## Health Advisory Committee Recommendations

**Motion:** I move that the Beaufort County School District Board of Education support the recommendation from the Health Advisory Committee (HAC) that the middle and high school (textbook hardcopy) modules and lessons are removed, as the books are not alighted to the SC State Legislation Carolina Code of Laws Title 59-32-10 (1988 Act. No. 437, Section 3), and the 204 Act No 203 (H.4624), Section 2, eff. May 21, 2024. The HAC also recognizes that the publishing of the middle school supplement was prior to the 2024 Legislative update. As such, these materials are not aligned and should be discarded per the SC State Legislation Carolina Code of Laws Title 59-32-10 (1988 Act. No. 437, Section 3), and the 204 Act No 203 (H.4624), Section 2, eff. May 21, 2024.

**Executive Summary**
**Beaufort County School District**
**Board of Education**
**February 4, 2025**

| Health Advisory Committee (HAC) | |
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| Objective | In accordance with SC Code of Laws Title 59-32-30 (B) the Beaufort County School District Board of Education has established a HAC. Pursuant to South Carolina Code of Laws Title 59-32-30 (B) the HAC works to assist in the selection of components and curriculum materials and then makes recommendations to the school district's governing board. |
| **Health Advisory Committee Recommendations** | |
| Middle School State Adopted Health Textbook, Hardcopy | In accordance with SC Code of Laws Title 59-32-30 (B) the HAC upon review of the middle grades (6-8) state adopted textbook for the South Carolina Health Teen Health (Glencoe/ McGraw Hill, 2022) we bring forward the following recommendations:<br>• Omit sections of Module 3, Lesson 1<br>• Omit sections of Module 7, Lesson 3 |
| Middle School State Adopted Textbook, Online | Material included in the middle school online textbook are not alighted to the SC State Legislation Carolina Code of Laws Title 59-32-10 (1988 Act. No. 437, Section 3), and the 204 Act No 203 (H.4624), Section 2, eff. May 21, 2024. The HAC recognizes that the publishing of the middle school online textbook was prior to the 2024 Legislative update. As such, these materials are not aligned. |
| Middle School State Adopted Health Supplemental | In accordance with SC Code of Laws Title 59-32-30 (B) the HAC upon review of the middle grades (6-8) state adopted health textbook supplement, Glencoe Health (Glencoe/ McGraw Hill, 2021) we bring forward the following recommendations:<br>• Omit Module 3, Lesson 2<br>• Omit section in Module 3, Lesson 5<br>• Glossary<br>As a result, these modules and above lessons are not alighted to the SC State Legislation Carolina Code of Laws Title 59-32-10 (1988 Act. No. 437, Section 3), and the 204 Act No 203 (H.4624), Section 2, eff. May 21, 2024. The HAC recognizes that the publishing of the middle school supplement was prior to the 2024 Legislative update. As such, these materials are not aligned. |
| High School State Adopted Textbook, Hardcopy | In accordance with SC Code of Laws Title 59-32-30 (B) the HAC upon review of the high school state adopted health textbook supplement, Glencoe Health (Glencoe/ McGraw Hill, 2022) we bring forward the following recommendations:<br>• Omit sections of Module 6, Lesson 1<br>• Omit Module 6, Lesson 2<br>As a result, these modules and above lessons are not alighted to the SC State Legislation Carolina Code of Laws Title 59-32-10 (1988 Act. No. 437, Section 3), and the 204 Act No 203 (H.4624), Section 2, eff. May 21, 2024. |

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| High School State Adopted Textbook, Online | Material included in the high school online textbook are not alighted to the SC State Legislation Carolina Code of Laws Title 59-32-10 (1988 Act. No. 437, Section 3), and the 204 Act No 203 (H.4624), Section 2, eff. May 21, 2024. The HAC recognizes that publishing of the high school online textbook was prior to the 2024 Legislative update. As such, these materials are not aligned. |
| Parent Letter | Pursuant to South Carolina Code of Laws Title 59-32-50, notice must be provided sufficiently in advance of a student's enrollment in courses using these instructional materials to allow parents and legal guardians the opportunity to preview the materials and exempt their children. To ensure compliance with the law/regulation, BCSD has a letter of notice. |

