

Instruction

COMPREHENSIVE HEALTH EDUCATION

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Content of Instruction

The district's health education program shall include instruction at the appropriate grade levels in the following content areas:

1. Alcohol, tobacco, and other drugs
2. Human growth, development, and sexual health
3. Injury prevention and safety

Instruction related to injury prevention and safety may include, but is not limited to, first aid, protective equipment such as helmets, violence prevention, topics related to bullying and harassment, emergency procedures, and Internet safety.

4. Mental, emotional, and social health

Health education courses offered to middle and/or high school students shall include mental health instruction that meets the requirements of Education Code 51925-51927, as specified in Administrative Regulation 6143 - Courses of Study.

5. Nutrition and physical activity

6. Personal and community health

Instruction in personal and community health may include, but is not limited to, oral health, personal hygiene, sun safety, vision and hearing protection, transmission of germs and communicable diseases, symptoms of common health problems and chronic diseases, and the effect of behavior on the environment.

Within each of the above content areas, instruction shall be designed to assist students in developing:

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1. An understanding of essential concepts related to enhancing health
2. The ability to analyze internal and external influences that affect health
3. The ability to access and analyze health information, products, and services
4. The ability to use interpersonal communication skills, decision-making skills, and goal-setting skills to enhance health
5. The ability to practice behaviors that reduce risk and promote health
6. The ability to promote and support personal, family, and community health

High School Health Education

Whenever the Governing Board requires a course in health education for graduation from high school, the district's high school health education course(s) shall include instruction in:

1. Sexual harassment and violence, including, but not limited to, the affirmative consent standard as defined in Education Code 67386 (Education Code 51225.36)

When delivering such instruction, teachers shall consult information related to sexual harassment and violence in the Health Education Framework for California Public Schools. (Education Code 51225.36)

2. Compression-only cardiopulmonary resuscitation (CPR), which is based on national evidence-based emergency cardiovascular care guidelines for the performance of compression-only CPR and includes instruction relative to the psychomotor skills necessary to perform compression-only CPR (Education Code 51225.6)
3. Starting with the 2026-27 school year, the dangers associated with fentanyl use (Education Code 51225.38)

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Parent/Guardian Notification and Opt-Out

At the beginning of each school year or at the time of a student's enrollment, parents/guardians shall be notified that they may request in writing to opt their students out of participating in the following:

1. Anonymous, voluntary, and confidential tests, questionnaires, and surveys containing age-appropriate questions about students' attitudes concerning or practices relating to sex (Education Code 51938, 51939)
2. Any instruction in health that conflicts with the student's religious training and beliefs, including personal moral convictions (Education Code 51240)
3. Any instruction in sexual abuse and/or sexual assault awareness and prevention (Education Code 51900.6)
4. Any instruction in comprehensive sexual health and human immunodeficiency virus (HIV) prevention (Education Code 51938, 51939)
5. Any other instruction as permitted by law

Additionally, the district shall not administer any exam, survey, or questionnaire that contains questions about the student's or the student's family's personal beliefs or practices in sex, family life, morality, or religion unless the student's parent/guardian has given written permission. (Education Code 51513)

Involvement of Health Professionals

Health care professionals, health care service plans, health care providers, and other entities participating in a voluntary initiative with the district are prohibited from communicating about a product or service in a way that is intended to encourage persons to purchase or use the product or service. However, the following activities may be allowed: (Education Code 51890)

1. Health care or health education information provided in a brochure or pamphlet that contains the logo or name of a health care service plan or health care organization, if provided in coordination with the voluntary

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initiative

2. Outreach, application assistance, and enrollment activities relating to federal, state, or county-sponsored health care insurance programs if the activities are conducted in compliance with the statutory, regulatory, and programmatic guidelines applicable to those programs

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 Governing Board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State

5 CCR 11800-11801

Ed. Code 35183.5

Ed. Code 49413

Ed. Code 49430-49434

Ed. Code 49490-49494

Ed. Code 49500-49505

Ed. Code 51202

Ed. Code 51203

Ed. Code 51210

Ed. Code 51210.8

Ed. Code 51220.5

Ed. Code 51225.36

Ed. Code 51225.38

Ed. Code 51225.6

Ed. Code 51240

Ed. Code 51260-51269

Ed. Code 51513

Ed. Code 51880-51881.5

Ed. Code 51890-51891

Ed. Code 51900.6

Ed. Code 51913

Ed. Code 51920

Ed. Code 51925-51929

Ed. Code 51930-51939

Description

[District health education plan](#)

[Sun protection](#)

[First aid and cardiopulmonary resuscitation training](#)

[Pupil Nutrition, Health, and Achievement Act of 2001](#)

[School breakfast and lunch programs](#)

