

## HEALTH EDUCATION

Code **IHAM** Issued **10/18**

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The school district is committed to a sound, comprehensive health education program that is an integral part of each student's general education.

The district will fulfill its responsibility by providing a comprehensive program of health education in grades K through 12.

Comprehensive health education includes instruction that maintains, reinforces, or enhances the health, health-related skills, and health attitudes and practices of students that are conducive to their well-being. Health education will consist of appropriate, sequential instruction in health that is delivered as part of existing courses or as a separate course. Instruction will promote knowledge and skills that promote wellness, health maintenance, and disease prevention.

Instruction will be consistent with the *South Carolina Academic Standards for Health and Safety Education*, and will cover the following:

- community health
- consumer health
- environmental health
- growth and development
- nutritional health
- personal health
- prevention and control of diseases and disorders
- safety and accident prevention
- substance use and abuse
- dental health
- mental and emotional health
- reproductive health education
- instruction on sexual abuse and assault awareness and prevention
- domestic violence
- lifesaving techniques
- opioid abuse prevention

Reproductive health education, pregnancy prevention education, and family life education will be delivered in accordance with state law.

The administration will develop a method whereby principals notify parents/legal guardians of students in the relevant grades of the content of the instructional materials concerning reproductive health, family life, sexually transmitted diseases (if this is a separate component), and pregnancy prevention. The notice will inform parents/legal guardians of their option to exempt their child from this instruction.

Teachers who provide instruction in health education will have professional preparation in the subject area, either at the pre-service or in-service level.

### **Teaching about Drugs, Alcohol, and Tobacco**

All schools in the district will provide instruction on the nature of drugs, alcohol, and tobacco and their effects on the human body. Schools will help students develop an awareness of the consequences of the use and abuse of drugs, alcohol, and tobacco. Instruction will emphasize problems related to their use, pharmacological aspects, physiological effects, and the impact of

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such use and abuse upon the entire community. Schools will present drug education as thoroughly, and in the same manner, as all other required subjects.

### Teaching about HIV/AIDS and Sexually Transmitted Diseases

The district will provide professional development opportunities for teachers responsible for instructing students about the dangers of the Human Immunodeficiency Virus (HIV) infection and its prevention. The district will develop an HIV/AIDS prevention education program in consultation with teachers, students, administrators, parents/legal guardians, and other community members including, but not limited to, persons from medical, public health, and mental health organizations and agencies.

The curriculum for HIV/AIDS prevention education will be designed to teach students not only about behaviors that put people at risk for HIV and other sexually transmitted diseases, but also about the methods and skills needed to avoid the risk of infection to include the following:

- abstaining from sexual intercourse as the only certain means for preventing HIV infection through sexual contact
- avoiding the sharing of needles for tattooing, body piercing, or injecting drugs
- developing communication and decision-making skills that promote abstinence and to avoid risky behaviors
- avoiding behaviors that decrease decision-making skills such as alcohol and other drug use

### CPR/AED Instruction

The district will include an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of the physical or health education curriculum in grades nine through 12, including hands-only CPR, with the exception that virtual schools may administer the instruction verbally and are exempt from any in-person instructional requirements. The curriculum will incorporate into the instruction the psychomotor skills necessary to perform CPR and utilize an AED as developed by the American Heart Association, the American Red Cross, or an instructional program that is nationally recognized and based on the most current national evidence-based emergency cardiovascular care guidelines for CPR and awareness in the use of an AED. CPR certification is not required for teachers, but when seeking certification, the training must be taught by an authorized CPR/AED instructor.

This requirement will be waived for the following:

- students absent on the day or days this instruction occurs
- students with disabilities whose individualized education program (IEP) indicates that the student is unable to complete all or a portion of the hands-only CPR requirement
- students whose parent/legal guardian completes an opt-out form

Cf. EBBA, GBGA, JLCC

Adopted 7/1/75; Revised 10/18/88, 8/13/91, 9/16/96, 4/12/05, 3/9/10, 9/9/14, 9/8/15, 9/13/16, 9/12/17, 10/9/18

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Legal References:

- A. S.C. Code, 1976, as amended:
1. Section 59-10-10, *et seq.* - Students Health and Fitness Act of 2005.
  2. Sections 59-29-20, 59-29-30, 59-29-40 - Instruction required regarding the effects of alcohol and narcotics.
  3. Section 59-32-5, *et seq.* - Comprehensive Health Education Act.

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**B. State Board of Education Regulations:**

1. R43-231 - Defined program K-5.
2. R43-232 - Defined program 6-8.
3. R43-234 - Defined program grades 9-12 and graduation requirements.