Beaufort County School District ©

# Appendix B: Glossary

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| abstinence | The act or practice of abstaining; the act or practice of refraining from indulgences, drinking alcoholic beverages or engaging in sexual activity (Merriam-Webster, n.d.a) |
| active bystander | Someone who not only witnesses a situation, but takes steps to speak up or step in to keep a situation from escalating or to disrupt a problematic situation (Loyola-Coordinated Community Response Team, n.d.). |
| addiction | Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors (National Institute on Drug Abuse [NIH], n.d.a). |
| AIDS | Acronym for acquired immunodeficiency syndrome, a condition that results from HIV infection and is marked by the presence of opportunistic infections that do not affect persons with healthy immune systems (Center for Disease Control and Prevention [CDC], 2017). |
| ATOD | Acronym for alcohol, tobacco, and other drugs (Substance Abuse and Mental Health Services Administration [SAMHSA], 2015). |
| ATOD dependence | A state in which an organism functions normally only in the presence of a drug (particularly alcohol, tobacco, and other drugs), manifested as a physical disturbance when the drug is removed (withdrawal) (NIH, n.d.b). |
| blood donor | A person who gives blood for use in transfusion (Merriam-Webster, n.d.b) |
| boundaries | The physical, emotional and mental limits we establish to protect ourselves from being manipulated, used, or violated by others. They allow us to separate who we are, and what we think and feel, from the thoughts and feelings of others (Heford, n.d.). |
| bullying | Unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time (e.g. physical strength, access to embarrassing information, popularity, etc.) (U.S. Department of Health & Human Services [HHS], 2012a). |
| bystander | A person who is present at an event or incident but does not take part (Oxford Dictionary, n.d.a). |
| calories | The units of energy that measure how much energy food provides to the body. The body needs calories to function properly (Gavin, 2014). |
| communicable diseases | An illness caused by an infectious agent or its toxins that occurs through the direct or indirect transmission of the infectious agent or its products from an infected individual or via an animal, vector or the inanimate environment to a susceptible animal or human host (CDC, 2010). |

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| community health | Community health tends to emphasize on geographic areas instead of people who demonstrate shared or similar characteristics. Individuals who are part of a community health setting strive to implement programs that focus on the promotion of healthy living and prevention of diseases. Their emphasis is primarily on reaching out to specific populations within a community through efforts such as counseling, education and events (Reference.com, n.d.). |
| community helpers | A community helper can be defined as any person who helps with [public] health and overall well-being (dentists, doctors, construction workers, grocery store workers, etc) (Linde, n.d.). |
| coping strategies | Methods of dealing with internal or external demands that are perceived to be threatening or overwhelming (American Psychological Association [APA], n.d.a). |
| consent | Voluntary, positive agreement between the participants to engage in specific sexual activity. Verbal communication prior to engaging in sex helps to clarify consent (Northwestern-Student Affairs, n.d.). |
| CPR/AED | CPR (Cardiopulmonary Resuscitation) It is an emergency lifesaving procedure that is done when someone's breathing or heartbeat has stopped. This may happen after an electric shock, heart attack or drowning. CPR combines rescue breathing and chest compressions (U.S. National Library of Medicine [NLM], n.d.).<br>AED (Automatic External Defibrillator) A portable electronic device which is used to monitor cardiac rhythm, diagnose life threatening arrhythmias and automatically defibrillate by placing the pads directly on the patient's unclothed chest (The Free Dictionary, n.d.a). |
| crisis | An emotionally significant event or radical change of status in a person's life (Merriam-Webster, n.d.c). |
| cyberbullying | Bullying that occurs when people use the Internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person. Cyberbullying is a problem that affects almost half of all American teens (HHS, 2012b). |
| dating violence | The physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner (United States Centers for Disease Control and Prevention [CDC], 2016a). |
| depression | Depression is characterized by persistent sadness and sometimes irritability (particularly in children) and is one of the leading causes of disease or injury worldwide for both men and women (CDC, 2016b). |
| disordered eating | Disordered eating is a disturbed and unhealthy eating pattern that can include restrictive dieting, compulsive eating or skipping meals. Disordered eating can include behaviours which reflect many but not all of the symptoms of feeding and eating disorders such as Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Other Specified Feeding and Eating Disorders (OSFED) or Avoidant/Restrictive Food Intake Disorder (ARFID) (National Eating Disorders Collaboration [NEDC], 2017). |

