

**Policy 6142.8: Comprehensive Health Education**

Status: ADOPTED

Original Adopted Date: 11/01/2003 | Last Revised Date: 03/01/2021 | Last Reviewed Date: 07/01/2008

CSBA NOTE: The following optional policy may be revised to reflect district practice.

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 social well-being of students and is linked to district and community services and resources.

CSBA NOTE: 42 USC 1758b requires each district participating in the National School Lunch program (42 USC 1751-1769j) or any program in the Child Nutrition Act of 1966 (42 USC 1771-1793), including the School Breakfast Program, to adopt a districtwide school wellness policy which includes goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. See BP 5030 - Student Wellness for language fulfilling this mandate.

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 promotion and education, physical activity, and other school-based activities that promote student well-being.

CSBA NOTE: The following optional paragraph should be revised as necessary to reflect grade levels offered by the district. Education Code 51210 requires that the adopted course of study for grades 1-6 include instruction in health, including instruction in the principles and practices of individual, family, and community health. Education Code 51202 requires that certain health-related topics be addressed at the appropriate elementary and secondary grade levels and in appropriate subject areas, as determined by the district.

Education Code 51934 requires that districts provide comprehensive sexual health education and HIV prevention instruction, at least once in middle school or junior high school and at least once in high school, by instructors trained in the appropriate courses. Education Code 51934 also authorizes, but does not require, districts to provide age-appropriate comprehensive sexual health education prior to grade 7 on any of the topics specified in Education Code 51934. See AR 6143 - Courses of Study and BP/AR 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction.

Additionally, Education Code 51900.6 authorizes districts to provide age-appropriate instruction in grades K-12 in sexual abuse and sexual assault awareness and prevention pursuant to content standards developed by the State Board of Education (SBE), provided that students are allowed to be excused from such instruction upon the written request of their parents/guardians. SBE has not yet adopted content standards regarding sexual abuse and sexual assault awareness and prevention. Also see BP 5141.4 - Child Abuse Prevention and Reporting.

The Health Education Framework for California Public Schools, Kindergarten through Grade Twelve provides nonprescriptive instructional guidance and support to California teachers, administrators, curriculum specialists, other educators, and school boards for implementation of the voluntary health education standards, which include the following six content areas: nutrition and physical activity; growth, development, and sexual health; injury prevention and safety; alcohol, tobacco, and other drugs; mental, emotional, and social health; and personal and community health.

The district shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades K-12 which is aligned with the state's content standards and curriculum framework and integrated with other content areas of the district's curriculum. 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.

CSBA NOTE: The following optional paragraph may be revised to reflect district practice. Education Code 51890 defines a "comprehensive health education program" as one that includes community participation in the teaching of health, including classroom participation by practicing professional health and safety personnel in the community. Education Code 51891 defines "community participation" as active participation in the planning, implementation, and evaluation of comprehensive health education by parents/guardians, practicing health care and public safety personnel, and public and private health care and service agencies.

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

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.

**CSBA NOTE:** The following optional paragraph should be revised to reflect indicators agreed upon by the Governing Board and Superintendent for evaluating the district's health education program.

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, 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.

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**Policy Reference Disclaimer:** These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

**State References**

5 CCR 11800-11801

**Description**

[District health education plan](#)

Ed. Code 35183.5

[Sun protection](#)

Ed. Code 49413

[First aid training](#)

Ed. Code 49430-49434

[Pupil Nutrition, Health, and Achievement Act of 2001](#)

Ed. Code 49490-49494

[School breakfast and lunch programs](#)

Ed. Code 49500-49505

[School meals](#)

Ed. Code 51202

[Instruction in personal and public health and safety](#)

Ed. Code 51203

[Instruction on alcohol, narcotics and dangerous drugs](#)

Ed. Code 51210

[Course of study for grades 1-6](#)

Ed. Code 51210.8

[Health education curriculum](#)

Ed. Code 51220.5

[Parenting skills; areas of instruction](#)

Ed. Code 51260-51269

[Drug education](#)

