



Health Instruction FAQ Sheet

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New Health Texas Essential Knowledge and Skills

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Elementary Health Instruction: Grades K-5

1. How is Health Instruction provided at the elementary level?

The Texas Essential Knowledge and Skills (TEKS) drive health instruction at the elementary level. These standards let us know what students should learn at each grade level. Each grade level has their own set of standards. The TEKS are covered at the elementary level, using a [Texas Education Agency Coordinated School Health Framework](#) approach. This means that while the majority of Health instruction occurs through Science class, other departments such as Social and Emotional Learning, Health Services, Counseling Services, and Physical Education also support instruction over the new [Health TEKS](#).

2. What do you mean when you say a “[Coordinated School Health Framework](#)” approach?

Coordinated School Health is a systematic approach to addressing the needs of students. Coordinated School Health was a term originally coined by the Centers for Disease Control to describe child health programs that synthesize the different factors working together to improve the health of a child, including school health education, community involvement, family engagement, physical environment, health services, and more. Currently, the Texas Education Agency mandates that all school districts in Texas have some form of a Coordinated School Health Program (CSHP) that helps support this endeavor at the elementary and middle school grade levels. More information can be found in the link above.

3. When does instruction over Human Growth and Development begin in elementary school?

- a. Human Growth and Development instruction, as part of the Reproductive and Sexual Health Strand, starts in [Grade 4](#) at the elementary level.
 - i. Beginning in Grade 4, students learn about changes associated with adolescent development in the reproductive and sexual health strand. In subsequent grade levels, students identify the purpose of these changes and their role in fertilization and reproduction. Students learn the characteristics of healthy and unhealthy relationships and how to use communication and refusal skills to set personal boundaries in dating and romantic

relationships. Students also identify how to respond to sexual harassment and abuse.

- b. Human Growth and Development, as part of the Reproductive and Sexual Health Strand, is also part of the [Grade 5](#) Health TEKS.
- c. The 10 day unit occurs at the end of the school year.
- d. When instruction occurs, students may be separated according to sex for instructional purposes.

4. Do parents need to give consent for their child to receive instruction over the Human Growth and Development unit that is part of the Reproductive and Sexual Health Strand in Grades 4 and 5?

- a. Yes, before a student may be provided with human sexuality instruction, a district must obtain the written consent of the student's parent. The request for consent has to be provided to parents at least 14 days before the instruction over the Reproductive and Sexual Health strand begins.
- b. If a parent does not provide written consent for their child to participate in this instructional unit, then the student will be given an alternate assignment by their teacher.
- c. Parents still have the right to remove the student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student's school.
- d. Parents still have access to review these instructional materials, upon request.
- e. Starting with the 2022-2023 school year, parents will be able to purchase a copy of the curriculum materials from the publisher at a price that does not exceed the price per unit paid by the district for the curriculum materials.

5. Do any of the new Elementary Health TEKS cover instruction over the Prevention of Child Abuse, Family Violence, Dating Violence, and / or Sex Trafficking (SB 9 Curriculum)?

- a. Yes, some of the new Elementary Health TEKS address certain aspects of violence prevention and safety, how to seek help and support, and how to maintain healthy relationships with others. The depth of instruction increases with the grade level.
- b. Wellness departments in the district such as Science, Health / PE, Counseling Services, Mental Health, Health Services, and Social and Emotional Learning work together to reinforce the need for students to build and maintain healthy relationships with others.

6. Do parents need to give consent for their child to receive instruction over the Prevention of Child Abuse, Family Violence, Dating Violence, and / or Sex Trafficking (SB 9 Curriculum)?

- a. Yes, before a student may be provided with instruction over the topics listed above, a district must obtain the written consent of the student's parent. The request for consent has to be provided to parents at least 14 days before the instruction begins.

- b. If a parent does not provide written consent for their child to participate in this instructional unit, then the student will be given an alternate assignment by their teacher.
- c. Parents still have the right to remove the student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student's school.
- d. Parents still have access to review these instructional materials, upon request.
- e. Starting with the 2022-2023 school year, parents will be able to purchase a copy of the curriculum materials from the publisher at a price that does not exceed the price per unit paid by the district for the curriculum materials.

Middle School Health Instruction: Grades 6 & 8

7. How is Health Instruction provided at the middle school level?

- a. Campuses may offer Grade 6 Health to students as an elective. Instruction over all of the Grade 6 Health TEKS is provided during this semester-long course.
- b. All students in eighth grade will take the Grade 8 Health Elective course, which provides instruction over all of the Grade 7 / 8 Health TEKS during the semester-long course.

8. Is Reproductive and Sexual Health instruction taught as part of the Grade 6 Health Course?

- a. Yes, the 10 day unit occurs at the end of the semester-long course.
- b. When instruction occurs, students may be separated according to sex for instructional purposes.
- c. Condoms may not be distributed in connection with instruction relating to human sexuality.

