

Regulation IS - 17 Health Education

March, 2024

I. Purpose. This Administrative Regulation establishes the Superintendent's expectations of the basic structure for health education instruction in the Beaufort County School District (BCSD).

II. Nondiscrimination. The BCSD is committed to nondiscrimination and equal opportunity for all students, parents/legal guardians, staff, visitors, applicants for admission and employment, personnel, and community members who participate or seek to participate in its educational programs or activities. Accordingly, the BCSD does not discriminate against any individual on the basis of race, religion, gender, gender identity, sexual orientation, sex, pregnancy, childbirth, or any related medical conditions, color, physical or mental disability, age (40 or older), ancestry, genetic information, national origin, or any other applicable status protected by Title VI, Title VII, Title IX or any other local, state, or federal law.

III. BCSD Health Education Program.

- A. The BCSD is committed to a sound, comprehensive health education program that is an integral part of each student's general education.
- B. The BCSD shall fulfill its responsibility for meeting the health needs of children and youth through a comprehensive program of health education in grades kindergarten through twelve (12).
- C. Comprehensive health education includes instruction maintaining, reinforcing, and/or enhancing the health, health-related skills, and health attitudes and practices of children and youth conducive to their good health. Instruction shall promote skills, practices, and attitudes promoting wellness, health maintenance, and disease prevention. Instruction also shall include reproductive health education, pregnancy prevention education, family life education, and sexually transmitted diseases in accordance with State law.

IV. Health Education for Students in Grades K-5.

- A. For grades kindergarten through five (5) instruction in comprehensive health education must include the following subjects: community health, consumer health, environmental health, growth and development, nutritional health, personal health, prevention and control of diseases and disorders, safety and accident prevention, substance use and abuse, dental health, and mental and emotional health. Sexual transmitted diseases as defined in the annual Department of Health Environmental Control List of Reportable Diseases are to be excluded from the instruction on prevention and control of diseases and disorders.
- B. Students in grades kindergarten through fifth shall receive 75 minutes per week of health instruction for 36 weeks or the equivalent, which must equal 45 hours per year.
- C. Health curriculum for students in kindergarten through fifth grade must include a weekly nutrition component.

V. Health Education for Student in Grades 6-8.

- A. For grades six (6) through eight (8) instruction in comprehensive health education must include the following subjects: community health, consumer health, environmental health, growth and development, nutritional health, personal health, prevention and control of diseases and disorders, safety and accident prevention, substance use and abuse, dental health, mental and emotional health, reproductive health education, and domestic violence. Sexually transmitted diseases are to be included as a part of instruction. Instruction in family life education or pregnancy prevention education or both may be included, but instruction in these subjects may

not include the methods of contraception before the sixth grade.

- B. Students in grade six (6) should receive 75 minutes per week of health instruction for 36 weeks or the equivalent, which must equal 45 hours per year.
- C. Students in grades seven (7) and eight (8) should receive 250 minutes of health instruction per week for 9 weeks, which must equal 37.5 hours per year.
- D. Some content discussed in eighth grade must be taught separately to male and female students.

