

## INSTRUCTION

### COMPREHENSIVE HEALTH EDUCATION

The Governing Board believes that health education should foster the knowledge, skills, and attitudes that students need in order to lead healthy lives and avoid high-risk behaviors, and that creating a safe, supportive, inclusive, and nonjudgmental environment is crucial in promoting healthy development for all students. The district's health education program shall be part of a coordinated school health system which supports the physical, mental, and well-being of students and is linked to district and community services and resources.

*(cf. 1020 - Youth Services)*  
*(cf. 3513.3 - Tobacco-Free Schools)*  
*(cf. 3514 - Environmental Safety)*  
*(cf. 3550 - Food Service/Child Nutrition Program)*  
*(cf. 3554 - Other Food Sales)*  
*(cf. 5131.6 - Alcohol and Other Drugs)*  
*(cf. 5131.63 - Steroids)*  
*(cf. 5141.22 - Infectious Diseases)*  
*(cf. 5141.23 - Asthma Management)*  
*(cf. 5141.3 - Health Examinations)*  
*(cf. 5141.32 - Health Screening for School Entry)*  
*(cf. 5141.4 - Child Abuse Prevention and Reporting)*  
*(cf. 5141.6 - Student Health and Social Services)*  
*(cf. 5141.7 - Sun Safety)*  
*(cf. 5142 - Safety)*  
*(cf. 5146 - Married/Pregnant/Parenting Students)*  
*(cf. 6164.2 - Guidance/Counseling Services)*

Goals for the district's health education program shall be designed to promote student wellness and shall include, but not be limited to, goals for nutrition education, physical activity, and other school-based activities that promote student well-being.

*(cf. 0200 - Goals for the School District)*  
*(cf. 5030 - Student Wellness)*  
*(cf. 6142.7 - Physical Education)*

The district shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students which is aligned with the state's content standards and curriculum framework. The Superintendent or designee shall determine the grade levels and subject areas in which health-related topics will be addressed, in accordance with law, Board policy, and administrative regulation.

*(cf. 6011 - Academic Standards)*  
*(cf. 6141 - Curriculum Development and Evaluation)*  
*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)*  
*(cf. 6143 - Courses of Study)*

As appropriate, the Superintendent or designee shall involve school administrators, teachers, school nurses, health professionals representing various fields of health care, parents/guardians, community-based organizations, and other community members in the development, implementation, and evaluation of the district's health education program.

## **INSTRUCTION**

### **COMPREHENSIVE HEALTH EDUCATION (continued)**

Health and safety professionals may be invited to provide related instruction in the classroom, school assemblies, and other instructional settings.

*(cf. 1220 - Citizen Advisory Committees)*  
*(cf. 1240 - Volunteer Assistance)*  
*(cf. 1400 - Relations Between Other Governmental Agencies and the Schools)*  
*(cf. 1700 - Relations Between Private Industry and the Schools)*  
*(cf. 6020 - Parent Involvement)*  
*(cf. 6145.8 - Assemblies and Special Events)*  
*(cf. 6162.8 - Research)*

The Superintendent or designee shall provide professional development as needed to ensure that health education teachers are knowledgeable about academic content standards, the state curriculum framework, and effective instructional methodologies.

*(cf. 4131 - Staff Development)*

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program which may include, but not be limited to, a description of the district's program and the extent to which it is aligned with the state's content standards and curriculum framework, the amount of time allotted for health instruction at each grade level, and student achievement of district standards for health education, and the manner in which the district's health education program supports the physical, mental, and social well-being of students.