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| distracted driving | Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving activities include things like using a cell phone, texting, and eating (CDC, 2016c). |
| domestic violence | The willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by a current or former intimate partner against another (National Coalition Against Domestic Violence [NCADV], n.d.). |
| drug | A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body (Oxford Dictionary, n.d.b). |
| emotional health | Emotional health is about being happy, self-confident, self-aware, and resilient. People who are emotionally healthy are able to cope with life's challenges and recover from setbacks (Helpguide.org, n.d.). |
| empathy | The ability to identify with or understand the perspective, experiences, or motivations of another individual and to comprehend and share another individual's emotional state (The Free Dictionary, n.d.b). |
| endocrine system | The endocrine system is the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among other things. The endocrine system is made up of the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, pancreas, ovaries (in females) and testicles (in males) (Zimmermann, 2016). |
| environment | The air, water, and land in or on which people, animals, and plants live; the conditions that people live or work in and the way that they influence how people feel or how effectively people can work (Cambridge Dictionary, n.d.). |
| environmental health | External physical, biological, social, and cultural factors that can influence health status in populations (A Dictionary of Epidemiology, n.d.). |
| evidence-based programs | Programs or interventions supported by credible scientific studies that find associated decreases in risk behaviors (e.g., delay in alcohol use, increase consumption of fruits and vegetables, delay in sexual initiation, or increase in condom-use) or adverse health outcomes (e.g., violence, alcohol-related motor vehicle accidents, HIV or other STD transmission) (CDC, 2012). |
| feeling | An awareness [of the human] body of something in it or on it; an emotional state or reaction; thoughts of wanting to help someone who is sick, hungry, in trouble, etc. (Merriam-Webster, n.d.d). |
| first aid | First-aid refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. It often consists of a one-time, short-term treatment and requires little technology or training to administer. First-aid can include cleaning minor cuts, scrapes, or scratches; treating a minor burn; applying bandages and dressings; the use of non-prescription medicine; draining blisters; removing debris from the eyes; massage; and drinking fluids to relieve heat stress (United States Occupational Safety and Health Administration [OSHA], n.d.). |

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| food label | A panel found on a package of food which contains a variety of information about the nutritional value of the food item. There are many pieces of information which are standard on most food labels, including serving size, number of calories, grams of fat, included nutrients, and a list of ingredients. This information helps people who are trying to restrict their intake of fat, sodium, sugar, or other ingredients, or those individuals who are trying to get enough of the healthy nutrients such as calcium or Vitamin C. The label provides each item with its approximate percent daily value, generally based on a 2,000 calorie diet (Business Dictionary, n.d.). |
| gateway drug | Drugs, such as alcohol and marijuana, whose use is thought to lead to the use of and dependence on a harder drug, such as cocaine or heroin (Merriam-Webster, n.d.e). |
| germ | A very small living thing that causes disease; the origin or basis of something; a very small amount of something (Merriam-Webster, n.d.f). |
| health (personal) | Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (World Health Organization [WHO], 1946). |
| health behaviors | Any activity undertaken for the purpose of preventing or detecting disease or for improving health and well-being (Conner, 2002). |
| health check-ups | A thorough physical examination; includes a variety of tests depending on the age and sex and health of the person (The Free Dictionary, n.d.c). |
| health risks | A disease precursor associated with a higher than average morbidity or mortality rate. Disease precursors include demographic variables, certain individual behaviors, familial and individual histories, and certain physiological changes (Mosby's Medical Dictionary, 2009). |
| health foods | Any natural food popularly believed to promote or sustain good health, as by containing vital nutrients, being grown without the use of pesticides, or having a low sodium or fat content (Dictionary.com, n.d.a). |
| health-related fitness | The components of physical fitness that are related to good health. The components are commonly identified as body composition, cardiovascular fitness, flexibility, muscular endurance, and strength (CDC, n.d.a). |
| HIV | HIV is a sexually transmitted infection. It can also be spread by contact with infected blood or from mother to child during pregnancy, childbirth or breast-feeding (Mayo Clinic Staff, 2015). |
| hormones | Hormones are special chemical messengers in the body that are created in the endocrine glands. These messengers control most major bodily functions, from simple basic needs like hunger to complex systems like reproduction, and even the emotions and mood (Hormone Health Network, n.d.). |
| human trafficking | Human trafficking is a modern-day form of slavery and involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act (United States Department of Homeland Security [DHS], n.d.). |
| hydration | The quality or state of being hydrated; especially the condition of having adequate fluid in the body tissues (Merriam-Webster, n.d.g). |

