

**Policy 6142.8: Comprehensive Health Education**

**Status:** ADOPTED

**Original Adopted Date:** 11/01/2003 | **Last Revised Date:** 03/12/01/2024/2023 | **Last Reviewed Date:** 03/12/01/2024/2023

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

The U.S. Surgeon General's 2023 advisory, "Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community," emphasizes the critical role that social connection plays in individual and societal health and well-being, and provides recommendations for how to address the consequences when there is a lack of social connection. Because schools play an important role in facilitating positive social connection, the advisory includes specific actions districts can implement, which include (1) developing a strategic plan for school connectedness and social skills with benchmark tracking, (2) building social connection into the health curriculum, (3) implementing socially based educational techniques, and (4) creating a supportive school environment.

In its 2023 advisory, "Social Media and Youth Mental Health," the U.S. Surgeon General describes the positive and negative impacts of social media on children and adolescents, including the impact on mental health and well-being, and recommends that schools develop, implement, and evaluate digital and media literacy curriculum to provide students and staff with the skills to strengthen digital resilience.

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 recognizes that mental health and social connection are critical to student's overall health, well-being, and academic success, supports the physical, mental, and social well-being of students, reflects the importance of digital and media literacy, 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: Education Code 51925 requires districts that offer health education courses to middle or high school students to include mental health instruction, as specified. For more information on the requirements of mental health instruction, see the accompanying administrative regulation and AR 6143 - Courses of Study.

Any health education course offered to middle or high school students shall include instruction in mental health that meets the requirements of Education Code 51925-51926, and as specified in Administrative Regulation 6143 – Courses of Study.

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 California Department of Education's publication, "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.

**Policy Reference UPDATE Service**

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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.

<b>State</b>	<b>Description</b>
5 CCR 11800-11801	District health education plan
Ed. Code 35183.5	Sun protection
Ed. Code 49413	First aid and cardiopulmonary resuscitation 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 51225.36	Instruction in sexual harassment and violence; districts that require health education for graduation
Ed. Code 51225.6	Instruction in cardiopulmonary resuscitation; districts that require health education for graduation
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 and community participation; definitions
Ed. Code 51900.6	Sexual abuse and sexual assault awareness and prevention instruction
Ed. Code 51913	District health education plan
Ed. Code 51920	Inservice training; health education
<a href="#"><u>Ed. Code 51925-51929</u></a>	<a href="#"><u>Mandatory mental health education and in-service training</u></a>
Ed. Code 51930-51939	California Healthy Youth Act
Ed. Code 67386	Student safety; affirmative consent standard
Ed. Code 8850.5	Family relationships and parenting education
<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>
<a href="#"><u>US Dept of Health and Human Services Publication</u></a>	<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> <a href="https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf"><u>(https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf)</u></a>
<a href="#"><u>US Dept of Health and Human Services Publication</u></a>	<a href="#"><u>Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023</u></a> <a href="https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf"><u>(https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf)</u></a>
<a href="#"><u>American Association For Society of Health Ed and Physical Educators Publication</u></a>	National Health Education Standards: Achieving Excellence, rev. November 2012 <a href="https://www.shapeamerica.org/standards/health/"><u>(https://www.shapeamerica.org/standards/health/)</u></a>
California Department of Education Publication	Health Education Framework for California Public Schools: Kindergarten Through Grade Twelve, 2019 <a href="https://www.cde.ca.gov/ci/he/cf/documents/healthedframework2019.pdf"><u>(https://www.cde.ca.gov/ci/he/cf/documents/healthedframework2019.pdf)</u></a>
California Department of Education Publication	Health Education Content Standards for California Public Schools, Kindergarten Through Grade 12, 2008 <a href="https://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf"><u>(https://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf)</u></a>
CSBA Publication	Promoting Healthy Relationships for Adolescents: Board Policy Considerations, August 2014 <a href="https://www.csba.org/-/media/CSBA/Files/GovernanceResources/GovernanceBriefs/201408_GBHealthyRelationships.ashx?la=en&amp;rev=c7eca3dd0da24d4293ce675bb6463f8d"><u>(https://www.csba.org/-/media/CSBA/Files/GovernanceResources/GovernanceBriefs/201408_GBHealthyRelationships.ashx?la=en&amp;rev=c7eca3dd0da24d4293ce675bb6463f8d)</u></a>