*(cf. 0500 - Accountability)*  
*(cf. 6190 - Evaluation of the Instructional Program)*

#### *Legal Reference:*

*EDUCATION CODE*  
*8850.5 Family relationships and parenting education*  
*35183.5 Sun protection*  
*49413 First aid training*  
*49430-49436 Pupil Nutrition, Health and Achievement Act of 2001*  
*49490-49494 School breakfast and lunch programs*  
*49500-49505 School meals*

*(Legal Reference continued on next page)*

## INSTRUCTION

### COMPREHENSIVE HEALTH EDUCATION (continued)

*Legal Reference: (continued)*

51202 Instruction in personal and public health and safety  
51203 Instruction on alcohol, narcotics and dangerous drugs  
51210 Areas of study  
51210.8 State content standards for health education  
51220.5 Parenting skills; areas of instruction  
51260-51269 Drug education  
51513 Personal beliefs  
51880-51881.5 Health education, legislative findings and intent  
51890-51891 Comprehensive health education programs  
51913 District health education plan  
51920 Inservice training, health education  
51930-51939 Comprehensive sexual health and HIV/AIDS prevention education

**CALIFORNIA CODE OF REGULATIONS, TITLE 5**

11800-11801 District health education plan

**Management Resources:**

**CSBA PUBLICATIONS**

*Asthma Management in the Schools, Policy Brief, March 2008*  
*Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007*  
*Physical Education and California Schools, Policy Brief, rev. October 2007*  
*Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007*  
*Sun Safety in Schools, Policy Brief, July 2006*

*Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006*

**AMERICAN ASSOCIATION FOR HEALTH EDUCATION PUBLICATIONS**

*National Health Education Standards: Achieving Excellence, 2007*

**CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS**

*Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008*

*Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2003*

**WEB SITES**

CSBA: <http://www.csba.org>  
American Association for Health Education: <http://www.aahperd.org>  
American School Health Association: <http://www.ashaweb.org>  
California Association of School Health Educators: <http://www.cashe.org>  
California Department of Education, Health Education: <http://www.cde.ca.gov/ci/he>  
California Department of Public Health: <http://www.cdph.ca.gov>  
California Healthy Kids Resource Center: <http://www.californiahealthykids.org>  
California Subject Matter Project, Physical Education-Health Project: <http://csmp.ucop.edu/cpehp>  
Center for Injury Prevention Policy and Practice: <http://www.cipp.org>  
Centers for Disease Control and Prevention: <http://www.cdc.gov>  
National Center for Health Education: <http://www.nche.org>  
National Hearing Conservation Association: <http://www.hearingconservation.org>

Policy  
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revised: January 13, 2009  
revised: May 25, 2021

**VISALIA UNIFIED SCHOOL DISTRICT**  
Visalia, California

## **INSTRUCTION**

### **COMPREHENSIVE HEALTH EDUCATION**

#### **Content of Instruction**

The district's health education program shall include instruction at the appropriate grade levels in the following content areas:

1. Alcohol, tobacco, and other drugs

*(cf. 3513.3 - Tobacco-Free Schools)*  
*(cf. 5131.6 - Alcohol and Other Drugs)*  
*(cf. 5131.63 - Steroids)*

2. Human growth, development, and sexual health

*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*

3. Injury prevention and safety

Instruction related to injury prevention and safety may include, but is not limited to, first aid, protective equipment such as helmets, prevention of brain and spinal cord injuries, violence prevention, topics related to bullying and harassment, and Internet safety.

*(cf. 0450 - Comprehensive Safety Plan)*  
*(cf. 3543 - Transportation Safety and Emergencies)*  
*(cf. 5131 - Conduct)*  
*(cf. 5138 - Conflict Resolution/Peer Mediation)*  
*(cf. 5142 - Safety)*  
*(cf. 5145.3 - Nondiscrimination/Harassment)*  
*(cf. 5145.7 - Sexual Harassment)*  
*(cf. 5145.9 - Hate-Motivated Behavior)*  
*(cf. 6163.4 - Student Use of Technology)*

4. Mental, emotional, and social health

*(cf. 5137 - Positive School Climate)*  
*(cf. 5141.52 - Suicide Prevention)*  
*(cf. 5149 - At-Risk Students)*

5. Nutrition and physical activity

*(cf. 3550 - Food Service/Child Nutrition Program)*  
*(cf. 5030 - Student Wellness)*  
*(cf. 6142.7 - Physical Education)*

**INSTRUCTION****COMPREHENSIVE HEALTH EDUCATION (continued)**

## 6. Personal and community health

Instruction in personal and community health may include, but is not limited to, oral health, personal hygiene, sun safety, hearing protection, transmission of germs and communicable diseases, symptoms of common health problems and chronic diseases such as asthma and diabetes, emergency procedures, and the effect of behavior on the environment.