9. Do Grade 6 students receive Reproductive and Sexual Health instruction anywhere else while in sixth grade?

- a. Yes, a 10 day unit occurs in Science at the end of the year and focuses on reinforcing instruction over the Grade 6 Health TEKS that cover Reproductive and Sexual Health.
- b. When instruction occurs, students may be separated according to sex for instructional purposes.
- c. Condoms may not be distributed in connection with instruction relating to human sexuality.

10. Is Reproductive and Sexual Health instruction taught as part of the Grade 8 Health Course?

- a. Yes, the 10 day unit occurs at the end of the semester-long course.
- b. When instruction occurs, students may be separated according to sex for instructional purposes.
- c. Condoms may not be distributed in connection with instruction relating to human sexuality.

11. Do Grade 8 students receive Reproductive and Sexual Health instruction anywhere else while in eighth grade?

No, not at this time.

12. Do parents need to give consent for their child to receive instruction over the Reproductive and Sexual Health Strand taught in Grade 6 Health, Grade 6 Science, and / or Grade 8 Health?

- a. Yes, before a student may be provided with human sexuality instruction, a district must obtain the written consent of the student's parent. The request for consent has to be provided to parents at least 14 days before the instruction over the Reproductive and Sexual Health strand begins.
- b. If a parent does not provide written consent for their child to participate in this instructional unit, then the student will be given an alternate assignment by their teacher.
- c. Parents still have the right to remove the student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student's school.
- d. Parents still have access to review these instructional materials, upon request.
- e. Starting with the 2022-2023 school year, parents will be able to purchase a copy of the curriculum materials from the publisher at a price that does not exceed the price per unit paid by the district for the curriculum materials.

13. Do any of the new Grades 6 or 7/8 Health TEKS cover instruction over the Prevention of Child Abuse, Family Violence, Dating Violence, and / or Sex Trafficking (SB 9 Curriculum)?

Yes, some of the new Middle School Health TEKS address certain aspects of violence prevention and safety, how to seek help and support, and how to maintain healthy relationships with others. The depth of instruction increases with the grade level.

14. Do parents of students in Grades 6-8 need to give consent for their child to receive instruction over the Prevention of Child Abuse, Family Violence, Dating Violence, and / or Sex Trafficking (SB 9 Curriculum)?

- a. Yes, before a student may be provided with instruction over the content listed above, a district must obtain the written consent of the student's parent. The request for consent has to be provided to parents at least 14 days before the instruction begins.
- b. If a parent does not provide written consent for their child to participate in this instructional unit, then the student will be given an alternate assignment by their teacher.
- c. Parents still have the right to remove the student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student's school.
- d. Parents still have access to review these instructional materials, upon request.

- e. Starting with the 2022-2023 school year, parents will be able to purchase a copy of the curriculum materials from the publisher at a price that does not exceed the price per unit paid by the district for the curriculum materials.

High School Health Instruction: Grades 9-12

15. How is Health Instruction provided at the high school level?

High school campuses offer High School Health to students in grades 9-12, as an elective. Instruction over all of the High School Health TEKS is provided during this semester-long course.

16. Is Reproductive and Sexual Health instruction taught as part of the High School Health Course?

- a. Yes, the 10 day unit occurs at the end of the semester-long course.
- b. When instruction occurs, students may be separated according to sex for instructional purposes.
- c. Condoms may not be distributed in connection with instruction relating to human sexuality.

17. Do high school students receive Reproductive and Sexual Health instruction anywhere else during high school?

- a. Yes, a 10 day unit occurs in Biology at the end of the year and focuses on reinforcing instruction over the Health I TEKS that cover Reproductive and Sexual Health.
- b. When instruction occurs, students may be separated according to sex for instructional purposes.
- c. Condoms may not be distributed in connection with instruction relating to human sexuality.

18. Do parents need to give consent for their child to receive instruction over the Reproductive and Sexual Health Strand taught in High School Health class, or Biology class?

- a. Yes, before a student may be provided with human sexuality instruction, a district must obtain the written consent of the student's parent. The request for consent has to be provided to parents at least 14 days before the instruction over the Reproductive and Sexual Health strand begins.
- b. If a parent does not provide written consent for their child to participate in this instructional unit, then the student will be given an alternate assignment by their teacher.
- c. Parents still have the right to remove the student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student's school.
- d. Parents still have access to review these instructional materials, upon request.

- e. Starting with the 2022-2023 school year, parents will be able to purchase a copy of the curriculum materials from the publisher at a price that does not exceed the price per unit paid by the district for the curriculum materials.

19. Do any of the new High School Health TEKS cover instruction over the Prevention of Child Abuse, Family Violence, Dating Violence, and / or Sex Trafficking (SB 9 Curriculum)?

Yes, some of the new High School Health TEKS address certain aspects of violence prevention and safety, how to seek help and support, and how to maintain healthy relationships with others.

20. Do parents of high school students need to give consent for their child to receive instruction over the Prevention of Child Abuse, Family Violence, Dating Violence, and / or Sex Trafficking (SB 9 Curriculum)?