Ed. Code 51513

[Personal beliefs](#)

Ed. Code 51880-51881.5

[Health education, legislative findings and intent](#)

Ed. Code 51890-51891

[Comprehensive health education programs](#)

Ed. Code 51913

[District health education plan](#)

Ed. Code 51920

[Inservice training, health education](#)

Ed. Code 51930-51939

[California Healthy Youth Act](#)

Ed. Code 8850.5

[Family relationships and parenting education](#)

**Federal References**

**Description**

42 USC 1751-1769j

[National School Lunch Program](#)

42 USC 1758b

[Local wellness policy](#)

42 USC 1771-1793

[Child Nutrition Act](#)

**Management Resources References**

**Description**

American Association For Health Ed Publication	<a href="#">National Health Education Standards: Achieving Excellence, 2007</a>
California Department of Education Publication	<a href="#">Health Education Content Standards for California Public Schools, Kindergarten Through Grade 12, 2008</a>
California Department of Education Publication	<a href="#">Health Framework for California Public Schools: Kindergarten through Grade 12, 2003</a>
CSBA Publication	<a href="#">Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007</a>
CSBA Publication	<a href="#">Physical Education and California Schools, Policy Brief, rev. October 2007</a>
CSBA Publication	<a href="#">Asthma Management in the Schools, Policy Brief, March 2008</a>
CSBA Publication	<a href="#">Sun Safety in Schools, Policy Brief, July 2006</a>
CSBA Publication	<a href="#">Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007</a>
CSBA Publication	<a href="#">Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006</a>
Website	<a href="#">American Association for Health Education</a>
Website	<a href="#">American School Health Association</a>
Website	<a href="#">California Association of School Health Educators</a>
Website	<a href="#">California Department of Education, Health Education</a>
Website	<a href="#">California Subject Matter Project, Physical Education-Health Project</a>
Website	<a href="#">Center for Injury Prevention Policy and Practice</a>
Website	<a href="#">National Center for Health Education</a>
Website	<a href="#">National Hearing Conservation Association</a>
Website	<a href="#">California Healthy Kids Resource Center</a>
Website	<a href="#">California Department of Public Health</a>
Website	<a href="#">Centers for Disease Control and Prevention</a>
Website	<a href="#">CSBA</a>

**Cross References**

**Description**

0200	<a href="#">Goals For The School District</a>
0450	<a href="#">Comprehensive Safety Plan</a>
0450	<a href="#">Comprehensive Safety Plan</a>
0470	<a href="#">COVID-19 Mitigation Plan</a>
0500	<a href="#">Accountability</a>
1220	<a href="#">Citizen Advisory Committees</a>
1220	<a href="#">Citizen Advisory Committees</a>
1240	<a href="#">Volunteer Assistance</a>
1240	<a href="#">Volunteer Assistance</a>
1325	<a href="#">Advertising And Promotion</a>
1400	<a href="#">Relations Between Other Governmental Agencies And The Schools</a>
1700	<a href="#">Relations Between Private Industry And The Schools</a>
3513.3	<a href="#">Tobacco-Free Schools</a>
3513.3	<a href="#">Tobacco-Free Schools</a>
3513.4	<a href="#">Drug And Alcohol Free Schools</a>
3514	<a href="#">Environmental Safety</a>

