

COMPREHENSIVE HEALTH EDUCATION

A. INTRODUCTION

It is the aim of Colorado Springs School District 11 (the District) to motivate students to build a foundation for healthy lifestyles for today and for their future. Comprehensive health education aims to promote overall student wellness including physical, mental, social, and emotional health by providing students with the knowledge and skills for responsible decision making and risk prevention. An effective and equitable comprehensive health program is inclusive of all students including those from differing backgrounds and lifestyles and one where students receive accurate, consistent and culturally sensitive information.

B. ROLE OF PARENTS AND SCHOOL DISTRICT

The District and the Colorado Springs School District 11 Board of Education (the Board) also recognize that parents/guardians and family provide the primary influence and role models for students and have the primary responsibility for providing guidance and instruction to their student regarding wellness, responsible decision-making, and risk prevention. This policy therefore is designed to complement and not supplant the primary role of parents/guardians and family in providing guidance to their student on health-related issues such as marriage, procreation, human sexuality and individual lifestyles. The District's commitment to health education reflects a belief in the shared responsibility for our student's wellness among the family, the school, and the community. For more information about opting a student out of education see paragraphs (f)(iv) and (f)(v) below.

C. STUDENT REQUIREMENTS

- (a) The District shall provide an age-appropriate, scientifically and medically accurate health education.
- (b) The instructional materials used in the District's Comprehensive Health Education Program shall be approved by the Board.
- (c) The education approach shall be consistent with Policy IMB, Teaching about Controversial/Sensitive Issues, Policy IB, Academic Freedom, Policy IJJ, Textbook Selection and Adoption, Policy IJK, Supplementary Materials Selection and Adoption, and other related policies. It is permissible to use tobacco on school property in classroom demonstrations to show the health hazards of tobacco.

The use of "tobacco" in this policy shall include the use of simulated tobacco products and nicotine delivery devices (e.g. vaping, the use electronic cigarettes or inhalers).

- (d) The District Comprehensive Health Education Program will:
 - (i) Promote parental/guardian involvement, promote risk prevention, foster positive self-concept, develop responsible decision-making skills, and provide a

- mechanism for coping with and resisting peer pressure;
- (ii) Focus on the dynamic relationship among physical, mental, emotional, and social well-being;
- (iii) Integrate available community resources into the educational program;
- (iv) Include a procedure to provide written notification, in addition to this policy, of the Comprehensive Health Education Program to parents or guardians of all students within the school district and the exemption policy option available under paragraph (v) below;
- (v) Include a procedure to exempt a student, upon request of the parent or guardian of such student, from a specific portion of the program on the grounds that it is contrary to the religious beliefs and teachings of the student or the student's parent or guardian (See Policy IMBB, Exemptions from Required Instruction);
- (vi) The program will require that teachers have professional preparation in the subject area.

- (e) Any curriculum and materials used in teaching human sexuality shall promote abstinence as the safest and surest means to prevent pregnancy and sexually transmitted infections. Any planned curriculum that includes instruction concerning human sexuality shall be medically and scientifically accurate.

D. DEFINITIONS

Risk prevention –is described as avoiding behaviors that threaten overall wellness, physical or mental health, and may result in short- or long-term negative consequences.

Comprehensive health education - means comprehensive (preschool through grade 12), planned, sequential health program of learning experiences that must include, but is not limited to, the following topics:

- (a) communicable diseases, including but not limited to, acquired immune deficiency syndrome (AIDS) and human immunodeficiency virus (HIV) related illness;
- (b) community and environmental health;
- (c) consumer health;
- (d) dental health;
- (e) tobacco, alcohol, and other drug use;
- (f) human growth and development;
- (g) hereditary and developmental conditions;
- (h) mental and emotional health;
- (i) nutrition, personal health, and physical fitness;
- (j) family life education

(k) injury prevention, safety, motor vehicle safety, and emergency care;

(l) high-risk behaviors and concerns;

(m) age appropriate instruction on family roles and expectations, child development, and parenting;

(n) if not included in other curriculum or programs provided to students, age-appropriate information concerning “safe haven laws” relating to the safe abandonment of a child to a firefighter at a fire station, or to a staff member at a hospital or a community clinic emergency center, within the first seventy-two hours of a child’s life.

ADOPTED: June, 1997
Revised May, 2008
Revised February 11, 2015
Revised May 27, 2020

LEGAL REFS.: 20 U.S.C. 1011i, Drug-Free School and Communities Act of 1986,
as amended in 1989
C.R.S. 18-6-401(9)
C.R.S. 19-3-304.5
C.R.S. 22-1-128
C.R.S. 22-25-103
C.R.S. 22-25-104
C.R.S. 22-25-110
C.R.S. 22-32-109(1)(bb)
C.R.S. 25-14-103.5

CROSS REFS.: ADC-GBED, Tobacco-Free District
ADC-JICG, Tobacco-Free Schools
IB, Academic Freedom
IJJ, Instructional Resources and Materials Selection, Adoption,
Acquisition and Reconsideration
IMB, Teaching about Controversial/Sensitive Issues
IMBB, Exemptions from Required Instruction
JBB, Sexual, Racial or Disability Harassment/Discrimination
Toward Students
JH, Student Absences and Excuses
JHB, Truancy
JIC, Student Conduct, Attendance, and Discipline Code
JICF, Gang Activity
JICH, Drug and Alcohol Use by Students
JICI, Weapons in Schools
JK, Student Discipline
JKG, Expulsion Prevention Program
JICA, Student Dress, Accessories and Grooming

CONTRACT REF.: Colorado Springs Education Association Master Agreement