

## Health Education (K-12)

### Detailed Health Education Curriculum Topics

<u>Grade</u>	<u>Topic</u>
K-8	Community and Environmental Health Consumer Health Dental Health Personal Safety Motor Vehicle and Bicycle Safety Nutrition, Personal Health, and Physical Fitness Injury Prevention Emergency Care Substance Abuse: Tobacco, Alcohol, and Other Drug Use High Risk Behaviors and Concerns Action by students which present a danger to their physical or mental health; or which may impede their ability to lead healthy and productive lives, including such topics as illegal drug use and premarital sex. Mental and Emotional Health Family Roles and Expectations Beginning in kindergarten and woven throughout the curriculum Values and Responsibility Specifically: honesty, integrity, human worth, dignity, respect for others and caring Promoting Healthy Behavior Promoting a Positive Self Concept Dealing with Peer Pressure
6-8	Personal and Social Development Stress Management Skills Conflict Resolution and Violence Prevention Body Systems Childhood and Adolescence Drugs, Tobacco, Alcohol Decision Making Goal Setting Depression/Suicide Physical Wellness Nutrition (Eating Disorders) Reproductive System Puberty Sexuality and Abstinence* (per Board Policy IHAM) Relationships* (Friendship, dating, marriage, etc.) Health Triangle (Social, Mental and Emotional Health) Refusal Skills/Assertiveness Training*

Social Responsibility  
Growth and Development  
Reproductive System Wellness  
Communicable Diseases (including HIV/AIDS)  
\* Included in 8<sup>th</sup> Grade Curriculum

9-10 Reproductive System  
Responsible Decision Making  
Relationships (Friendship, Dating, Marriage, etc.)  
Abstinence  
Contraception (per Board Policy IHAM)  
Reproduction  
Sexually Transmitted Diseases (including HIV/AIDS)  
Physical Wellness  
Nutrition  
Lifetime and Leisure Activities  
Body Image  
Diseases/Disorders (Genetic Predispositions)  
Mental/Emotional Wellness  
Recognition of Mental Illness Support Systems  
Stress and Coping Skills  
Destructive Behaviors and Addictions  
Alcohol  
Drugs  
Tobacco  
Eating Disorders  
Depression/Suicide  
Abusive Relationships  
Sexual Assault/Abuse  
Safety and Well Being  
Emergency Care  
Motor Vehicle Awareness  
Personal Safety  
Consumer Health

### **Curriculum Implementation Requirements**

The following approaches to implementing health education curriculum in the District should be followed:

1. The health education shall be considered an "opt-out" program. Parents/guardians of all students shall be notified that specific health education courses have been scheduled and that they may request that their child be exempt from a specific portion of the program. An alternative educational assignment may be arranged for exempted students.
2. At the elementary level, when practical, boys and girls should be separated for any instruction related to sexuality. At this level, it is preferable to have such topics

taught by same gender teachers. Alternatives such as staff sharing between schools could be considered to meet the latter preference.

At the middle level, mixed gender classes on sexuality are acceptable. Such classes may be taught by teachers of either gender as dictated by specific school staffing.

At the high school level, single gender classes are not required.

Professional community members, such as physicians, may be invited to classes at any level to cover specific health topics. In such situations, the teacher responsible for the class should be present for the entire presentation and discussion time.

3. Teacher selection and training is critical in health education to provide a consistent approach to curriculum across the District. Teachers and/or outside medical professionals who present the required curriculum shall: (a) be comfortable with the subject matter and be able to deliver the curriculum and answer student questions in a manner supportive of the directive abstinence approach; and (b) have professional preparation in the subject areas. Teachers new to teaching the subject area in this District will receive District training. Teachers will receive updated current, factual information and teaching strategies on an annual basis.
4. Any supplemental materials (movies, videos, etc.) or presentations (guest speakers), used in health education courses shall be consistent with the directive abstinence approach.

### **Opt-In Health Education Programs**

The District will support opt-in programs which would be taught outside the required curriculum outside regular school hours. Such programs may be used to expand upon the required curriculum described above and better meet the needs of a diverse population. Parent/guardian permission to participate would be required.

### **Exemption Process for Health Education, Family Life/Sex Education, HIV/AIDS Education**

1. Exemption will be granted from a specific portion of the health education curriculum on the grounds that the material taught is contrary to the religious beliefs and teachings of the student or the student's parent/guardian.
2. A request for exemption must be submitted in writing to the principal in advance of instruction in that portion of the curriculum for which the exemption is requested. The request must state the particular conflict involved. Parents are requested to submit the request at least 10 days in advance.
3. The principal will consider the request. If granting the request is appropriate, the principal will confer with the teacher to determine the length of time a student will

be exempt. The teacher will develop an alternative activity for which the student will receive credit.

4. The principal will inform the parent/guardian of disposition of the request within 10 school days of the receipt of the request.
5. Exemptions will be granted from specific portion(s) of the health education curriculum if specific topics are listed and an explanation given. Please note if exemption from health curriculum is specific to human sexuality, family life/sex education or HIV/AIDS education, no explanation needs to be provided.

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St. Vrain Valley School District RE-1J, Longmont, Colorado