Healthy Futures of Texas)*** for districtwide use beginning in the 2025–26 school year.

Big Decisions is an evidence-based, abstinence-focused curriculum designed specifically to comply with Texas Education Code. The program provides medically accurate information, supports healthy relationship skills, and includes clear parent transparency and notification components, aligning with state requirements for parental rights, opt-in procedures, and public review of instructional materials. Adoption of this resource would also support consistent, developmentally appropriate instruction across the district and strengthen Judson ISD’s ability to implement HSI with fidelity, cultural responsiveness, and community alignment.

Approval of this action item will authorize Judson ISD to:

- **Adopt** *Big Decisions* as the district’s formal Human Sexuality Instruction program;
- **Purchase** required instructional materials;
- **Provide professional development** to teachers and staff to ensure effective and compliant delivery of instruction; and
- **Implement** the curriculum beginning in the 2025–26 school year, in accordance with TEC §28.004 and Judson ISD policy.

This recommendation supports Judson ISD’s commitment to student well-being, statutory compliance, and meaningful community involvement in curriculum decisions. Adopting *Big Decisions* will ensure students receive high-quality health instruction that prepares them to make informed, responsible choices while respecting the values and expectations of Judson ISD families.

BIG DECISIONS

Sexuality Curriculum Outline

1. RULES OF THE GAME: Forming a Respectful Group

- Fill out the Pre-Participation Questionnaire
- Receive an overview of the curriculum
- Identify respect as a key value for the group
- Develop ground rules for the group

2. ANATOMY AND REPRODUCTION: How it Works

- Identify the names and functions of male and female body parts
- Review how pregnancy happens
- Evaluate statements about reproduction to determine if they are true or false

3. RELATIONSHIPS AND ROMANCE: What is Healthy? What is Love?

- Identify characteristics of healthy and unhealthy relationships
- Consider how having sex can cause problems in teen relationships
- Learn how physical attraction (lust) and crushes (infatuation) are different from mature love

4. SEXUALLY TRANSMITTED DISEASES (including HIV/AIDS)

- Increase knowledge of the common STDs, their symptoms, and possible consequences
- Identify ways to avoid getting and spreading STDs
- Recognize that abstinence is the most effective way to avoid STDs
- Learn that teens who have sex must use latex condoms—correctly, every time—to reduce the risk of HIV and other STDs

5. ABSTINENCE: Why Should I Wait?

- Define what is meant by “abstinence” and “sex”
- List the advantages of abstinence for teens
- Learn that teens who choose to wait deserve respect
- State the most important reason(s) to wait

6. CONTRACEPTION: Pregnancy at the RIGHT Time

- Consider when would be the right time to have a pregnancy
- Evaluate commonly used contraceptive methods (including abstinence) for effectiveness in preventing pregnancy
- Recognize that abstinence is the healthiest choice
- Understand that sexually active people must take action to avoid pregnancy (and STDs)

7. INFLUENCE: Friends, Culture, the Media, and Sex

- Define “influence” and list things that influence young people about sex
- Describe some positive influences of your culture
- Identify examples of influence from the media, & classify them as positive or negative
- Describe how to resist negative influences about sex

8. GOALS AND DREAMS: My Decision

- Visualize their goals and dreams for the future
- Understand how a teen pregnancy or HIV/STD can affect achieving their goals and dreams
- Personalize the risks of pregnancy and HIV/STD
- Make a personal decision about how they will avoid pregnancy and STDs

9. THE POWER TO SAY “NO”: Sticking to My Decision

- Reinforce student decisions of how they will avoid pregnancy and STDs
- Learn that everyone has the right to say “no”
- Consider effective ways to say “no” when pressured for sex
- Practice saying “no” in pressure situations

10. WRAP-UP AND EVALUATION: How Did We Do?

- Reinforce KEY MESSAGES and students’ decisions to avoid pregnancy and HIV/STDs
- Get more practice in powerful ways to say “no”
- Fill out the Post-Participation Questionnaire

PARENT SESSION

- Describe what parents can do to help their children make healthy decisions about sex
- Learn 5 steps to use in talking to their children
- Practice talking with their children about sex
- If their child(ren) will be participating in BIG DECISIONS:
 - View the KEY MESSAGES and the Curriculum Outline
 - Have a chance to ask questions and to view the entire curriculum

Judson ISD School Health Advisory Council (SHAC) Meeting Minutes

Date: Thursday, January 15, 2026

Time: Called to order at 6:05 p.m.

