BSD K-12 Health

Health -
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BEAVERTON SCHOOL DISTRICT

State of Health

The state of Oregon adopted new K-12 Health Education Standards in 2023. These standards reflect updated National Health Education Standards, National Sexuality Education Standards, research on best practices in health education, newly passed Oregon laws, and adolescent health data from student health surveys. In response to years of feedback, these standards were also made more concise and more readily accessible for schools and educators to use.

These standards reflect Oregon's commitment to **equity**, **excellence**, and **access** for every student and serve as the foundation for instruction, assessment, and high-quality instructional materials selection and implementation.

Every student, every day, is engaged in meaningful, affirming, grade-level instruction.

Focus of the Work

Our work will focus on four connected areas:

1. Align to the most recent Oregon Health Education Standards
Ensure our K–12 program reflects the 2023 Oregon Health Education Standards and current expectations for high-quality health education.

2. Evaluate and recommend high-quality instructional materials
Identify materials that are standards-aligned, skills-based, evidence-informed, inclusive, developmentally appropriate, and relevant to the needs of our students.

3. Use Equity Lens throughout the process
When making decisions and taking action, seek different perspectives, ensure access, and determine who benefits or is burdened by decisions.

4. Review and update the Comprehensive Health Education Guide (During Implementation)
Use this opportunity to strengthen our district-wide vision, scope, sequence, and instructional guidance for K–12 health education.

K-12 Health Instruction - Areas of Focus

The **2023 Oregon K–12 Health Education Standards** are organized into **eight topic areas**, with **knowledge and skills** progressing across K-12. ODE describes them as a coherent set of expectations for the knowledge, skills, and practices students develop throughout their education.

2018 Adoption	Upcoming Selection (K-12)
• Injury Prevention and Safety	• Safety and First Aid
• Elementary: Growth and Development	• Growth and Development
• Secondary: Sexual Health	• Sexual and Reproductive Health
• Mental, Emotional, and Social Health	• Social, Emotional, and Mental Health
• Disease Prevention	• Wellness and Health Promotion
• Healthy Eating	• Food, Nutrition, and Physical Activity
• Violence Prevention	• Healthy Relationships and Violence/Abuse Prevention
• Drug Prevention	• Substance Use, Misuse, and Abuse
• Erin’s Law (Sexual Abuse Prevention)	• Erin’s Law (Sexual Abuse Prevention)

Oregon's Integrated Approach to Health

The health standards have connections between Health Education and other ODE statewide initiatives and efforts. These connections support a comprehensive educational approach, where Health Education can be part of a well-rounded education for our students.

The revised standards include the integration of:

- Transformative Social Emotional Learning (TSEL) Standards
- Tribal History/Shared History Lessons
- Oregon Student Success Plans
- Integration with Other Content Areas

National Health Education Research/Data

***95%+** of U.S. youth ages 5–17 are in a part of our schools each day.*



Quality Health Education Can Make a Difference

Research summarized by CDC indicates that quality health education can influence multiple health outcomes including contributing to reductions in health-risk behaviors, increased mental-health help-seeking, and improved academic outcomes.

Health education is not “one more thing” schools do. It gives students knowledge and skills they use to be healthy, safe, engaged learners—now and throughout their lives.

Oregon Health Education Data

The Oregon Student Health Survey Gives Us a Student Voice

The OHA Student Health Survey (Washington County data) is administered to Oregon students in grades 6, 8 and 11 and provides data on student health and well-being, including mental and behavioral health, sexual and reproductive health, substance use, school climate, safety and protective factors.

Students need opportunities to:

🧠 Understand and support their mental & behavioral health
🤝 Build healthy relationships & meaningful connections
🚭 Make informed decisions about substance use
❤️ Navigate sexual & reproductive health
🛡️ Recognize risks and promote safety
🥗 Support their physical health, nutrition & wellness
🏥 Access reliable information, resources & health care

Our students are telling us they need more than health information—they need the knowledge and skills to navigate real life.

Language Access & Multilingual Learners

Health education, including high quality materials, must provide:

- Language Access
- Meaningful Participation (oral language)
- Linguistic and Cultural Responsiveness



We are not lowering the language or cognitive demand of health education. We are removing language barriers so students can access the same rigorous learning.

Homework Review Process

Reflect on the "homework" you did, referring to the ODE guidance and resources.

Think about the purpose of health education. We all bring different experiences and perspectives to this work, but ultimately, this is about our students. Let's center their voices and experiences as we consider what students really need from health education today.

What matters most?
What do you believe students need to know, understand, and be able to do through health education?

From fear to confidence
What would health education look and sound like if our goal was to help students feel informed, capable, and confident—not scared or judged?

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Thank You!

- Materials Selection Committee Websites
  - Meeting Notes, Documents and More
  - Under Construction
- Closing

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