

Instruction

Administrative Procedure - Comprehensive Health Education Program

The major educational areas of the District's comprehensive health education program are described below:

1. In all elementary and secondary schools the health program shall include human ecology and health; human growth and development; the emotional, psychological, physiological, hygienic, and social responsibilities of family life (including, in grades 6 through 12, instruction about both abstinence and contraception for the prevention of pregnancy and sexually transmitted diseases, including HIV/AIDS); 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. ¹
2. In grades pre-K through 12, age appropriate sexual abuse and assault awareness and prevention education shall be included in a child sexual abuse prevention program. ² Through grade 5, the comprehensive health education program will provide one to four age-appropriate instructional sessions per school year to instruct students to (a) recognize and report sexual abuse, and (b) focus on methods to reduce students' vulnerability to sexual abuse. ³
3. The grades 6-12 health program shall include the prevention, transmission and spread of AIDS; 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 and abuse during pregnancy); emphasis that sexual abstinence is a responsible and positive decision; tobacco; nutrition; and dental health. ⁴
4. The following areas may also be included in the curricula: basic first aid (including cardiopulmonary resuscitation and the Heimlich maneuver); in grades 6-8, video training on cardiopulmonary resuscitation and how to use an automated external defibrillator; heart disease; diabetes; stroke; the prevention of child abuse, neglect, and suicide; and age appropriate education about the warning signs, recognition, dangers, and prevention of teen dating violence in grades 7 through 12. ⁵

The footnotes should be removed before the material is used.

¹ Required by 105 ILCS 110/3.

² Id.

³ This sentence restates the basic recommendations for a child sexual abuse prevention program required by 105 ILCS 110/3 and *Erin's Law* (105 ILCS 5/10-23.13, and pg. 16 of the *Erin's Law* Taskforce Final Report to Governor Quinn at: www.isbe.net/Documents/erins-law-final0512.pdf.

⁴ Id. at f/n 1.

⁵ 105 ILCS 5/27-17 and 110/3, amended by P.A. 98-190. See board policy 7:185, *Teen Dating Violence Prohibited*. A toolkit about teenage dating abuse is available online. It is titled *Preventing, Assessing, and Intervening in Teenage Dating Abuse: A Training for Specialized Instructional Support Personnel*. Materials include a PowerPoint and handouts. See safesupportivelearning.ed.gov/index.php?id=1511.

5. In secondary schools, the program shall include: (1) cardiopulmonary resuscitation (CPR) training from a nationally recognized certifying organization, e.g., American Heart Association or American Red Cross, and (2) how to use an AED. **6**
6. In grades 5-12, the health program shall include instruction on alcohol and drug use and abuse, including the consequences of drug and substance abuse. **7**
7. In grades K-8, 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. **8**
8. In grades 7-12, 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 participating in these programs. **9**
9. 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 6-12, shall include information regarding the alternatives to abortion and information regarding the prevention, transmission, and spread of AIDS. Course content shall be age-appropriate. **10**

Class sessions which deal exclusively with human sexuality may be conducted separately for males and females.
10. The health program in grades K-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. **11**
11. Students shall be provided parenting education in grades 6-12. **12**
12. Students shall be provided safety education in all grades. **13**
13. All students shall receive age-appropriate instruction on motor vehicle safety and litter control. **14**

The footnotes should be removed before the material is used.

6 105 ILCS 110/3, amended by P.A. 98-632. It requires *secondary schools* to include these trainings in the curricula. 105 ILCS 5/22-22 defines *secondary education* as the curriculum offered by a school district or an attendance center or centers serving grades 9 through 12 or grades 10 through 12.

7 *Id.* House Resolution 824 (2014), see f/n 4 in policy 6:60, *Curriculum Content*, for more information on this resolution urging all schools in Illinois to educate youth about the dangers associated with the use of heroin.

8 105 ILCS 5/27-13.2.

9 Required by 105 ILCS 5/27-23.3, as implemented by 23 Ill.Admin.Code §1.420(u).

10 Course requirements are mandated by 105 ILCS 5/27-9.1 and 5/27-9.2, but offering the course is optional. 105 ILCS 5/27-9.1, amended by P.A. 98-441, eff. 1-1-14, lists several requirements for sex education courses that discuss sexual intercourse. The law also requires instruction about the dangers of drug and alcohol consumption during pregnancy.

11 The first sentence is required by 105 ILCS 5/27-13.2 and 23 Ill.Admin.Code §1.420(t). The second sentence is optional according to 105 ILCS 5/27-13.2. See also f/n 3 above for a discussion about *Erin's law*.

12 Course requirements are mandated by 105 ILCS 5/27-23.1, but offering the course is optional.

13 Optional according to 105 ILCS 5/27-17.

A repealed statute required ISBE to develop a model program for "reduction of self-destructive behavior" and invited districts to include such instruction in their curriculum (105 ILCS 5/27-23.2). ISBE never developed the program but any district that includes such instruction may add this provision, amending it to reflect its program: "Students in grades 6-12 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."

14. Students in grades 9 or 10 shall receive instruction on donations and transplants of organs/tissue and blood. **15**

No student shall be required to take or participate in any class or course on AIDS, family life instruction, sex abuse, or organ/tissue transplantation, if his or her parent/guardian submits 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. **16**

Parents/guardians shall be provided the opportunity to preview all print and non-print materials used for instructional purposes. **17**

LEGAL REF.: 105 ILCS 5/27-9.1, 5/27-9.2, 5/27-13.2, 5/27-17, 5/27-23.1, 5/27-23.3, 5/27-23.5, 5/27-26, and 110/3.

14 Optional. Formerly required by 105 ILCS 5/27-23 and now repealed by P.A. 96-734. Delete this sentence if the district no longer provides this education.

15 Optional according to 105 ILCS 5/27-23.5.

16 Required by 105 ILCS 5/27-9.1, amended by P.A. 98-441, 5/27-13.2, and 5/27-23.5.

17 Id.