

## Instruction

### Administrative Procedure - Comprehensive Health Education Program

105 ILCS 5/27-215, added by P.A. 104-391, requires the District to implement a Comprehensive Health Education Program (CHEP). CHEP is a systematic and extensive educational program designed to provide a variety of learning experiences based upon scientific knowledge of the human organism as it functions within its environment which will favorably influence the knowledge, attitudes, values, and practices of Illinois [students]; and which will aid [students] in making wise personal decisions in matters of health. 105 ILCS 5/27-210, added by P.A. 104-391. For ease of administration, this procedure also includes health-related curriculum topics outside of CHEP that appear in other sections of the School Code.

Unless limited to specific grades, the following major educational areas are the basis for curricula in the District's CHEP in all elementary and secondary schools:

1. Human ecology and health;
2. Human growth and development;
3. In all grades, age- and developmentally appropriate sexual abuse, consistent with *Erin's Law*, abuse during pregnancy, and assault awareness and prevention education. Through grade 12, an age-appropriate and evidence-informed curriculum pursuant to *Erin's Law* will provide instruction pursuant to Board policy 4:165, *Awareness and Prevention of Child Sexual Abuse and Grooming Behaviors*.
4. In all grades, safety education in the courses of study regularly taught with instruction about:
  - a. Automobile safety, including traffic regulations, highway safety, and the consequences of alcohol consumption and the operation of a motor vehicle;
  - b. Safety in the home, including safe gun storage;
  - c. Safety in connection with recreational activities;
  - d. Safety in and around school buildings;
  - e. Safety in connection with vocational work or training;
  - f. For students in grades 9 through 11, CPR subject to the excusal limitations in the first aid item 26, below; and
  - g. For students in grades 6 through 8, CPR and how to use an AED by watching a training video on those subjects.
  - h. For students enrolled in pre-K through grade 6, water safety that incorporates evidence-based water safety instructional materials and resources.
5. In grades K through 8, education must be available to students concerning effective methods of preventing and avoiding traffic injuries related to walking and bicycling.
6. In each year for grades K through 4, age- and developmentally appropriate instruction, study, and discussion of effective methods for the prevention and avoidance of drugs and the dangers of opioid and substance abuse.
7. In all grades, instruction, study, and discussion of effective methods by which students may recognize the danger of abduction and how to avoid it.
8. In grades 5 through 12, age- and developmentally appropriate classroom instruction on alcohol and drug use and abuse, including:

- a. The physical and legal effects and ramifications of drug and substance abuse that integrates into existing curricula;
  - b. Information from the Ill. State Board of Education's (ISBE) *Substance Use and Prevention and Recovery Instruction Resource Guide*; and
  - c. Either as part of existing curricula during the school day or as part of an after-school program, support services and instruction for students who are or students whose parents/guardians are chemically dependent.
9. In grades 6-12, instruction, study, and discussion on the dangers of fentanyl, which must include the following for grades 9-12:
- a. Information on fentanyl itself including its variations, an explanation of the differences between synthetic and nonsynthetic opioids and illicit drugs, and the differences between the legal and illegal uses of fentanyl.
  - b. Side effects and risk factors of using fentanyl, along with information comparing the lethal amounts of fentanyl to other drugs. Information on risk factors may include: (1) the lethal dose of fentanyl, (2) how often fentanyl is placed in drugs without a person's knowledge, (3) an explanation of what fentanyl does to a person's body and the severity of its addictive properties, and (4) how the consumption of fentanyl can lead to hypoxia, as well as an explanation of precisely what hypoxia does to a person's body.
  - c. Details about the process of lacing fentanyl in drugs and why drugs get laced with fentanyl.
  - d. Details about how to detect fentanyl in drugs and how to save someone from an overdose of fentanyl, including: (1) how to buy and use fentanyl strips, (2) how to buy and use naloxone, either through a nasal spray or an injection, and (3) how to detect if someone is overdosing on fentanyl.
10. In grades 6-12, parenting education that includes instruction in the following:
- a. Child growth and development, including prenatal development.
  - b. Childbirth and child care.
  - c. Family structure, function, and management.
  - d. Prenatal and postnatal care for mothers and infants.
  - e. Prevention of child abuse.
  - f. The physical, mental, emotional, social, economic, and psychological aspects of interpersonal and family relationships.
  - g. Parenting skill development.
11. Family life, specifically its emotional, psychological, physiological, hygienic and social responsibilities, and including evidence-based and medically accurate information regarding sexual abstinence; and in grades 6 through 12, instruction on the prevention, transmission, and spread of AIDS; except if a student's parent/guardian submits written objection to taking or participating in family life course or AIDS prevention instruction, and refusal to take or participate in the family life course or AIDS prevention instruction shall not be reason for suspension or expulsion of the student. See exhibit 6:60-AP1, E1, *Requests to Examine Materials and Statutory Opt-outs*.
12. Comprehensive personal health and safety and comprehensive sexual health education (NSES); except no student shall be required to take or participate in any NSES class or course, and a student's parent/guardian may opt the student out of NSES by submitting the request in writing or using exhibit 6:60-AP1, E1, *Requests to Examine Materials and*