- a. Yes, before a student may be provided with instruction over the content listed above, a district must obtain the written consent of the student's parent. The request for consent has to be provided to parents at least 14 days before the instruction begins.
- b. If a parent does not provide written consent for their child to participate in this instructional unit, then the student will be given an alternate assignment by their teacher.
- c. Parents still have the right to remove the student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student's school.
- d. Parents still have access to review these instructional materials, upon request.
- e. Starting with the 2022-2023 school year, parents will be able to purchase a copy of the curriculum materials from the publisher at a price that does not exceed the price per unit paid by the district for the curriculum materials.

Adoption of Health Instructional Resources

21. What is involved in the adoption of instructional materials that have content related to Human Sexuality Instruction?

- EHAA(Legal) has very specific definitions that are referenced when selecting materials over these content areas.
 - "Curriculum materials" includes the curriculum, teacher training materials, and any other materials used in providing instruction.
 - "Human sexuality instruction," "instruction in human sexuality," and "instruction relating to human sexuality" include instruction in reproductive health.
- The board of trustees determines the specific content of the district's instruction on human sexuality.

- The board shall select any instruction relating to human sexuality, sexually transmitted diseases, or human immunodeficiency virus (HIV) or acquired immune deficiency syndrome (AIDS) with the advice of the SHAC. The instruction must:
 1. Present abstinence as the preferred choice of behavior for unmarried persons of school age;
 2. Devote more attention to abstinence than to any other behavior;
 3. Emphasize that abstinence is the only method that is 100 percent effective in preventing pregnancy, sexually transmitted diseases, infection with HIV or AIDS, and the emotional trauma associated with adolescent sexual activity;
 4. Direct adolescents to a standard of behavior in which abstinence before marriage is the most effective way to prevent pregnancy, sexually transmitted diseases, and infection with HIV or AIDS; and
 5. Teach contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates, if instruction on contraception and condoms is included in the curriculum.
- Before the Board adopts any instructional materials over Human Sexuality Instruction, the Board of Trustees will adopt a resolution to convene the local SHAC for the purpose of making recommendations regarding the curriculum materials.
- After the resolution is adopted by the Board, then the local SHAC must hold at least two public meetings on the curriculum materials before adopting recommendations; and provide the adopted recommendations to the Board of Trustees at a public meeting of the board.
- After the Board receives the local SHAC's recommendations, then they will take action on the adoption of the recommendations by a record vote at a public meeting.
- Also, before the Board adopts curriculum materials over these specific content areas, they shall ensure that the curriculum materials are:
 1. Based on the advice of the local SHAC;
 2. Suitable for the subject and grade level for which the curriculum materials are intended; and
 3. Reviewed by academic experts in the subject and grade level for which the curriculum materials are intended.
- Last, as a result of Senate Bill 22 (2019) passing in the Texas Legislative sessions, school districts in Texas can no longer enter into any type of Taxpayer Resource Transactions with an abortion provider or an affiliate of an abortion provider. [CHE\(Legal\)](#)
 - "Taxpayer resource transaction" means a sale, purchase, lease, donation of money, goods, services, or real property, or any other transaction between a governmental entity and a private entity that provides to the private entity something of value derived from state or local tax revenue, regardless of whether the governmental entity receives something of value in return.
 - "Affiliate" means a person or entity who enters into with another person or entity a legal relationship created or governed by at least one written instrument, including a certificate of formation, a franchise agreement, standards of affiliation, bylaws, or a license, that demonstrates:

1. Common ownership, management, or control between the parties to the relationship;
2. A franchise granted by the person or entity to the affiliate; or
3. The granting or extension of a license or other agreement authorizing the affiliate to use the other person's or entity's brand name, trademark, service mark, or other registered identification mark. [Gov't Code 2272.001\(3\). \(5\)](#)

22. What is involved in the adoption of Instructional Materials that have Curriculum over the Prevention of Child Abuse, Family Violence, Dating Violence, and Sex Trafficking?

- Before the Board adopts any curriculum over Family Violence, Dating Violence, and Sex Trafficking, the Board of Trustees will adopt a resolution to convene the local SHAC for the purpose of making recommendations regarding the curriculum materials.
- After the resolution is adopted by the Board, then the local SHAC must hold at least two public meetings on the curriculum materials before adopting recommendations; and provide the adopted recommendations to the Board of Trustees at a public meeting of the board;
- After the Board receives the local SHAC's recommendations then they will take action on the adoption of the recommendations by a record vote at a public meeting.
- Also, before the Board adopts curriculum materials over these specific content areas, they shall ensure that the curriculum materials are:
 1. Based on the advice of the local SHAC;
 2. Suitable for the subject and grade level for which the curriculum materials are intended; and
 3. Reviewed by academic experts in the subject and grade level for which the curriculum materials are intended.

Statute and Policy References

[Texas Education Code, Chapter 28 Subchapter A, Section 28.004](#)

[EHAA\(Legal\) 11/09/2021](#)

[EHAC\(Exhibit\) 1/5/2022](#)

[EIF\(Exhibit\) 1/20/2020](#)

[EF\(Local\) 7/30/2018](#)

[CHE\(Legal\) 11/9/2021](#)

[Texas Government Code](#)