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| immunizations | Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease (WHO, n.d.a). |
| medicine | A substance or preparation used in treating disease (Merriam-Webster, n.d.h). |
| mental health | Mental health includes emotional, psychological, and social well-being. It affects how people think, feel, and act. It also helps determine how people handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of one's life, if one experiences mental health problems, one's thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:<br>Biological factors, such as genes or brain chemistry<br>Life experiences, such as trauma or abuse<br>Family history of mental health problems<br>(HHS, n.d.). |
| negotiation skills | The ability to resolve disputes and conflicts through a willingness to work with other people to reach solutions that everyone can live with (Fiske & Clark, 1996). |
| opioid | Opioids are a class of drugs that include the illegal drug heroin as well as powerful pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, fentanyl, and many others (United States National Institute of Health, National Institute on Drug Abuse [NIDA], 2016). |
| OTC drugs | Over the counter medicine is also known as OTC or nonprescription medicine. All these terms refer to medicine that you can buy without a prescription (United States Food and Drug Administration [FDA], 2016). |
| pathogens | Disease-causing microorganisms, including viruses and many bacteria, fungi, and protozoans (A Dictionary of Biology, n.d.). |
| peer pressure | A feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them (Merriam-Webster, n.d.i). |
| perinatal | Occurring during or pertaining to the phase surrounding the time of birth, from the twentieth week of gestation to the twenty-eighth day of newborn life (Dictionary.com, n.d.b). |
| postnatal care | The support provided to women and newborns for the first few months following birth (Reference MD, n.d.). |
| pregnancy prevention methods | Continuous abstinence, or any method, medicine, or device used to prevent pregnancy (Women's Health, n.d.). |
| prenatal | The health care a woman receives while pregnant (Office of Women's Health [OWH], 2012). |
| prescription drugs | A drug that can be obtained only by means of a physician's prescription (Merriam-Webster, n.d.i). |