*Statutory Opt-outs.* Refusal to take or participate in an NSES course or program may not be a reason for disciplinary action, academic penalty, suspension, or expulsion or any other sanction of a student. Active parental consent for their child to participate in NSES is not required. See administrative procedure 6:60-AP2, *Comprehensive Personal Health and Safety and Sexual Health Education Program (National Sex Education Standards (NSES))*.

13. Course materials and instruction to advise students about the Abandoned Newborn Infant Protection Act, 325 ILCS 2/;
14. The prevention and control of disease;
15. In grades 7 through 12, teen dating violence awareness;
16. In grades 7 through 12, instruction about the prevention of abuse of anabolic steroids in science, health, drug abuse, physical education, or other appropriate courses of study. Instruction shall emphasize that the use of anabolic steroids presents a serious health hazard to persons who use steroids to enhance athletic performance or physical development. In addition, coaches and sponsors of interscholastic athletic programs shall provide instruction on steroid abuse prevention to students participating in these programs.
17. In grade 9 or 10, one unit of instruction in either grade about donations and transplants of organs/tissue and blood, except if a student's parent/guardian files written objection on constitutional grounds, but refusal to take or participate in the instruction shall not be reason for suspension or expulsion of a student or result in any academic penalty.
18. Public and environmental health;
19. Safety education and disaster preparedness;
20. Mental health and illness that evaluates the multiple dimensions of health by reviewing the relationship between physical and mental health to enhance student understanding, attitudes, and behaviors that promote health, well-being, and human dignity and must include how and where to find mental health resources and specialized treatment in the State.
21. Personal health habits;
22. Nutrition;
23. Dental health;
24. Cancer, including, without limitation, types of cancer, signs and symptoms, risk factors, the importance of early prevention and detection, and information on where to go for help;
25. Basic first aid including, but not limited to:
  - a. In grades 9-12, Cardiopulmonary resuscitation (CPR) and the Heimlich maneuver, including training on how to properly administer CPR in accordance with standards of the American Red Cross, the American Heart Association, or another nationally recognized certifying organization, except if a student's parent/guardian submits written objection, but refusal to participate in the training shall not be a reason for suspension or expulsion of the student; and
  - b. In grades 9-12, how to use an automated external defibrillator (AED) shall be included, except if a student's parent/guardian submits written objection, but refusal to participate in the training shall not be a reason for suspension or expulsion of the student.

26. In grades 9 through 12, instruction, study, and discussion on the dangers of allergies, including recognizing the signs and symptoms of an allergic reaction, the steps to take to prevent exposure to allergens, and safe emergency epinephrine administration.
27. Heart disease;
28. Diabetes;
29. Stroke;
30. The prevention of child abuse and neglect;
31. Suicide prevention pursuant to Board policy 7:290, *Suicide and Depression Awareness and Prevention*; and
32. Consent education, which must be age- and developmentally appropriate and which shall require only instruction aligning with the definition of *consent* in 105 ILCS 5/27-215(a).

Parent/Guardian Opt-outs

Refusal to take or participate in any course or program that allows parents/guardians to opt their children out shall not be reason for disciplinary action or academic penalty to the student. The District will provide exhibit 6:60-AP1, E1, *Requests to Examine Materials and Statutory Opt-outs* to parents/guardians wishing to opt out of content in CHEP.

February 2023  
February 2024  
May 2024  
March 2025  
February 2026