

**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
2. Human growth, development, and sexual health
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, violence prevention, topics related to bullying and harassment, emergency procedures, and Internet safety, and as required by law.

4. Mental, emotional, and social health

Health education courses offered to middle and/or high school students shall include mental health instruction that meets the requirements of Education Code 51925-51927, as specified in Administrative Regulation 6143 - Courses of Study.

5. Nutrition and physical activity
6. Personal and community health

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

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
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)
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)

**Students Excused from Health Instruction**

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

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. However, pursuant to Education Code 51932, such parental request shall not excuse a student from instruction, materials, presentations, or programming that discuss gender, gender identity, gender expression, sexual orientation, discrimination, harassment, bullying, intimidation, relationships, or family and do not discuss human reproductive organs and their functions. (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)

### 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

---

#### 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	Description
5 CCR 11800-11801	District health education plan
Ed. Code 35183.5	<u>Sun protection</u>
Ed. Code 49413	<u>First aid and cardiopulmonary resuscitation training</u>
Ed. Code 49430-49434	<u>Pupil Nutrition, Health, and Achievement Act of 2001</u>
Ed. Code 49490-49494	<u>School breakfast and lunch programs</u>
Ed. Code 49500-49505	<u>School meals</u>
Ed. Code 51202	<u>Instruction in personal and public health and safety</u>
Ed. Code 51203	<u>Instruction on alcohol, narcotics and dangerous drugs</u>
Ed. Code 51210	<u>Course of study for grades 1-6</u>
Ed. Code 51210.8	<u>Health education curriculum</u>
Ed. Code 51220.5	<u>Parenting skills; areas of instruction</u>
Ed. Code 51225.36	<u>Instruction in sexual harassment and violence; districts that require health education for graduation</u>
Ed. Code 51225.6	<u>Instruction in cardiopulmonary resuscitation; districts that require health education for graduation</u>
Ed. Code 51260-51269	<u>Drug education</u>
Ed. Code 51513	<u>Personal beliefs</u>

---

Ed. Code 51880-51881.5	<u>Health education; legislative findings and intent</u>
Ed. Code 51890-51891	<u>Comprehensive health education programs and community participation; definitions</u>
Ed. Code 51900.6	<u>Sexual abuse and sexual assault awareness and prevention instruction</u>
Ed. Code 51913	<u>District health education plan</u>
Ed. Code 51920	<u>Inservice training; health education</u>
Ed. Code 51925-51929	<u>Mandatory mental health education and in-service training</u>
Ed. Code 51930-51939	<u>California Healthy Youth Act</u>
Ed. Code 67386	<u>Student safety; affirmative consent standard</u>
Ed. Code 8850.5	<u>Family relationships and parenting education</u>

<b>Federal</b>	<b>Description</b>
42 USC 1751-1769j	School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act

<b>Management Resources</b>	<b>Description</b>
California Department of Education Publication	<u>Health Education Framework for California Public Schools: Kindergarten Through Grade Twelve, 2019</u>
California Department of Education Publication	<u>Health Education Content Standards for California Public Schools: Kindergarten Through Grade Twelve, 2008</u>
CSBA Publication	<u>Integrating Oral Health into School Health Programs and Policies, May 2010</u>
CSBA Publication	<u>Promoting Healthy Relationships for Adolescents: Board Policy Considerations, August 2014</u>
CSBA Publication	<u>Integrating Physical Activity into the School Day, April 2016</u>
CSBA Publication	<u>Preventing Catastrophic Health Illness, Governance Brief, July 2018</u>
CSBA Publication	<u>The Impact of Marijuana Legalization on K-12: The Effect of Marijuana on the Brain, November 2018</u>
CSBA Publication	<u>Why Schools Hold the Promise for Adolescent Mental Health, Governance Brief, May 2019</u>
CSBA Publication	<u>Sun Safety in Schools, Policy Brief, July 2006</u>
CSBA Publication	<u>Asthma Management in the Schools, Policy Brief, March 2008</u>
CSBA Publication	<u>Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, April 2006</u>

CSBA Publication	<a href="#"><u>Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012</u></a>
CSBA Publication	<a href="#"><u>Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, November 2008</u></a>
Human Rights Campaign Foundation Publication	<a href="#"><u>California LGBTQ Youth Report, January 2019</u></a>
Society of Health & Physical Educators Publication	<a href="#"><u>National Health Education Standards: Achieving Excellence, rev. November 2012</u></a>
US Department of Health and Human Services	<a href="#"><u>Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023</u></a>
US Dept of Health and Human Services Publication	<a href="#"><u>Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Health Effects of Social Connection and the Community, 2023</u></a>
Website	<a href="#"><u>SHAPE America, Society of Health and Physical Educators</u></a>
Website	<a href="#"><u>CSBA District and County Office of Education Legal Services</u></a>
Website	<a href="#"><u>Human Rights Campaign Foundation</u></a>
Website	<a href="#"><u>U.S. Department of Health and Human Services</u></a>
Website	<a href="#"><u>American School Health Association</u></a>
Website	<a href="#"><u>California Association of School Health Educators</u></a>
Website	<a href="#"><u>California Department of Education, Health Education</u></a>
Website	<a href="#"><u>National Center for Health Education</u></a>
Website	<a href="#"><u>National Hearing Conservation Association</u></a>
Website	<a href="#"><u>California Subject Matter Project, Physical Education-Health Project</u></a>
Website	<a href="#"><u>Center for Injury Prevention Policy and Practice</u></a>
Website	<a href="#"><u>Centers for Disease Control and Prevention</u></a>
Website	<a href="#"><u>CSBA</u></a>
Website	<a href="#"><u>California Department of Public Health</u></a>
Website	<a href="#"><u>California Healthy Kids Resource Center</u></a>