Location: Judson ISD Boardroom

Recording Source: JudsonISDTV

1) Call to Order and Quorum

- Meeting called to order at **6:05 p.m.**
- Quorum confirmed.

2) Roll Call / Members Present (as stated for the record)

- Kayla Cid
- Van Adamson
- Elaine Perez
- Gabriella Lendo
- Curtis Ruder (Co-chair; non-voting on Big Decisions)
- Tamara Leneise
- Donna Boudreaux
- Jesse Gutierrez
- Kelly Gretschel
- Anna Morris
- Naomi Woods (arrived 6:45 p.m.)

Staff:

- **Dr. Paula Johnson** (Facilitator)
- **Amy Stevens** (Health Services Director)
- **Russ** (Technology Support)

3) Visitors to be Heard

- No public comments/visitors addressed the Council.

4) Approval of Agenda

- Motion to approve agenda as presented.
- Seconded.
- **Approved unanimously.**

5) Approval of Minutes — November Meeting

- Motion to approve November meeting minutes as presented.
- Seconded.
- **Approved unanimously.**

6) Recognitions

- **Amber Palmer**, Director of Student & Family Support Services (newly appointed as of last board meeting).
- **Trustee Suzanne Kenoyer**, Board of Trustees.
 - Noted: Board meeting scheduled next week; additional clarity on upcoming items expected.

7) District Updates

- **Immunization Compliance Report**: Submitted successfully.
- **Stop the Bleed Training** (secondary requirement to **offer** annually):
 - Model: 2-part (online video + in-person hands-on), certificates issued upon completion.
 - Last year: ~20 students districtwide attended Saturday session at J-TECH.
 - Outreach: Flyers designed and sent to campuses; this year Communications will broaden dissemination. SHAC members requested a copy to share to campuses once finalized.
 - Partnering agencies/resources discussed:
 - Ongoing partner (district PD provider).
 - **Converse Fire Department** also offers training (free).
 - Ideas raised:
 - Offer as **community service hours** / volunteer opportunities, especially for seniors and health pathway students.
 - Potential integration with a spring **Health Fair** to boost participation and visibility.

8) Action Item: Recommendation of Human Sexuality Curriculum

Context:

- Per updated mandate, a **standalone SHAC** must formally recommend the human sexuality curriculum (previous action via DSBC does not satisfy current requirement).
- **Curriculum Overview** ("*Big Decisions*"):
 - **Abstinence-focused**, with medically accurate information about contraception and STI/STD prevention.
 - **10 lessons**, ~**45 minutes** each (≈2 weeks of instruction).
 - **Grade Level**: Geared to **7th grade and up**; implementation plan aligns within Health/PE schedules.

- **Delivery:** Two trained teachers per middle school (one male, one female). Instruction delivered in **gender-separated** groups (sex assigned at birth).
- **Parent Consent: Opt-in** required; families receive topic outlines and consent letters in advance.
- **Alignment:** Correlated to **TEKS**; vendor provides lesson pacing, teacher guides, student materials, and **2-day training** with ongoing support resources.
- **Note:** Some existing health content may overlap (e.g., legacy materials like “Worth the Wait”), but “Big Decisions” is the vetted adoption proposed for consistency, compliance, and updated scope.