*(cf. 3516 - Emergencies and Disaster Preparedness Plan)*

*(cf. 5141 - Health Care and Emergencies)*

*(cf. 5141.21 - Administering Medication and Monitoring Health Conditions)*

*(cf. 5141.22 - Infectious Diseases)*

*(cf. 5141.23 - Asthma Management)*

*(cf. 5141.7 - Sun Safety)*

*(cf. 5146 - Married/Pregnant/Parenting Students)*

*(cf. 6142.5 - Environmental Education)*

Within each of the above content areas, instruction shall be designed to assist students in developing:

1. An understanding of essential concepts related to enhancing health
2. The ability to analyze internal and external influences that affect health
3. The ability to access and analyze health information, products, and services

*(cf. 5141.6 - Student Health and Social Services)*

4. The ability to use interpersonal communication skills, decision-making skills, and goal-setting skills to enhance health
5. The ability to practice behaviors that reduce risk and promote health
6. The ability to promote and support personal, family, and community health

**High School Health Education**

Whenever the Board requires a course in health education for graduation from high school, the district's high school health education course(s) shall include instruction in:

1. Sexual harassment and violence, including, but not limited to, the affirmative consent standard as defined in Education Code 67386. When delivering such instruction, teachers shall consult information related to sexual harassment and violence in the Health Education Framework for California Public Schools. (Education Code 51225.36)

**INSTRUCTION****COMPREHENSIVE HEALTH EDUCATION (continued)**

2. Compression-only cardiopulmonary resuscitation (CPR), which is based on national evidence-based emergency cardiovascular care guidelines for the performance of compression-only CPR and includes instruction relative to the psychomotor skills necessary to perform compression-only CPR. (Education Code 51225.6)

**Exemption from Health Instruction**

Upon written request from a parent/guardian, a student shall be excused from any part of health instruction that conflicts with his/her religious training and beliefs, including personal moral convictions. (Education Code 51240)

*(cf. 5020 - Parent Rights and Responsibilities)*

*(cf. 5022 - Student and Family Privacy Rights)*

*(cf. 6141.2 - Recognition of Religious Beliefs and Customs)*

*(cf. 6145.8 - Assemblies and Special Events)*

The district shall excuse a student from instruction in comprehensive sexual health education and HIV prevention education if the student's parent/guardian requests in writing that the student be excused. (Education Code 51938)

In addition, the district shall excuse a student from instruction in sexual abuse and/or sexual assault awareness and prevention if the student's parent/guardian requests in writing that the student be excused. (Education Code 51900.6)

The district shall not administer any exam, survey, or questionnaire which contains questions about the student's or the student's family's personal beliefs or practices in sex, family life, morality, or religion unless the student's parent/guardian has given written permission. (Education Code 51513)

However, the district may administer anonymous, voluntary, and confidential tests, questionnaires, and surveys containing age-appropriate questions about students' attitudes concerning or practices relating to sex, as long as parents/guardians are notified of the right to request in writing that the student be excused from participation. A student shall be excused from participating in any such research or evaluation tools if the student's parent/guardian requests in writing to excuse the student from participation. (Education Code 51938)

## **INSTRUCTION**

### **COMPREHENSIVE HEALTH EDUCATION (continued)**

#### **Involvement of Health Professionals**

Health care professionals, health care service plans, health care providers, and other entities participating in a voluntary initiative with the district are prohibited from communicating about a product or service in a way that is intended to encourage persons to purchase or use the product or service. However, the following activities may be allowed: (Education Code 51890)

1. Health care or health education information provided in a brochure or pamphlet that contains the logo or name of a health care service plan or health care organization, if provided in coordination with the voluntary initiative
2. Outreach, application assistance, and enrollment activities relating to federal, state, or county-sponsored health care insurance programs if the activities are conducted in compliance with the statutory, regulatory, and programmatic guidelines applicable to those programs.

*(cf. 1325 - Advertising and Promotion)*

Regulation  
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revised: November 17, 2008  
revised: May 3, 2021

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Visalia, California