## Cross References

Code	Description
0200	<a href="#"><u>Goals For The School District</u></a>
0415	<a href="#"><u>Equity</u></a>
0450	<a href="#"><u>Comprehensive Safety Plan</u></a>
0450	<a href="#"><u>Comprehensive Safety Plan</u></a>
0500	<a href="#"><u>Accountability</u></a>

---

1220	<u>Citizen Advisory Committees</u>
1220	<u>Citizen Advisory Committees</u>
1240	<u>Volunteer Assistance</u>
1240	<u>Volunteer Assistance</u>
1325	<u>Advertising And Promotion</u>
1400	<u>Relations Between Other Governmental Agencies And The Schools</u>
1700	<u>Relations Between Private Industry And The Schools</u>
3513.3	<u>Tobacco-Free Schools</u>
3513.3	<u>Tobacco-Free Schools</u>
3513.4	<u>Drug And Alcohol Free Schools</u>
3514	<u>Environmental Safety</u>
3514	<u>Environmental Safety</u>
3516	<u>Emergencies And Disaster Preparedness Plan</u>
3516	<u>Emergencies And Disaster Preparedness Plan</u>
3543	<u>Transportation Safety And Emergencies</u>
3550	<u>Food Service/Child Nutrition Program</u>
3550	<u>Food Service/Child Nutrition Program</u>
3554	<u>Other Food Sales</u>
3554	<u>Other Food Sales</u>
4131	<u>Staff Development</u>
5020	<u>Parent Rights And Responsibilities</u>
5020	<u>Parent Rights And Responsibilities</u>
5022	<u>Student And Family Privacy Rights</u>
5022	<u>Student And Family Privacy Rights</u>
5030	<u>Student Wellness</u>
5131	<u>Conduct</u>
5131.2	<u>Bullying</u>
5131.2	<u>Bullying</u>
5131.6	<u>Alcohol And Other Drugs</u>
5131.6	<u>Alcohol And Other Drugs</u>
5131.62	<u>Tobacco</u>

5131.62	<u>Tobacco</u>
5131.63	<u>Steroids</u>
5131.63	<u>Steroids</u>
5137	<u>Positive School Climate</u>
5138	<u>Conflict Resolution/Peer Mediation</u>
5141	<u>Health Care And Emergencies</u>
5141	<u>Health Care And Emergencies</u>
5141.21	<u>Administering Medication And Monitoring Health Conditions</u>
5141.21	<u>Administering Medication And Monitoring Health Conditions</u>
5141.22	<u>Infectious Diseases</u>
5141.22	<u>Infectious Diseases</u>
5141.23	<u>Asthma Management</u>
5141.23	<u>Asthma Management</u>
5141.3	<u>Health Examinations</u>
5141.3	<u>Health Examinations</u>
5141.31	<u>Immunizations</u>
5141.31	<u>Immunizations</u>
5141.32	<u>Health Screening For School Entry</u>
5141.4	<u>Child Abuse Prevention And Reporting</u>
5141.4	<u>Child Abuse Prevention And Reporting</u>
5141.5	<u>Mental Health</u>
5141.52	<u>Suicide Prevention</u>
5141.52	<u>Suicide Prevention</u>
5141.6	<u>School Health Services</u>
5141.6	<u>School Health Services</u>
5141.7	<u>Sun Safety</u>
5142	<u>Safety</u>
5142	<u>Safety</u>
5142.2	<u>Safe Routes To School Program</u>
5142.2	<u>Safe Routes To School Program</u>
5145.3	<u>Nondiscrimination/Harassment</u>

---

5145.3	<u>Nondiscrimination/Harassment</u>
5145.6	<u>Parent/Guardian Notifications</u>
5145.6-E(1)	<u>Parent/Guardian Notifications</u>
5145.7	<u>Sexual Harassment</u>
5145.7	<u>Sexual Harassment</u>
5145.9	<u>Hate-Motivated Behavior</u>
5146	<u>Married/Pregnant/Parenting Students</u>
6011	<u>Academic Standards</u>
6020	<u>Parent Involvement</u>
6020	<u>Parent Involvement</u>
6141	<u>Curriculum Development And Evaluation</u>
6141	<u>Curriculum Development And Evaluation</u>
6141.2	<u>Recognition Of Religious Beliefs And Customs</u>
6141.2	<u>Recognition Of Religious Beliefs And Customs</u>
6142.1	<u>Sexual Health And HIV/AIDS Prevention Instruction</u>
6142.1	<u>Sexual Health And HIV/AIDS Prevention Instruction</u>
6142.5	<u>Environmental Education</u>
6142.7	<u>Physical Education And Activity</u>
6142.7	<u>Physical Education And Activity</u>
6143	<u>Courses Of Study</u>
6143	<u>Courses Of Study</u>
6144	<u>Controversial Issues</u>
6145.2	<u>Athletic Competition</u>
6145.2	<u>Athletic Competition</u>
6145.8	<u>Assemblies And Special Events</u>
6146.1	<u>High School Graduation Requirements</u>
6161.1	<u>Selection And Evaluation Of Instructional Materials</u>
6161.1	<u>Selection And Evaluation Of Instructional Materials</u>
6161.1-E(1)	<u>Selection And Evaluation Of Instructional Materials</u>
6162.8	<u>Research</u>
6162.8	<u>Research</u>

6163.4	<u>Student Use Of Technology</u>
6163.4-E(1)	<u>Student Use Of Technology</u>
6164.2	<u>Guidance/Counseling Services</u>
6172	<u>Gifted And Talented Student Program</u>
6172	<u>Gifted And Talented Student Program</u>
6190	<u>Evaluation Of The Instructional Program</u>