Discussion Highlights:

- Questions regarding overlap with current Health content; TEKS alignment confirmed.
- Clarifications on **teacher training**, **opt-in** procedures, **separation by sex assigned at birth**, and **scope** (pregnancy/STI prevention; non-directive; within Texas Education Code).
- Handling sensitive questions: refer to trusted adults (parents/counselors) and district-approved resources; maintain compliance with state guidance.
- Technology safety (AI-altered images, sexting) is addressed in other courses and Student Code of Conduct; legal/discipline guidance already exists.
- Emphasis on **consent**, personal safety, and finding one’s voice within healthy relationships.

Motion:

To recommend **Big Decisions** as Judson ISD’s human sexuality curriculum, with implementation beginning in the **2025–2026 school year**.

- **Moved and seconded** (Carl Ruder and guest participants did not vote).
- **Vote: Approved 10–1.**

Next step: Item to be placed on the **February Board agenda** (facilitator will present) to meet spring training and delivery windows.

9) Calendar & Meeting Structure (Room Conflicts & Adjustments)

- Conflicts with Boardroom on **Feb 26** and **Apr 23**.
- **February Meeting:** Move to **virtual, Tuesday, Feb 24, 2026 at 6:00 p.m.**

- **March Meeting:** In person, Thursday, March 19, 2026 at 6:00 p.m. (no change).
- **April Meeting:** April 23, 2026 in-person **canceled**; may hold a **virtual planning check-in** if needed for Health Fair readiness.
- **May Event:** Health Fair (details below).

10) Committees — Establishment & Scope

- **Standing Committees established:**
 1. **Wellness** (e.g., self-advocacy, anti-bullying/upstander education, mental health literacy, nutrition & sleep, family engagement)
 2. **Physical Fitness** (e.g., activity challenges, family fitness nights, summer activity guides)
- **Ad Hoc Subcommittee:**
 - **Health Fair** (under Wellness); given growing scope, this may transition to a standing subcommittee.
- **Membership Expectation:** All SHAC members serve on **at least one** committee.
- **Leadership:** Non-officer members encouraged to chair; one SHAC officer will be assigned to each committee for support.
- **Materials:** Dr. Johnson will send slides detailing committee scope and will circulate a **living spreadsheet** for sign-ups, responsibilities, and timelines.

11) Health Fair — Initial Planning

- **Proposed Date/Time:** Thursday, May 7, 2026, 5:00–7:00/7:30 p.m. (*tentative*)
- **Proposed Venue:** Escondido Elementary (library, main hall, gym, cafeteria; possible outdoor/parking lot areas).
- **Audience:** Students, families, staff, and broader community.
- **Focus Themes:** “**Healthy Summer Kickoff**” — water safety, physical activity, nutrition/meal prep, sleep, mental wellness, and safety resources.
- **Vendors/Partners (in progress):** ~10 identified to date; includes community health providers, **Stop the Bleed** partners, **Converse Fire Department**, hospital/clinic screenings (BP, etc.), potential mobile mammography, **H-E-B Wellness/Nutrition**, and others.
- **Student Involvement:** Explore volunteer/service hours (especially seniors and health program students).
- **Next Steps:**
 - Dr. Johnson and Ms. Cid to compile and distribute a **vendor/partner packet**, sign-up forms, and committee task matrix.

- Members to **select committees** and **identify interest in chairing** before the February meeting.
- March meeting to serve as **planning workshop**; April (virtual) as **check-in** if needed.

