

HEALTH EDUCATION PROGRAM

Date: April 23, 2002

The Columbia County Board of Education recognizes the importance of the development of desirable habits, attitudes, knowledge and skills related to individual, family and community health and safety.

(1) Definitions.

- (A) Alcohol and Other Drug Use Education - A planned program of instruction provides information about the use, misuse, and abuse of alcohol, tobacco, legal and illegal drugs.
- (B) Disease Prevention Education - A planned program of instruction that provides information on how to prevent chronic and infectious diseases, including sexually transmitted diseases.
- (C) Sex Education/**HIV/AIDS** Education - A planned program that shall include instruction relating to the handling of peer pressure, promotion of high self-esteem, local community values, and abstinence from sexual activity as an effective method of preventing pregnancy and sexually transmitted diseases. This instruction shall emphasize abstinence from sexual activity until marriage and fidelity in marriage as important personal goals.

(2) Requirements.

- (A) The Columbia County Board of Education shall develop and implement an accurate, comprehensive health and physical education program that shall include information and concepts in the following areas.
 - (1) Alcohol and other drug use
 - (2) Disease prevention
 - (3) Environmental health
 - (4) Nutrition
 - (5) Personal health
 - (6) Sex education/**HIV/AIDS** education
 - (7) Safety
 - (8) Mental health
 - (9) Growth and development
 - (10) Consumer health
 - (11) Community health
 - (12) Health careers
 - (13) Family living
 - (14) Motor skills
 - (15) Physical fitness

(see next page)

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- (16) Lifetime sports
- (17) Outdoor education

- (B) Each school containing any grade K-5 shall provide a minimum of 90 contact hours of instruction at each grade level K-5 in health and physical education. **Students in grades K-5 will receive a minimum of 120 minutes of physical education a week.**
- (C) **Students in grade 6-8 will receive a minimum of 18 weeks of health and physical education annually. (30 days health/60 physical education)**
- (D) Each school containing any grade 9-12 shall make available instruction in health and physical education.
- (E) Each school containing any grade K-12 shall provide alcohol and other drug use education on an annual basis at each grade level.
- (F) The Columbia County Board of Education shall develop procedures to allow parents and legal guardians to exercise the option of excluding their child from sex education and **HIV/AIDS** prevention instructional programs.
 - a. Sex education and **HIV/AIDS** education shall be a part of a comprehensive health program.
 - b. Prior to the parent or legal guardian making a choice to allow his or her child or ward to take the specified unit of instruction, he or she shall be told what instruction is to be provided and have the opportunity to review all instructional materials to be used, print and non-print. Any parent or legal guardian of a child to whom a course of study in sex education is to be taught shall have the right to elect, in writing, that such child not receive such course of study.
- (G) The Columbia County Board of Education shall establish a committee to review periodically sex/**HIV/AIDS** education instructional materials and make recommendations concerning age/grade level use. Recommendations made by the committee shall be approved by the Columbia County Board of Education before implementation. The committee shall be composed primarily of non-teaching parents who have children enrolled in the Columbia County public schools and who represent the diversity of the student body augmented by others such as educators, health professionals and other community representatives. The committee shall also include a male and female student currently attending the 11th or 12th grade in Columbia County Schools.

PROCEDURE: NO
ADOPTED: 11/9/87
REVISED: 10/1/97, 8/10/99, 8/10/01
Columbia County Board of Education