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| protective factors | Conditions or attributes in individuals, families, communities, or society that, when present, reduce the risk for disorders and increase the health and wellbeing of children and families (Child Welfare Information Gateway, n.d.). |
| puberty | The period of life at which the ability to reproduce begins. It is a stage of development when genitalia reach maturity and secondary sex characteristics appear (Mosby's Dictionary of Medicine, n.d.). |
| rape | The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim (Federal Bureau of Investigation [FBI], n.d.). |
| refusal skills | Communication strategies that allow individuals to remove themselves from unwanted or harmful activities or behaviors (Resource Center for Adolescent Pregnancy Prevention, n.d.). |
| resiliency | The ability to adapt well in the face of adversity, trauma, tragedy, threats, and other sources of stress (APA, n.d.b). |
| risk(y) behaviors | Risk(y) behaviors contribute to unintentional injuries and violence; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; alcohol, tobacco and other drug use; unhealthy dietary behaviors; and inadequate physical activity (CDC, 2016). |
| safe adult | An adult a child identifies as someone they can talk to if they come in contact with someone or something that makes them uncomfortable. Safe adults exhibit behaviors that make a child feel comfortable. Some examples may include: exhibiting appropriate boundaries with the child, respecting the child and their emotions, listening to the child and providing space for them to share these feelings, helping a child when needed, and respecting their boundaries (The Canadian Center for Child Protection, 2011). |
| screen time | The time spent viewing TV/video, computer, electronic games, hand-held devices or other visual devices (Healthy Michigan Plan, n.d.). |
| secondhand smoke | Secondhand smoke is the combination of smoke from the burning end of the cigarette and the smoke breathed out by smoker (United States Surgeon General [U.S. Surgeon General], n.d.). |
| self-concept | The conception and evaluation of yourself which includes physical and psychological skills, and qualities which make us who we are. Also called self-appraisal; self-assessment; self-evaluation. A strong opinion about one's self (Psychology Dictionary, n.d.). |
| sexual abuse | Unwanted sexual activity, with perpetrators using force, making threats, or taking advantage of victims not able to give consent (APA, n.d.c). |
| sexual assault | Any type of sexual contact or behavior that occurs without the explicit consent of the recipient. Falling under the definition of sexual assault are sexual activities such as forced sexual intercourse, forcible sodomy, child molestation, incest, fondling, and attempted rape (United States Department of Justice [DOJ], 2017). |
| sexual harassment | Sexual harassment includes unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature in the workplace or learning environment (Rape, Abuse & Incest National Network [RAINN], n.d.). |

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| sexuality | The quality or state of being sexual. The condition of having sex (Merriam-Webster, n.d.k). |
| sexting | The sending of sexually explicit photos, images, text messages, or e-mails by using a cell phone or other mobile device (Dictionary.com, n.d.c). |
| six essential nutrients | Carbohydrates, fats, proteins, minerals, vitamins, and water – the chemical elements found in food and required for the body to perform essential functions (Successful Aging, n.d.). |
| skill-related fitness | Those components of physical fitness that are related to enhanced performance in sports and motor skills: agility, balance, coordination, power, speed, and reaction time (President's Council on Physical Fitness and Sports, 2000). |
| SMART goal | Goals that are: Specific, Measurable, Achievable, Relevant, and Time Sensitive (The Teen Compass, n.d.). |
| social health | The social determinants of health are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. The social determinants of health are mostly responsible for health inequities - the unfair and avoidable differences in health status seen within and between countries (WHO, n.d.b). |
| social norms | The customary rules that govern behavior in groups and societies (Stanford Encyclopedia of Philosophy, 2011). |
| STIs/STDs | Acronym for sexually transmitted infections/sexually transmitted diseases, and refers to a variety of clinical syndromes and infections caused by pathogens that can be acquired and transmitted through sexual activity (CDC, 2015). |
| valid | Well-grounded or justifiable, being at once relevant and meaningful (Merriam-Webster, n.d.l). |
| wellness | The term wellness has been applied in many ways. Although there might be different views on what wellness encompasses, the National Wellness Institute – along with the help of leaders in health and wellness – shared many interpretations and models of wellness. Through this discussion, there appears to be general agreement that:<br>Wellness is a conscious, self-directed and evolving process of achieving full potential<br>Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment<br>Wellness is positive and affirming<br>The definition of wellness, long used by the National Wellness Institute is consistent with these tenets. Wellness is an active process through which people become aware of, and make choices toward, a more successful existence (Hettler, n.d.). |

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| withdrawal | Withdrawal refers to the physical problems and emotions a person experiences if he/she is dependent on a substance (such as alcohol, prescription medicines, or illegal drugs) and then suddenly stops or drastically reduce his/her intake of the substance. Symptoms of withdrawal are caused by decreased amounts of alcohol or drugs in the blood or tissues of a person who has grown accustomed to prolonged heavy use and who then suddenly stops. Withdrawal syndrome is a set of symptoms that occur when one decreases or stops drinking or using drugs after using alcohol or drugs for a long time (WebMD, n.d.). |

# Appendix C: References


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