VI. Health Education for Student in Grades 9-12

- A. At least one time during the four years of grades nine (9) through twelve (12), each student shall receive instruction in comprehensive health education, to include the following subjects: community health, consumer health, environmental health, growth and development, nutritional health, personal health, prevention and control of diseases and disorders, safety and accident prevention, substance use and abuse, dental health, mental and emotional health, reproductive health, pregnancy prevention, and sexually transmitted diseases. (Family life is optional.)
- B. The three subjects of reproductive health, pregnancy prevention, and sexually transmitted diseases requires a minimum of seven hundred fifty (750) minutes of instruction. Instruction in sexually transmitted diseases (STDs), including AIDS education, must be taught within the reproductive health or pregnancy prevention education components or it must be presented as a separate component.
 - 1. Students must also be given appropriate instruction that adoption is a positive alternative.
 - 2. Instruction in pregnancy prevention education must be presented separately to male and female students.
 - 3. **"Reproductive Health Education"** means instruction in human physiology, conception, prenatal care and development, childbirth, and postnatal care, but does not include instruction concerning sexual practices outside marriage or practices unrelated to reproduction except within the context of the risk of disease. Abstinence and the risks associated with sexual activity outside of marriage must be strongly emphasized.
 - 4. **"Family Life Education"** means instruction intended to:
 - a. Develop an understanding of the physical, mental, emotional, social, economic, and psychological aspects of close personal relationships and an understanding of the physiological, psychological, and cultural foundations of human development.
 - b. Provide instruction that will support the development of responsible personal values and behavior and aid in establishing a strong family life for themselves in the future and emphasize the responsibilities of marriage.
 - c. Provide instruction as to the laws of this State relating to the sexual conduct of minors, including criminal sexual conduct.
 - 5. **"Pregnancy Prevention"** means instruction intended to:
 - a. Stress the importance of abstaining from sexual activity until marriage.
 - b. Help students develop skills to enable them to resist peer pressure and abstain from sexual activity.
 - c. Explain methods of contraception and the risks and benefits of each method.
- C. Schools will provide students with a comprehensive health education through an option below:
 - 1. Each student shall receive instruction in a comprehensive health education course for thirty-six (36) weeks or a semester from the list of approved high school health courses.
 - 2. A school or district shall select or develop modular units of instruction for each of the comprehensive health education subjects and integrate them into existing required courses.

- D. JROTC being taken as a physical education unit does not satisfy the Comprehensive Health Education requirement.

VII. Notice to Parents.

- A. The BCSD shall implement a process whereby Principals notify parents/legal guardians of students in the relevant grades of the content of the instructional materials concerning reproductive health, family life, pregnancy prevention, and of their option to exempt their child from this instruction, and sexually transmitted diseases (if instruction in the diseases is presented as a separate component), and pregnancy prevention. The notice shall be provided sufficiently in advance of a student's enrollment in courses using these instructional materials to allow parents/legal guardians the opportunity to preview the materials and exempt their student.
- B. A school principal, upon receipt of a statement signed by a student's parent/legal guardian stating that participation by the student in the health education program conflicts with family's beliefs, shall exempt student from any portion or all units on reproductive health, family, and pregnancy prevention where any conflicts occur. No students must be penalized as a result of exemption. The BCSD shall use procedures to ensure that students exempted from the program by their parents/legal guardians are not embarrassed by exemption.

VIII. Professional Development. Teachers will receive professional development activities for educational personnel participating in the comprehensive health education program.

IX. Teaching About Drugs, Alcohol and Tobacco. All BCSD schools shall teach the nature of alcohol and narcotics and their effects upon the human system. Schools should help students develop an awareness of the consequences of the use and abuse of alcoholic drinks and drugs. Instruction shall emphasize problems related to their use, pharmacological aspects, physiological effects, and the impact upon the total community. Schools shall present drug education as thoroughly, and in the same manner, as all other required subjects.

- A. Instruction on prescription opioid abuse prevention with emphasis on prescription drug epidemic and connection between opioid abuse and addiction to other drugs, such as heroin, shall be provided based on health standards.
- B. The BCSD will select a week for all schools to observe Alcohol and Narcotics Education Week. Grades six (6) through twelve (12) will receive instruction for at least thirty (30) minutes on three (3) days concerning the risks and dangers involved in the use of alcoholic beverages and narcotics. The principal or his/her designee shall have at least one assembly session during this week of not less than forty-five (45) minutes on the subject of the dangerous effect of alcohol and narcotics.

X. Sexual Abuse and Assault Awareness and Prevention. In accordance with Erin's Law, the BCSD shall annually teach mandated age-appropriate instruction in sexual abuse and assault awareness and prevention to all students in kindergarten through twelfth grade. Erin's Law does not contain an "opt out" provision to exempt students from instruction.

