Abstinence-only Education Debunked

March 11, 2009 By Oriol R. Gutierrez Jr.

Alex Blaze, the managing editor of the LGBT blog The Bilerico Project, has written a series of posts debunking abstinence-only sex education. He does a great job at presenting all of the issues involved in an informative yet reader-friendly format.

The series is based on a new report titled "Just Say Don't Know: Sexuality Education in Texas Public Schools" coauthored by David Wiley, PhD, and Kelly Wilson, PhD.

Wiley is professor of health education at Texas State University and president of the American School Health Assocation. Wilson is assistant professor of health education at Texas State University-San Marcos and national board member for the American School Health Association.

Here are the six key findings as written in the table of contents of the report:

1) Most Texas students receive no instruction about human sexuality apart from the promotion of sexual abstinence.

2) Most school districts do not receive consistent or meaningful local input from their School Health Advisory Councils (SHACs) regarding sexuality education.

3) Sexuality education materials used in Texas schools regularly contain factual errors and perpetuate lies and

distortions about condoms and STDs.

4) Shaming and fear-based instruction are standard means of teaching students about sexuality.

5) Instruction on human sexuality in Texas often promotes stereotypes and biases based on gender and sexual orientation.

6) Some Texas classrooms mix religious instruction and Bible study into sexuality education programs.

Yikes! I won't attempt to add anything to what these findings suggest because the analysis has already been done so well at The Bilerico Project.

Read the series:

Homophobia: Part of the Real-life Abstinence-only Curriculum

Religion: Part of the Real-life Abstinence-only Curriculum

Sexism: Part of the Real-life Abstinence-only Curriculum

Unsafe Sex: Part of the Real-life Abstinence-only Curriculum

Right-wing Politics: Part of the Real-life Abstinence-only Curriculum

© 2026 Smart + Strong All Rights Reserved.