

Health Education

Health education has specific content and skills that are important for students to understand and communicate in order to maximize good health and minimize negative health behaviors. The district has identified six content areas for a comprehensive health education program. These content areas include:

1. Wellness (physical, social, mental/emotional and spiritual)
2. Violence Awareness
3. Addiction and Abuse
4. Human Growth Development and Human Sexuality
5. Diversity Awareness
6. Safety and Emergency Care

Curriculum implementation requirements

The following approaches to implementing health education curriculum in the district shall be followed:

1. Parents/guardians of all students shall be notified that health education courses have been scheduled and that they may request their child be exempt from a specific portion of the program. An alternate educational learning activity that supports the standards will be arranged for exempted students.
2. At the elementary level, boys and girls should be separated for any instruction related to human sexuality. At this level, it is preferable to have such topics taught by same gender teachers. This gender separation requirement does not apply to middle or senior high school.
3. Teacher selection and training is critical in health education to provide a consistent approach to curriculum. Teachers and/or outside 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 health education policy; and (b) have professional preparation in the subject areas. Teachers will receive 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 health education policy. Professional community members may be invited to classes at any level to cover specific health topics, provided that professional community member has been approved by the executive director of athletics, fine arts, physical education and health. In such situations, the teacher responsible for the class must be present for the entire presentation and discussion time.

Health education exemption process

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, personal values and teachings of the student or the student's parent/guardian. If the request for the exemption is from a specific portion of the health education curriculum that concerns human sexuality, no reason need be given by the parent/guardian when requesting the exemption.
2. A request for exemption must be submitted in writing to the principal/designee at least ten (10) school days in advance of instruction in that portion of the curriculum for which the exemption is requested.
3. The principal/designee will confer with the teacher to determine the length of time a student will be exempt. The teacher will develop an alternate learning activity that supports the standard for which the student will receive credit.
4. The principal/designee or teacher will inform the parent/guardian of disposition of the request within ten (10) school days of the receipt of the request.

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