12) Action Items & Responsibilities

- **Board Item (February):** Prepare and submit **Big Decisions** recommendation for Board consideration; coordinate presenter and materials. *(Lead: Dr. Johnson; Support: Technology & Curriculum)*
- **Training Logistics:** Identify/confirm **two middle school teachers per campus** (male/female) for **2-day training**; align with Health/PE pacing. *(Lead: Curriculum/Health Coordinator; Support: Health Services)*
- **Stop the Bleed Outreach:** Finalize flyer; work with **Communications** for districtwide dissemination; share to SHAC for campus amplification. *(Lead: Health Services; Support: SHAC members)*
- **Committees:** Send committee scope slides and **live planning spreadsheet**; members sign up for at least one committee and note chair interest. *(Lead: Dr. Johnson; All Members)*
- **Health Fair Prep:** Compile vendor list and contact log; draft floor plan/zones; confirm **Escondido Elementary** availability; define volunteer roles (incl. student volunteers). *(Lead: Wellness Subcommittee—Health Fair; Support: Physical Fitness; Campus/PTA)*
- **Virtual Meeting Setup (Feb & possible April):** Arrange platform/links and recording. *(Lead: Russ/Technology)*

13) Next Meetings

- **Tuesday, February 24, 2026 — 6:00 p.m. (Virtual)**
- **Thursday, March 19, 2026 — 6:00 p.m. (In Person)**
- **Thursday, April 23, 2026 — Canceled** *(virtual check-in may be scheduled if needed)*
- **Thursday, May 7, 2026 — Health Fair (tentative), 5:00–7:00/7:30 p.m., Escondido Elementary**

14) Adjournment

- Motion to adjourn approved.
- **Meeting adjourned at 7:28 p.m.**

Attendance & Voting Record Notes

- **Vote on “Big Decisions” recommendation:** Passed **10–1**.
- Guest **Curtis Ruter** participated in discussion but **did not vote**.

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- **Russ** (Technology Support)

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- **Meeting adjourned at 7:28 p.m.**

Attendance & Voting Record Notes

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Big Decisions SHAC Presentation

Judson ISD

Bethany Luis



Advancing informed sexual health decisions

Our Mission & Vision



The mission of Healthy Futures of Texas is to improve the well-being of young Texans through equitable access to sexual health education, contraception, and resources.

We have a vision that every woman and young Texan has access to the information and resources needed to make well-informed sexual health decisions.

Talk About It Texas

A statewide effort, powered by Healthy Futures of Texas, that gives young people safe spaces to talk frankly and honestly about sexual and reproductive health with their friends, parents, and educators.

talk about  Texas
POWERED BY HEALTHY FUTURES OF TEXAS



Where we work

HFTX works statewide across Texas with a staff currently located in:

- San Antonio
- Dallas
- Austin
- Houston
- Rio Grande Valley.



