

Instruction

Comprehensive Health Education

Content of Instruction

The district's health education program should include instruction to aid students in making decisions in matters of personal, family and community health, including the following topics: (Education Code 51890)

1. The use of health care services and products
2. Mental and emotional health and development
3. Use and misuse of drugs, including tobacco and alcohol
4. Family health and child development, including the legal and financial aspects and responsibilities of marriage and parenthood
5. Oral health, vision and hearing
6. Nutrition, which may include related topics such as obesity and diabetes prevention
7. Exercise, rest and posture
8. Diseases and disorders, including sickle cell anemia and related genetic diseases and disorders
9. Environmental health and safety
10. Community health

Involvement of Health Professionals

The district's health education program may involve the community, including professional health and safety personnel, in classroom teaching of health education. (Education Code 51913)

Regulation Approved: March 23, 1987

Regulation Revised: September 26, 2005; February 27, 2006;