CSBA Publication	Integrating Physical Activity into the School Day, April 2016 <a href="https://www.csba.org/~//media/C038AF12929B41A589591B854610B809.ashx">https://www.csba.org/~//media/C038AF12929B41A589591B854610B809.ashx</a>
CSBA Publication	Preventing Catastrophic Health Illness, Governance Brief, July 2018  <a href="https://www.csba.org/GovernanceAndPolicyResources/~//media/CSBA/Files/GovernanceResources/GovernanceBriefs/201807PreventingCatastrophicHealthIllness.ashx">https://www.csba.org/GovernanceAndPolicyResources/~//media/CSBA/Files/GovernanceResources/GovernanceBriefs/201807PreventingCatastrophicHealthIllness.ashx</a>
CSBA Publication	The Impact of Marijuana Legalization on K-12: The Effect of Marijuana on the Brain, November 2018  <a href="https://www.csba.org/~//media/CSBA/Files/GovernanceResources/GovernanceBriefs/201811MarijuanaImpact-TheBrain.ashx?la=en&amp;rev=419e95b4dc064075a7e14e36ad67b5fc">https://www.csba.org/~//media/CSBA/Files/GovernanceResources/GovernanceBriefs/201811MarijuanaImpact-TheBrain.ashx?la=en&amp;rev=419e95b4dc064075a7e14e36ad67b5fc</a>
CSBA Publication	Why Schools Hold the Promise for Adolescent Mental Health, Governance Brief, May 2019  <a href="https://www.csba.org/~//media/CSBA/Files/GovernanceResources/GovernanceBriefs/05152019_CSBAStudentMentalHealthBrief.ashx?la=en&amp;rev=8a4db2e891cd4aef817d6e60c283c14e">https://www.csba.org/~//media/CSBA/Files/GovernanceResources/GovernanceBriefs/05152019_CSBAStudentMentalHealthBrief.ashx?la=en&amp;rev=8a4db2e891cd4aef817d6e60c283c14e</a>
CSBA Publication	Sun Safety in Schools, Policy Brief, July 2006  <a href="https://www.csba.org/GovernanceAndPolicyResources/DistrictPolicyServices/~//media/CSBA/Files/GovernanceResources/PolicyNews_Briefs/StudentHealth/SunSafety/2006_07_PolicyBrief_SunSafetyInschools.ashx">https://www.csba.org/GovernanceAndPolicyResources/DistrictPolicyServices/~//media/CSBA/Files/GovernanceResources/PolicyNews_Briefs/StudentHealth/SunSafety/2006_07_PolicyBrief_SunSafetyInschools.ashx</a>
CSBA Publication	Asthma Management in the Schools, Policy Brief, March 2008  <a href="https://www.csba.org/~//media/CSBA/Files/GovernanceResources/PolicyNews_Briefs/StudentHealth/Asthma/2008_03_PolicyBrief_AsthmaMgmt.ashx?la=en">https://www.csba.org/~//media/CSBA/Files/GovernanceResources/PolicyNews_Briefs/StudentHealth/Asthma/2008_03_PolicyBrief_AsthmaMgmt.ashx?la=en</a>
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006  <a href="https://www.csba.org/~//media/B5947DF3DE58432C9B038C9C38360684.ashx">https://www.csba.org/~//media/B5947DF3DE58432C9B038C9C38360684.ashx</a>
<u>CSBA Publication</u>	<u>Integrating Oral Health into School Health Programs and Policies, May 2010</u>  <a href="https://www.csba.org/EducationIssues/EducationIssues/~//media/Files/EducationIssues/Wellness/201005_OralHealthGuide2.ashx">https://www.csba.org/EducationIssues/EducationIssues/~//media/Files/EducationIssues/Wellness/201005_OralHealthGuide2.ashx</a>
CSBA Publication	Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, November 2008  <a href="http://www.csba.org/EducationIssues/EducationIssues/~//">http://www.csba.org/EducationIssues/EducationIssues/~//</a>

	<a href="/media/Files/Services/PolicyServices/PolicyBriefs/11-08_OralHealth_PB.ashx">/media/Files/Services/PolicyServices/PolicyBriefs/11-08_OralHealth_PB.ashx</a> )
CSBA Publication	Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012  <a href="https://www.csba.org/-/media/CSBA/Files/GovernanceResources/EducationIssues/ConditionofChildren/201211MonitoringForSuccess.ashx?la=en&amp;rev=90a8b252b84a4e80b2ebd6c1a6899865">https://www.csba.org/-/media/CSBA/Files/GovernanceResources/EducationIssues/ConditionofChildren/201211MonitoringForSuccess.ashx?la=en&amp;rev=90a8b252b84a4e80b2ebd6c1a6899865</a> )
Human Rights Campaign Foundation Publication	California LGBTQ Youth Report, January 2019 <a href="https://assets2.hrc.org/files/assets/resources/YouthReport-California-Final.pdf">https://assets2.hrc.org/files/assets/resources/YouthReport-California-Final.pdf</a> )
Website	<a href="#">CSBA District and County Office of Education Legal Services</a>
Website	<a href="#">Human Rights Campaign Foundation</a>
Website	<a href="#">National Center for Health Education</a>
Website	<a href="#">National Hearing Conservation Association</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="#">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 Department of Public Health</a>
Website	<a href="#">California Healthy Kids Resource Center</a>
Website	<a href="#">Centers for Disease Control and Prevention</a>
Website	<a href="#">CSBA</a>
<a href="#">Website</a>	<a href="#">SHAPE America, Society of Health and Physical Educators</a> <a href="https://www.shapeamerica.org/">https://www.shapeamerica.org/</a> )
<a href="#">Website</a>	<a href="#">U.S. Department of Health and Human Services</a> <a href="https://www.hhs.gov/">https://www.hhs.gov/</a> )

