

Instruction

COMPREHENSIVE HEALTH EDUCATION

BP 6142.8

The Governing Board believes that health education should foster the knowledge, skills, and attitudes that students need in order to lead healthy lives and avoid high-risk behaviors, and that creating a safe, supportive, inclusive, and nonjudgmental environment is crucial to promoting healthy development for all students. The district's health education program shall be part of a coordinated approach to student health which recognizes that mental health and social connection are critical to overall health, well-being, and academic success; supports the physical, mental, and social well-being of students; reflects the importance of digital and media literacy; and is linked to district and community services and resources.

Goals for the district's health education program shall be designed to promote student wellness and shall include, but not be limited to, goals for nutrition promotion and education, physical activity, and other district-based activities that promote student well-being.

Any health education course offered to middle or high school students shall include instruction in mental health that meets the requirements of Education Code 51925-51926, and as specified in Administrative Regulation 6143 - Courses of Study.

The district shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades kindergarten-12 that is aligned with the state's content standards and curriculum framework and integrated with other content areas of the district's curriculum. The Superintendent or designee shall determine the grade levels and subject areas in which health-related topics will be addressed, in accordance with law, Board policy, and administrative regulation.

As appropriate, the Superintendent or designee shall involve school administrators, teachers, school nurses, health professionals representing various fields of health care, parents/guardians, community-based organizations, and other community members in the development, implementation, and evaluation of the district's health education program. Health and safety professionals may be invited to provide related instruction in the classroom, school assemblies, and other instructional settings.

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program, which may include, but not be limited to, a description of

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the district's program and the extent to which it is aligned with the state's content standards and curriculum framework, the amount of time allotted for health instruction at each grade level, student achievement of district standards for health education, and the manner in which the district's health education program supports the physical, mental, and social well-being of students.

Parent/Guardian Notification and Opt-Out

Parents/guardians shall be notified that they may request in writing to opt their students out of participating in instruction and assessments, including anonymous and confidential tests, questionnaires, and surveys, as specified in the accompanying administrative regulation. Students so excused shall be given an alternative educational activity. Additionally, a student shall not be subject to disciplinary action, academic penalty, or other sanction if the student's parent/guardian opts the student out of such instruction. (Education Code 51240, 51900.6, 51938, 51939)

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

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](#)

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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

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

[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](#)

[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](#)

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CSBA Publication	<u>Promoting Healthy Relationships for Adolescents: Board Policy Considerations, Governance Brief, August 2014</u>
Human Rights Campaign Foundation Publication	<u>California LGBTQ Youth Report, January 2019</u>
Society of Health & Physical Educators Publication	<u>National Health Education Standards: Achieving Excellence, rev. November 2012</u>
US Department of Health and Human Services Pub.	<u>Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023</u>
US Dept of Health and Human Services Publication	<u>Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Health Effects of Social Connection and the Community, 2023</u>
Website	<u>SHAPE America, Society of Health and Physical Educators</u>
Website	<u>CSBA District and County Office of Education Legal Services</u>
Website	<u>Human Rights Campaign Foundation</u>
Website	<u>U.S. Department of Health and Human Services</u>
Website	<u>American School Health Association</u>
Website	<u>California Association of School Health Educators</u>
Website	<u>California Department of Education, Health Education</u>
Website	<u>California Subject Matter Project, Physical Education-Health Project</u>
Website	<u>Center for Injury Prevention Policy and Practice</u>
Website	<u>National Center for Health Education</u>
Website	<u>National Hearing Conservation Association</u>
Website	<u>Centers for Disease Control and Prevention</u>
Website	<u>CSBA</u>
Website	<u>California Department of Public Health</u>
Website	<u>California Healthy Kids Resource Center</u>

Cross References

Policy	Description
0200	<u>Goals For The School District</u>
0415	<u>Equity</u>
0450	<u>Comprehensive Safety Plan</u>
0450	<u>Comprehensive Safety Plan</u>
0500	<u>Accountability</u>
1220	<u>Citizen Advisory Committees</u>
1220	<u>Citizen Advisory Committees</u>
1240	<u>Volunteer Assistance</u>
1240	<u>Volunteer Assistance</u>
1325	<u>Advertising And Promotion</u>
1400	<u>Relations Between Other Governmental Agencies And The Schools</u>

