

To: Minnesota House of Representatives Committee on Education Policy
From: Amital Shaver, St. Louis Park, District 46A

My name is Amital Shaver, I am 17 years old, from St. Louis Park and a constituent in MN House District 46A represented by Representative Ryan Winkler. I am writing in support of House File 358/Senate File 632.

I have been incredibly lucky to have had a positive sex education experience at the high school level, but I'm far too aware that this is not the case for most students in the state of Minnesota. Even having had what I consider to be the best sex education that I've heard of from my peers across the state, there are still massive gaps, particularly in menstruation education from a young age. I remember feeling lost and confused when my first period arrived. I felt like I had no one to talk to, and I could barely remember the vague information on tampon absorption I had been taught in my health class, which I thought was the gold standard. For many of my peers, their first period came far before they learned about it in health class. Understanding our bodies is crucial to cultivating respect for ourselves and others. Learning about menstruation in a scientifically accurate manner that takes into account the many cultural preferences and stereotypes of menstruation that exist in Minnesota's diverse communities is the first step towards success for every student, menstruator or not, and to eliminate period shame and students having to miss school due to their periods.

The policy that HF 358/SF 632 is absolutely crucial to implement in order to create a healthier, safer, more respectful, and knowledgeable generation of young Minnesotans. I ask the members of the education policy committee to consider the overwhelming benefit of comprehensive sex education when it comes to the benefit of every Minnesotan student and our society as a whole. When we know more, we know more.

Thank you for your time,

A handwritten signature in black ink, appearing to read 'Amital Shaver', written in a cursive style.

Amital Shaver