XI. Gavin's Law. Gavin's Law ([S.C. Code Ann. Section 16-15-430](#)) is legislation that makes sexual extortion, the act of blackmailing someone using sexually explicit images or videos, a felony offense and an aggravated felony if the victim is a minor, vulnerable adult, or if the victim suffers great bodily injury or death directly related to the crime.

- A. In accordance with Gavin's Law, the BCSD shall notify students of the provisions of this act through providing age-appropriate instruction on the dangers and consequences of sexual extortion. The BCSD will incorporate the requirements of Gavin's Law into the Erin's Law curriculum and provide age-appropriate instruction to students on the dangers and

consequences of sexual extortion and aggravated sexual extortion. Additionally, notification shall be provided to parents/legal guardians, the public, and school personnel regarding the law.

- B. Any student who engages in sexual extortion will be subject to disciplinary action consistent with the BCSD's Student Code of Conduct. School administrators shall notify law enforcement immediately of any allegations of such conduct, as required by State law and District policy.

XII. CPR/AED Instruction (Ronald Rouse's Law).

- A. At least one (1) time during the entire four (4) years of grades nine (9) through twelve (12), each BCSD student shall receive instruction in cardiopulmonary resuscitation ("CPR"), which must include, but not be limited to, hands-only CPR and must include awareness in the use of an automated external defibrillator ("AED").
- B. The BCSD shall use a program incorporating the instruction of the psychomotor skills necessary to perform CPR developed by the American Heart Association, the American Red Cross, or an instructional program that is nationally recognized and based on the most current national evidence-based emergency cardiovascular care guidelines for CPR and awareness in the use of an AED.
- C. The BCSD shall coordinate with entities having the experience and necessary equipment for the instruction of CPR and awareness in the use of AEDs.
- D. The BCSD shall allow a waiver of the this requirement for any student who is absent on the day the instruction occurred, who is a student with a disability and whose individualized education program indicates such student is unable to complete all or a portion of the hands-only CPR requirement, or for a student whose parent or guardian completes, in writing, the BCSD approved waiver form opting out of hands-only CPR instruction and AED awareness.

XIII. Local Advisory Committee. Local school boards shall implement comprehensive health education programs, guidelines, and restrictions. To assist in the selection of components and curriculum materials, the BCSD Board of Education shall appoint a thirteen (13) member Local Advisory Committee. This committee shall consist of:

1. two parents;
2. three clergy;
3. two health professionals;
4. two teachers;
5. two students (one being the president of the student body of a high school) and;
6. two other persons not employed by the local school district.

Adopted: September, 2009

Revised: December, 2014; October, 2017; August, 2022; March, 2024

Legal References:

S. C. Code of Laws, 1976, as amended:

[Section 16-15-430](#), *et. seq.* - Sexual extortion, aggravated sexual extortion.

[Sections 59-29-10](#), [59-29-20](#), [59-29-30](#), [59-29-40](#) - Instruction required regarding the effects of alcohol and narcotics.

[Section 59-32-5](#), *et seq.* - Comprehensive Health Education Act.

State Board of Education Regulations:

[R43-231](#) – Defined program, grades K-5.

[R43-232](#) – Defined program, grades 6-8

[R43-234](#) - Defined program, grades 9-12.

[R-43-238](#) – Health Education Requirements.

Beaufort County Schools Coherent Governance Manual:

GC-1 Board Purpose.

GC-2 Governing Commitments (GC 2.1, 2.2, 2.3).

GC-3 Board Job Description (GC-3.4.b.c.d., 3.17).

GC-6 Annual Work Plan.

GC-11 Diversity Statement and Goals.

B/SR-4 Authority of the Superintendent.

B/SR-5.8 Superintendent Accountability.

OE-1 Global Operational Expectation.

OE-3 Treatment of Stakeholders (OE-3.1, 3.3).

OE-10 Communicating with the Board (OE-10.1, 10.2, 10.4, 10.6, 10.12, 10.16).

OE-11 Communicating with the Public (OE-11.1, 11.2.a.b.c).

OE-12 Instructional Program.

Beaufort County Schools