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1700	<i>Relations Between Private Industry And The Schools</i>
3513.3	<i>Tobacco-Free Schools</i>
3513.3	<i>Tobacco-Free Schools</i>
3513.4	<i>Drug And Alcohol Free Schools</i>
3514	<i>Environmental Safety</i>
3514	<i>Environmental Safety</i>
3516	<i>Emergencies And Disaster Preparedness Plan</i>
3516	<i>Emergencies And Disaster Preparedness Plan</i>
3543	<i>Transportation Safety And Emergencies</i>
3550	<i>Food Service/ Child Nutrition Program</i>
3550	<i>Food Service/ Child Nutrition Program</i>
3554	<i>Other Food Sales</i>
3554	<i>Other Food Sales</i>
4131	<i>Staff Development</i>
5020	<i>Parent Rights And Responsibilities</i>
5020	<i>Parent Rights And Responsibilities</i>
5022	<i>Student And Family Privacy Rights</i>
5022	<i>Student And Family Privacy Rights</i>
5030	<i>Student Wellness</i>
5131	<i>Conduct</i>
5131.2	<i>Bullying</i>
5131.2	<i>Bullying</i>
5131.6	<i>Alcohol And Other Drugs</i>
5131.6	<i>Alcohol And Other Drugs</i>
5131.62	<i>Tobacco</i>
5131.62	<i>Tobacco</i>
5131.63	<i>Steroids</i>
5131.63	<i>Steroids</i>
5137	<i>Positive School Climate</i>
5138	<i>Conflict Resolution/Peer Mediation</i>
5141	<i>Health Care And Emergencies</i>
5141	<i>Health Care And Emergencies</i>
5141.21	<i>Administering Medication And Monitoring Health Conditions</i>
5141.21	<i>Administering Medication And Monitoring Health Conditions</i>
5141.22	<i>Infectious Diseases</i>
5141.22	<i>Infectious Diseases</i>
5141.23	<i>Asthma Management</i>
5141.23	<i>Asthma Management</i>
5141.3	<i>Health Examinations</i>
5141.3	<i>Health Examinations</i>
5141.31	<i>Immunizations</i>
5141.31	<i>Immunizations</i>
5141.32	<i>Health Screening For School Entry</i>

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5141.4	<u>Child Abuse Prevention And Reporting</u>
5141.4	<u>Child Abuse Prevention And Reporting</u>
5141.5	<u>Mental Health</u>
5141.52	<u>Suicide Prevention</u>
5141.52	<u>Suicide Prevention</u>
5141.6	<u>School Health Services</u>
5141.6	<u>School Health Services</u>
5141.7	<u>Sun Safety</u>
5142	<u>Safety</u>
5142	<u>Safety</u>
5142.2	<u>Safe Routes To School Program</u>
5142.2	<u>Safe Routes To School Program</u>
5145.3	<u>Nondiscrimination/ Harassment</u>
5145.3	<u>Nondiscrimination/ Harassment</u>
5145.6	<u>Parent/ Guardian Notifications</u>
5145.6-E(1)	<u>Parent/ Guardian Notifications</u>
5145.7	<u>Sexual Harassment</u>
5145.7	<u>Sexual Harassment</u>
5145.9	<u>Hate-Motivated Behavior</u>
5146	<u>Married/ Pregnant/ Parenting Students</u>
6011	<u>Academic Standards</u>
6020	<u>Parent Involvement</u>
6020	<u>Parent Involvement</u>
6141	<u>Curriculum Development And Evaluation</u>
6141	<u>Curriculum Development And Evaluation</u>
6141.2	<u>Recognition Of Religious Beliefs And Customs</u>
6141.2	<u>Recognition Of Religious Beliefs And Customs</u>
6142.1	<u>Sexual Health And HIV/ AIDS Prevention Instruction</u>
6142.1	<u>Sexual Health And HIV/ AIDS Prevention Instruction</u>
6142.5	<u>Environmental Education</u>
6142.7	<u>Physical Education And Activity</u>
6142.7	<u>Physical Education And Activity</u>
6143	<u>Courses Of Study</u>
6143	<u>Courses Of Study</u>
6144	<u>Controversial Issues</u>
6145.2	<u>Athletic Competition</u>
6145.2	<u>Athletic Competition</u>
6145.8	<u>Assemblies And Special Events</u>
6146.1	<u>High School Graduation Requirements</u>
6161.1	<u>Selection And Evaluation Of Instructional Materials</u>
6161.1	<u>Selection And Evaluation Of Instructional Materials</u>
6161.1-E(1)	<u>Selection And Evaluation Of Instructional Materials</u>
6162.8	<u>Research</u>
6162.8	<u>Research</u>
6163.4	<u>Student Use Of Technology</u>

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6163.4-E(1)

[Student Use Of Technology](#)

6164.2

[Guidance/ Counseling Services](#)

6172

[Gifted And Talented Student Program](#)

6172

[Gifted And Talented Student Program](#)

6190

[Evaluation Of The Instructional Program](#)

Policy

PASADENA UNIFIED SCHOOL DISTRICT

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Pasadena, California

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