[School meals](#)

[Instruction in personal and public health and safety](#)

[Instruction on alcohol, narcotics and dangerous drugs](#)

[Course of study for grades 1-6](#)

[Health education curriculum](#)

[Parenting skills; areas of instruction](#)

[Instruction in sexual harassment and violence; districts that require health education for graduation](#)

Instruction in the dangers associated with fentanyl use

[Instruction in cardiopulmonary resuscitation; districts that require health education for graduation](#)

[Excuse from instruction due to religious beliefs](#)

[Drug education](#)

[Personal beliefs](#)

[Health education; legislative findings and intent](#)

[Comprehensive health education programs and community participation; definitions](#)

[Sexual abuse and sexual assault awareness and prevention instruction](#)

[District health education plan](#)

[Inservice training; health education](#)

[Mandatory mental health education and in-service training](#)

[California Healthy Youth Act](#)

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Ed. Code 67386

Ed. Code 8850.5

Federal

42 USC 1751-1769j

42 USC 1758b

42 USC 1771-1793

Management Resources

California Department of Education
Publication

California Department of Education
Publication

Court Decision

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

CSBA Publication

Human Rights Campaign Foundation
Publication

Society of Health & Physical
Educators Publication

US Department of Health and Human
Services Pub.

[Student safety; affirmative consent standard](#)

[Family relationships and parenting education](#)

Description

[School Lunch Program](#)

[Local wellness policy](#)

[Child Nutrition Act](#)

Description

[Health Education Framework for California Public
Schools: Kindergarten Through Grade Twelve, 2019](#)

[Health Education Content Standards for California
Public Schools: Kindergarten Through Grade Twelve,
2008](#)

[Mahmoud v. Taylor \(2025\) 606 U.S. ____ \(2025 WL
1773627\)](#)

[Integrating Oral Health into School Health Programs
and Policies, May 2010](#)

[Integrating Physical Activity into the School Day, April
2016](#)

[Preventing Catastrophic Health Illness, Governance
Brief, July 2018](#)

[The Impact of Marijuana Legalization on K-12: The
Effect of Marijuana on the Brain, November 2018](#)

[Why Schools Hold the Promise for Adolescent Mental
Health, Governance Brief, May 2019](#)

[Sun Safety in Schools, Policy Brief, July 2006](#)

[Asthma Management in the Schools, Policy Brief, March
2008](#)

[Student Wellness: A Healthy Food and Physical Activity
Policy Resource Guide, April 2006](#)

[Monitoring for Success: A Guide for Assessing and
Strengthening Student Wellness Policies, rev. 2012](#)

[Promoting Oral Health for California's Students: New
Roles, New Opportunities for Schools, Policy Brief,
November 2008](#)

[Promoting Healthy Relationships for Adolescents:
Board Policy Considerations, Governance Brief, August
2014](#)

[California LGBTQ Youth Report, January 2019](#)

[National Health Education Standards: Achieving
Excellence, rev. November 2012](#)

[Social Media and Youth Mental Health: The U.S.
Surgeon General's Advisory, 2023](#)

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US Dept of Health and Human
Services Publication

Website

Website

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[Our Epidemic of Loneliness and Isolation: The U.S.
Surgeon General's Advisory on the Health Effects of
Social Connection and the Community, 2023](#)

[SHAPE America, Society of Health and Physical
Educators](#)

[CSBA District and County Office of Education Legal
Services](#)

[Human Rights Campaign Foundation](#)

[U.S. Department of Health and Human Services](#)

[American School Health Association](#)

[California Association of School Health Educators](#)

[California Department of Education, Health Education](#)

[California Subject Matter Project, Physical Education-
Health Project](#)

[Center for Injury Prevention Policy and Practice](#)

[National Center for Health Education](#)

[National Hearing Conservation Association](#)

[Centers for Disease Control and Prevention](#)

[CSBA](#)

[California Department of Public Health](#)

[California Healthy Kids Resource Center](#)

Cross References

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[Goals For The School District](#)

[Equity](#)

[Comprehensive Safety Plan](#)

[Comprehensive Safety Plan](#)

[Accountability](#)

[Citizen Advisory Committees](#)

[Citizen Advisory Committees](#)

[Volunteer Assistance](#)

[Volunteer Assistance](#)

[Advertising And Promotion](#)

[Relations Between Other Governmental Agencies And
The Schools](#)

[Relations Between Private Industry And The Schools](#)

[Tobacco-Free Schools](#)

[Tobacco-Free Schools](#)

[Drug And Alcohol Free Schools](#)

[Environmental Safety](#)

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[Emergencies And Disaster Preparedness Plan](#)

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Regulation

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PASADENA UNIFIED SCHOOL DISTRICT

Pasadena, California