What we do

Research and
Data

Advocacy

Awareness

Training &
Technical
Assistance

Health
Education

Fundraising / Development

Finance

Operations – HR / IT / Administration

Board Development & Governance

Teen Pregnancy Prevention Programs

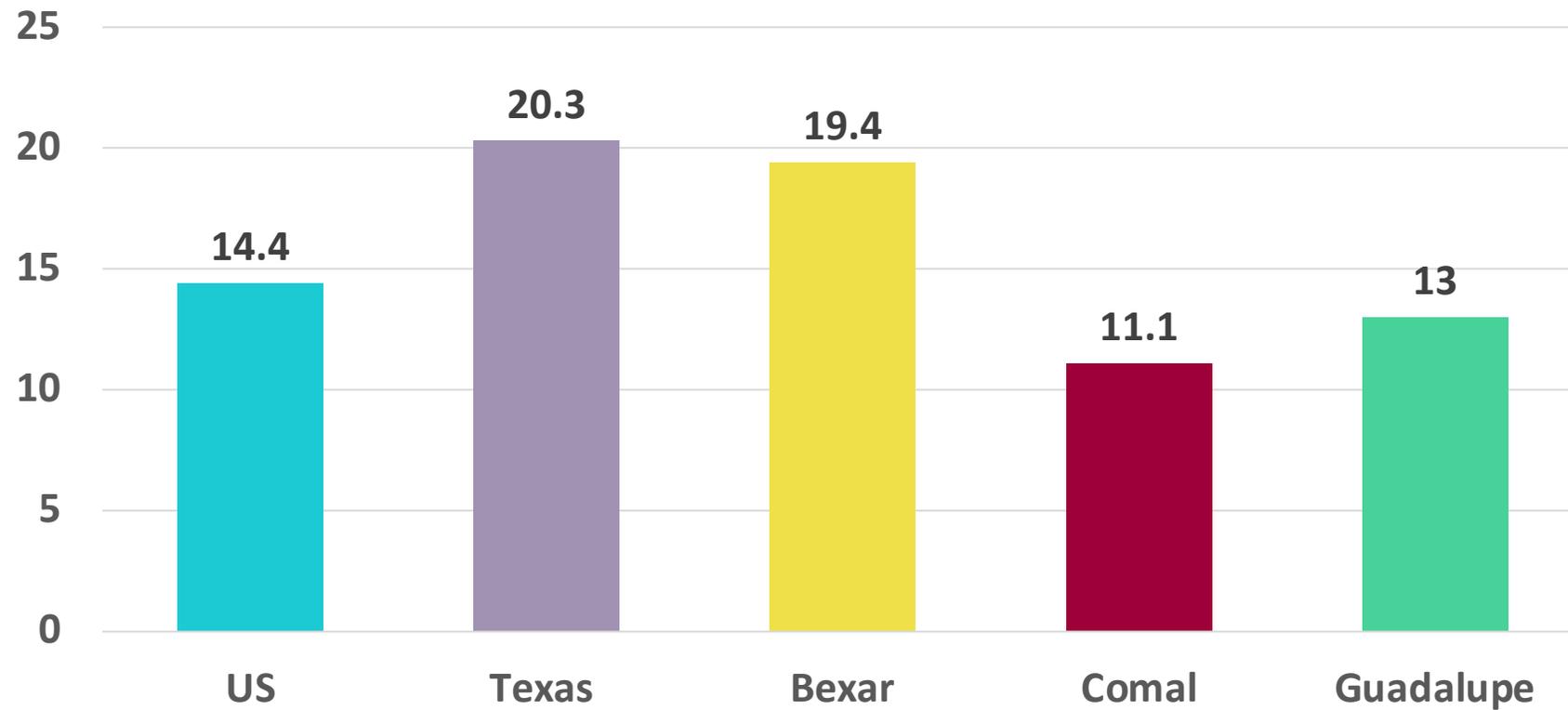
Evidence suggests programs can...

- ❖ Delay sexual initiation (abstinence)
- ❖ Reduce recent sexual activity
- ❖ Reduce number of sexual partners
- ❖ Improve contraceptive use
- ❖ Decrease STIs and HIV
- ❖ Prevent pregnancy



2021 Teen Birth Data

Births per 1,000 females age 15-19





Let's explore the curriculum...