3514	<a href="#">Environmental Safety</a>
3516	<a href="#">Emergencies And Disaster Preparedness Plan</a>
3516	<a href="#">Emergencies And Disaster Preparedness Plan</a>
3543	<a href="#">Transportation Safety And Emergencies</a>
3550	<a href="#">Food Service/Child Nutrition Program</a>
3550	<a href="#">Food Service/Child Nutrition Program</a>
3554	<a href="#">Other Food Sales</a>
3554	<a href="#">Other Food Sales</a>
4131	<a href="#">Staff Development</a>
5020	<a href="#">Parent Rights And Responsibilities</a>
5020	<a href="#">Parent Rights And Responsibilities</a>
5022	<a href="#">Student And Family Privacy Rights</a>
5022	<a href="#">Student And Family Privacy Rights</a>
5030	<a href="#">Student Wellness</a>
5131	<a href="#">Conduct</a>
5131.6	<a href="#">Alcohol And Other Drugs</a>
5131.6	<a href="#">Alcohol And Other Drugs</a>
5131.63	<a href="#">Steroids</a>
5131.63	<a href="#">Steroids</a>
5137	<a href="#">Positive School Climate</a>
5138	<a href="#">Conflict Resolution/Peer Mediation</a>
5141	<a href="#">Health Care And Emergencies</a>
5141	<a href="#">Health Care And Emergencies</a>
5141.21	<a href="#">Administering Medication And Monitoring Health Conditions</a>
5141.21	<a href="#">Administering Medication And Monitoring Health Conditions</a>
5141.22	<a href="#">Infectious Diseases</a>
5141.22	<a href="#">Infectious Diseases</a>
5141.23	<a href="#">Asthma Management</a>
5141.23	<a href="#">Asthma Management</a>
5141.3	<a href="#">Health Examinations</a>
5141.3	<a href="#">Health Examinations</a>
5141.32	<a href="#">Health Screening For School Entry</a>
5141.4	<a href="#">Child Abuse Prevention And Reporting</a>
5141.4	<a href="#">Child Abuse Prevention And Reporting</a>
5141.52	<a href="#">Suicide Prevention</a>
5141.52	<a href="#">Suicide Prevention</a>
5141.6	<a href="#">School Health Services</a>
5141.6	<a href="#">School Health Services</a>
5141.7	<a href="#">Sun Safety</a>
5142	<a href="#">Safety</a>
5142	<a href="#">Safety</a>

5145.3	<a href="#">Nondiscrimination/Harassment</a>
5145.3	<a href="#">Nondiscrimination/Harassment</a>
5145.7	<a href="#">Sexual Harassment</a>
5145.7	<a href="#">Sexual Harassment</a>
5145.9	<a href="#">Hate-Motivated Behavior</a>
5146	<a href="#">Married/Pregnant/Parenting Students</a>
6011	<a href="#">Academic Standards</a>
6020	<a href="#">Parent Involvement</a>
6020	<a href="#">Parent Involvement</a>
6141	<a href="#">Curriculum Development And Evaluation</a>
6141	<a href="#">Curriculum Development And Evaluation</a>
6141.2	<a href="#">Recognition Of Religious Beliefs And Customs</a>
6141.2	<a href="#">Recognition Of Religious Beliefs And Customs</a>
6142.1	<a href="#">Sexual Health And HIV/AIDS Prevention Instruction</a>
6142.1	<a href="#">Sexual Health And HIV/AIDS Prevention Instruction</a>
6142.5	<a href="#">Environmental Education</a>
6142.7	<a href="#">Physical Education And Activity</a>
6142.7	<a href="#">Physical Education And Activity</a>
6143	<a href="#">Courses Of Study</a>
6143	<a href="#">Courses Of Study</a>
6144	<a href="#">Controversial Issues</a>
6145.8	<a href="#">Assemblies And Special Events</a>
6146.1	<a href="#">High School Graduation Requirements</a>
6146.1	<a href="#">High School Graduation Requirements</a>
6161.1	<a href="#">Selection And Evaluation Of Instructional Materials</a>
6161.1	<a href="#">Selection And Evaluation Of Instructional Materials</a>
6161.1-E(1)	<a href="#">Selection And Evaluation Of Instructional Materials</a>
6162.8	<a href="#">Research</a>
6162.8	<a href="#">Research</a>
6163.4	<a href="#">Student Use Of Technology</a>
6163.4-E(1)	<a href="#">Student Use Of Technology</a>
6164.2	<a href="#">Guidance/Counseling Services</a>
6172	<a href="#">Gifted And Talented Student Program</a>
6172	<a href="#">Gifted And Talented Student Program</a>
6190	<a href="#">Evaluation Of The Instructional Program</a>