
Instruction**Administrative Procedure - Comprehensive Health Education Program**

The District's comprehensive health education program shall include the following:

1. The health program for all grades shall include, as developmentally appropriate, human ecology and health; human growth and development; instruction in sexual abstinence; prevention and control of disease, and course material and instruction to advise students of the Abandoned Newborn Infant Protection Act.. The program shall include information about 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.
2. The grades 6-8 health program shall include the prevention, transmission and spread of HIV; public and environmental health; consumer health; safety education and disaster survival; mental health and illness; personal health habits; alcohol and drug use and abuse (including the medical and legal ramifications of alcohol, drug, and tobacco use, abuse during pregnancy); sexual abstinence; tobacco; nutrition; and dental health.
3. The following areas may also be included in the curricula: basic first aid (including cardiopulmonary resuscitation and the Heimlich maneuver), heart disease, diabetes, stroke, the prevention of child abuse and neglect, and suicide; and teen dating violence in grade 8.
4. In grades 5-8, the health program shall include instruction on alcohol and drug use and abuse, including the consequences of drug and substance abuse.
5. Students should be provided with age-appropriate information about the dangers of drug abuse. The District's educational program shall offer drug education units that are integrated into the curricula and are designed to promote effective methods for the prevention and avoidance of drug and substance abuse.
6. The program shall include the prevention of abuse of anabolic steroids. In addition, coaches and sponsors of interscholastic athletic programs shall provide instruction on steroid abuse prevention to students in grades 7 through 8 participating in these programs.
7. The family life and sex education program shall be developed in a sequential pattern and related in depth and scope to the students' physical, emotional, and intellectual maturity level. Family life courses offered in grades 6-8, shall include information regarding the alternatives to abortion and information regarding the prevention, transmission, and spread of HIV. Course content shall be age-appropriate. Class sessions which deal exclusively with human sexuality may be conducted separately for males and females.
8. The health program in grades kindergarten through 8 shall include annual instruction on the danger of and how to avoid abduction as part of the District's regular curriculum. Students shall be given, as appropriate, information on child sexual abuse.
9. Students shall be provided parenting education in grades 6 through 8.
10. Students in grades 6 through 8 shall receive instruction for decreasing self-destructive behavior, including methods for increasing life-coping skills, self-esteem, and parenting skills of adolescents and teenagers as a deterrent to their acceptance or practice of self-destructive actions.
11. All students shall receive age-appropriate instruction on motor vehicle safety and litter control.
12. All students shall receive instruction on bus riding safety.

No student shall be required to take or participate in any class or course on HIV, family life instruction, sex abuse, or organ/tissue transplantation, if his or her parent(s)/guardian(s) submit a

written objection to the Building Principal. Parents/guardians of students in grades kindergarten through 8 shall be given at least 5 days written notice before instruction on avoiding sex abuse begins. Refusal to take or participate in any such course or program shall not be reason for disciplinary action or academic penalty.

Parents/guardians shall be provided the opportunity to preview all print and non-print materials used for instructional purposes. Forms to request a review are available on the District web page and by contacting the building principal.

LEGAL REF.: 105 ILCS 5/27-9.1, 5/27-13.2, 5/27-17, 5/27-23, 5/27-23.1, 5/27-23.3, 5/27-23.5, 5/27-26, and 110/3.

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