talk about  Texas presents

big decisionsTM

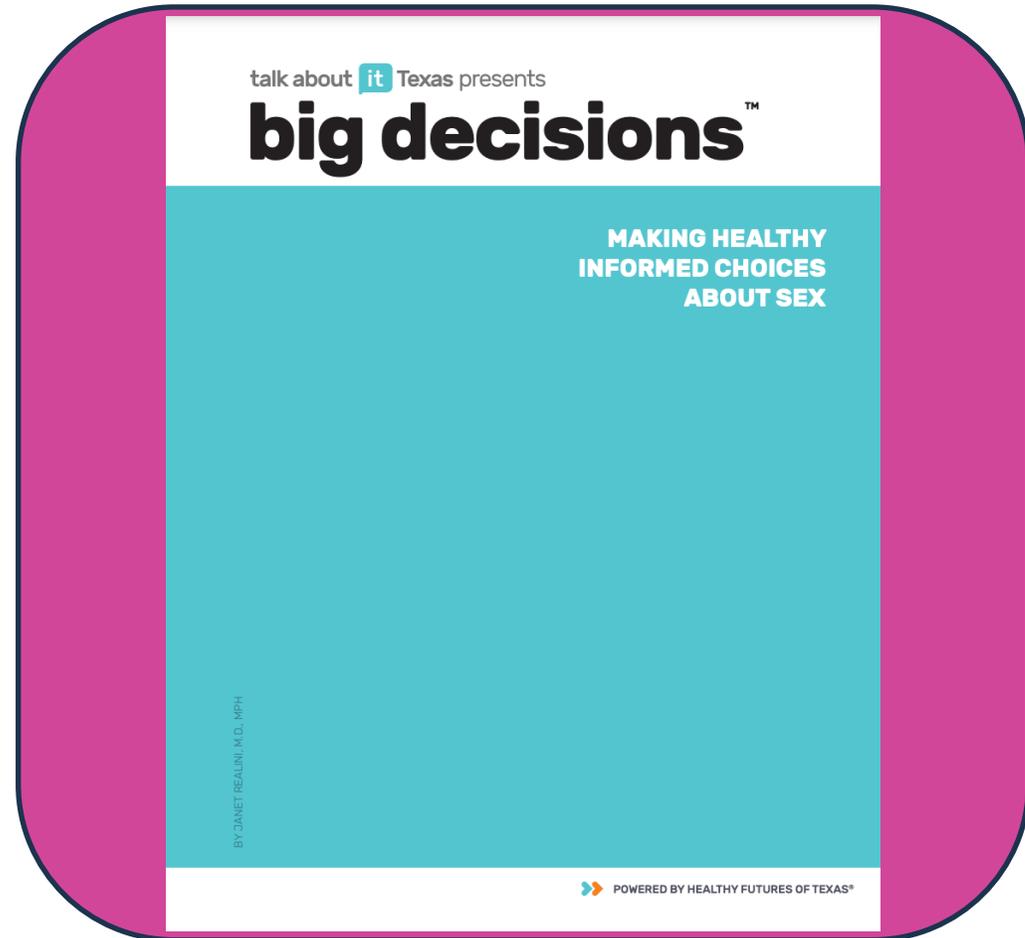


Big Decisions General Overview

- ❖ Abstinence-plus sex education designed for 8-12 grade students
 - ❖ Can be adapted for 7th grade
- ❖ Compatible with Texas Law §28.004
 - ❖ Aligned with Health TEKS for 7-12 grades
- ❖ Used in over 40 Texas school districts
- ❖ Based on Social Learning Theory
 - ❖ “Promising”/evidence-informed
 - ❖ Federally evaluated

The Curriculum

- ❖ Instruction Time
 - ❖ 10 Lessons
 - ❖ 45 min./lesson
- ❖ Reviewed for:
 - ❖ Medical Accuracy
 - ❖ Trauma-Informed Approach
 - ❖ Inclusivity
 - ❖ Age-Appropriateness



- 01 Rules of the game:** Forming a respectful group
- 02 Goals and dreams:** My future
- 03 Relationships and romance:** What is healthy?
- 04 Anatomy and reproduction:** How it works
- 05 Abstinence:** Decisions to wait
- 06 A CLEAR "No":** Respecting and defending limits
- 07 Sexually transmitted infections:** Including HIV/AIDs
- 08 Contraception:** Pregnancy at a good time for you
- 09 Staying healthy and on track:** My safety and my limits
- 10 My decisions:** Ready for challenges

Lessons

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It's not *just* about information

- ❖ Developing healthy social norms
- ❖ Small group activities
- ❖ Role-playing
- ❖ Skill-building
- ❖ “Homework” activities with parent or trusted adult



Frequently Asked Questions

- ❖ Who should teach/ implement this curriculum?
 - ❖ Teachers, school staff, and agency/community organization staff
 - ❖ Considerations in selecting facilitators:
 - ❖ Teachers, health educators, promotoras, social workers
 - ❖ Administrators/Principals know staff best
 - ❖ Collaboration vs appointment
 - ❖ Experience with sex ed; comfort level



Should all the lessons be taught?