## Cross References

<b>Code</b>	<b>Description</b>
0200	Goals For The School District
0415	Equity
0450	Comprehensive Safety Plan
0450	Comprehensive Safety Plan

0470	COVID-19 Mitigation Plan
0500	Accountability
1220	Citizen Advisory Committees
1220	Citizen Advisory Committees
1240	Volunteer Assistance
1240	Volunteer Assistance
1325	Advertising And Promotion
1400	Relations Between Other Governmental Agencies And The Schools
1700	Relations Between Private Industry And The Schools
3513.3	Tobacco-Free Schools
3513.3	Tobacco-Free Schools
3513.4	Drug And Alcohol Free Schools
3514	Environmental Safety
3514	Environmental Safety
3516	Emergencies And Disaster Preparedness Plan
3516	Emergencies And Disaster Preparedness Plan
3543	Transportation Safety And Emergencies
3550	Food Service/Child Nutrition Program
3550	Food Service/Child Nutrition Program
3554	Other Food Sales
3554	Other Food Sales
4131	Staff Development
5020	Parent Rights And Responsibilities
5020	Parent Rights And Responsibilities
5022	Student And Family Privacy Rights
5022	Student And Family Privacy Rights
5030	Student Wellness
5131	Conduct
5131.6	Alcohol And Other Drugs
5131.6	Alcohol And Other Drugs
5131.62	Tobacco
5131.62	Tobacco

5131.63	Steroids
5131.63	Steroids
5137	Positive School Climate
5138	Conflict Resolution/Peer Mediation
5141	Health Care And Emergencies
5141	Health Care And Emergencies
5141.21	Administering Medication And Monitoring Health Conditions
5141.21	Administering Medication And Monitoring Health Conditions
5141.22	Infectious Diseases
5141.22	Infectious Diseases
5141.23	Asthma Management
5141.23	Asthma Management
5141.3	Health Examinations
5141.3	Health Examinations
5141.31	Immunizations
5141.31	Immunizations
5141.32	Health Screening For School Entry
5141.4	Child Abuse Prevention And Reporting
5141.4	Child Abuse Prevention And Reporting
5141.5	Mental Health
5141.52	Suicide Prevention
5141.52	Suicide Prevention
5141.6	School Health Services
5141.6	School Health Services
5141.7	Sun Safety
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5142	Safety
5142.2	Safe Routes To School Program
5142.2	Safe Routes To School Program
5145.3	Nondiscrimination/Harassment
5145.3	Nondiscrimination/Harassment
5145.6	Parent/Guardian Notifications
5145.6-E(1)	Parent/Guardian Notifications



5145.7	Sexual Harassment
5145.7	Sexual Harassment
5145.9	Hate-Motivated Behavior
5146	Married/Pregnant/Parenting Students
6011	Academic Standards
6020	Parent Involvement
6020	Parent Involvement
6141	Curriculum Development And Evaluation
6141	Curriculum Development And Evaluation
6141.2	Recognition Of Religious Beliefs And Customs
6141.2	Recognition Of Religious Beliefs And Customs
6142.1	Sexual Health And HIV/AIDS Prevention Instruction
6142.1	Sexual Health And HIV/AIDS Prevention Instruction
6142.5	Environmental Education
6142.7	Physical Education And Activity
6142.7	Physical Education And Activity
6143	Courses Of Study
6143	Courses Of Study
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6145.2	Athletic Competition
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6146.1	High School Graduation Requirements
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6161.1	Selection And Evaluation Of Instructional Materials
6161.1-E(1)	Selection And Evaluation Of Instructional Materials
6162.8	Research
6162.8	Research
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6164.2	Guidance/Counseling Services
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6172	Gifted And Talented Student Program