- ❖ For fidelity, all the lessons should be included as written and in the order it was designed
- ❖ At least two lessons per week is recommended
- ❖ Healthy Futures of Texas is a resource for training and implementation

How should we get parent/guardian consent?

- ❖ Opt-In (active parental consent)
- ❖ Sample parent letter and consent form is provided in curriculum
 - ❖ Healthy Futures can assist in creating your letter, if needed
 - ❖ Suggest including a *Big Decisions* Curriculum Outline w/ consent forms
 - ❖ Suggest informing parents of program in the beginning-of-school-year packet
 - ❖ Consent forms will need to be released, at minimum, 2 to implementation



Other tips regarding parents/guardians

- ❖ Plan for time to collect consent forms from parents
- ❖ Consider offering a Parent Information Session
- ❖ Consider offering the BD companion program, *Key Conversations*, for parents/guardians



What courses can *Big Decisions* be taught in?

- ❖ This is up to the district to decide
- ❖ Districts have used:
 - ❖ Health
 - ❖ Biology
 - ❖ English
 - ❖ Geography
 - ❖ Physical Education

What courses can *Big Decisions* be taught in?

- ❖ Can be implemented over 2 weeks, 10 days back to back.
- ❖ Can be taught over 5 weeks, 2 lessons a week.
- ❖ Preferably over 2-6 weeks.
- ❖ Healthy Futures can help course department plan timeline if needed

Alignment with Health TEKS

CHAMPSS: CHoosing And Maintaining Effective Programs for Sex Education in



Select >>>>

Alignment of TEKS Objectives
Big Decisions

TEKS Objectives

- Coverage of the Texas Education Agency’s Texas Essential Knowledge and Skills, Reproductive and Sexual Health objectives is provided in the following pages. Table 1 (above) indicates the lessons and activities of the Big Decisions program. Table 2 (below) indicates the percentage of TEKS coverage across all lessons for Middle school (7th-8th grade), Health I, and Health II, respectively.
- Definitions:
 - “Full TEKS coverage” indicates that the entire student expectation (SE) is explicitly covered, as written, in the curriculum.
 - “Partial TEKS coverage” indicates that at least one aspect of the SE is not covered or not explicitly covered in the curriculum.
- TEKS coverage was determined by consensus from two reviewers with relevant subject-matter knowledge. The full review protocol and a detailed review document for each curriculum is available upon [request](#).

**Table 2. Health TEKS Objectives, Reproductive & Sexual Health Strand
Full or Partial Coverage – All Lessons**

Middle School (7 th – 8 th Grade)	70%
Level I Health (9 th – 12 th Grade)	77%
Level II Health (9 th – 12 th Grade)	85%

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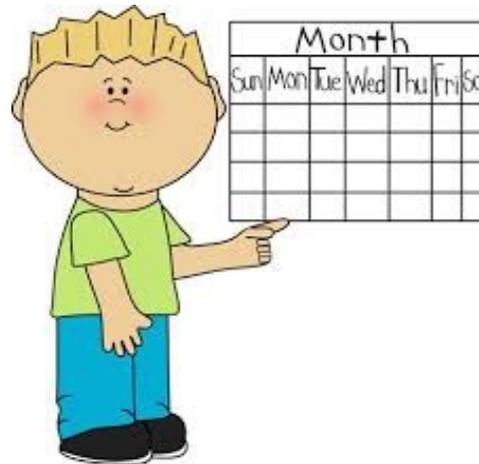


Training

- ❖ 2-Day Training for Facilitators
 - ❖ Interactive training
 - ❖ Creating a safe learning environment
 - ❖ Review of 10 Lessons
 - ❖ Practice answering challenging questions
 - ❖ Facilitation practice

General Pricing for 2023

- ❖ \$250/curriculum
 - ❖ + shipping (if needed)
- ❖ \$650/person for 2-day Training
 - ❖ Travel fees for training not included





What questions
do you have?



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