



# Health Education Adoption Grades 6-12

Community Preview May 4-17 at your child's school  
School Board Presentation May 25, 2022



# Presentation Purpose

- To share the work of the Health adoption committee and present a recommendation for 6-12 Health curriculum and resources for School Board consideration.



# Presentation Outline

- Background information on Senate Bill 5395 and Comprehensive Sexual Health Education (CSHE) requirement
- Update on KSD Action Steps 2020-21 and 2021-2022
- Rights of parents and guardians
- Specific information on the CSHE learning standards, core ideas, topics, and outcomes
- Curriculum adoption process



# **Background on SB 5395 and the Comprehensive Sexual Health Education requirement**



# SB 5395 Background

Senate Bill 5395 was passed by the Legislature and the voters in 2020.

- Requires all Washington public schools to provide comprehensive sexual health education (CSHE) instruction, to be phased in for grades 4-12 beginning in 2021-22.
  - Grades K-3 will receive instruction in social-emotional learning beginning in 2022-23.
  - **There is no sexual health content required for students in grade K-3.**
  - The bill maintains the right for parents and guardians to opt their children out of sexual health education instruction.



# Requirements Timeline

**Beginning in the 2022-2023 School Year, districts must evaluate and adopt new curriculum that:**

- Provides Comprehensive Sexual Health Education (CSHE) at least once between grades 4-5, twice between grade 6-8 and at least twice between grades 9-12
- Provides social-emotional learning (SEL) to students in grades K-3

Additionally, school districts must inform the Office of Superintendent of Public Instruction (OSPI) of any curricula used to provide CSHE and describe how it meets the requirements of the bill. **OSPI does not have the authority to approve or deny district's choices.**



# Rights of Parents and Guardians



# Rights of Parents and Guardians

- Parents and guardians have the right to opt their child out of any or all instruction in Comprehensive Sexual Health Education (CSHE).
- School districts must honor the request of parents to opt their child out.
- School districts must consult with parents or guardians in the adoption of their locally determined CSHE curriculum.
- School districts must notify parents and guardians at the beginning of the school year when their child's school will be providing sexual health education instruction and make instructional materials available to parents and guardians for review.



# **Update on KSD Action Steps: 2020-21 and 2021-22**



# KSD Action Steps 2020-21

**Convened a committee of Health teachers to conduct a review of current health, human growth and development and HIV/AIDS curriculum.**

Outcome:

- The committee determined that grades 6-12 full Health curriculum adoption is needed.  
*Current curriculum was adopted in 2014.*
- The committee determined that the Comprehensive Sexual Health Education (CSHE) requirements are currently being met for grades 4-5 with presentations on HIV/AIDS and Growth and Development.  
*No curriculum adoption needed.*
- While not part of CSHE, but as part of SB 5395, schools are required to teach Bystander Training and Affirmative Consent. The committee determined that this was missing at all grades 4-12.



# KSD Action Steps 2020-21

**In January of 2021, parent and community committee members were sought to engage in the committee process. Members were selected and started with Bystander Training and Affirmative Consent.**

Outcome:

- Approximately 120 applications were received and 25 people were selected in the hopes of providing diverse viewpoints and a broad range of perspective.
- This group met three times to provide input on the supplemental materials for teaching Bystander Training and Affirmative Consent
- Curated lessons to address Affirmative Consent and Bystander Intervention training were developed and implemented 2021-2022



# KSD Action Steps 2021-22

**We began the curriculum adoption process for Health curriculum grades 6 -12 to be completed by May 2022.**

Outcome/Progress:

- September – January:
  - Health teachers explored four different curricula.
  
- February:
  - Health teachers and parents met to review curriculum options and narrow down choices to two
  
- March - April:
  - Publisher presentations to health teachers and parent committee
  - Select final curriculum for public review
  
- May:
  - Present curriculum for board adoption



**Comprehensive Sexual  
Health Education  
learning standards, core  
ideas, topics, and  
outcomes**



# Comprehensive Sexual Health Education Standards, Core Ideas, Topics, and Outcomes

## What Standards will KSD include in the Health Curriculum?

- All district, schools and educators in Washington state are expected to implement the state learning standards for all students and curriculum.
- Grade-level outcomes in the Health Education K-12 Learning Standards provide an example of what comprehensive instruction might look like, but the outcomes are not required to be taught. They serve as examples of that district might consider teaching in each grade.
- By implementing grade level outcomes, educators will help students meet the learning standards.
- Outcomes are connected to topics and core ideas.
- Instructional decisions are up to each district.



# Comprehensive Sexual Health Education Standards

## Washington State Health Standards

*Students will demonstrate the ability to:*

Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Access valid information and products and services to enhance health.

Standard 4: Use interpersonal communication skills to enhance health & avoid/reduce health risks.

Standard 5: Use decision-making skills to enhance Health.

Standard 6: Use goal-setting skills to enhance health.

Standard 7: Practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Advocate for personal, family and community health



# Comprehensive Sexual Health Education Standards, Core Ideas, Topics, and Outcomes

## What Standards will KSD include in the Health Curriculum?

The health education standards reflect the National Health Education Standards and are organized by Core Idea, Topic, and Outcome

*Example of a grade 6 Sexual Health standard:*

- Core Idea: *Sexual Health*
  - Topic: *Puberty and Development*
    - Outcome: *Identify physical, social, mental, and emotional changes that occur during puberty.*



# Comprehensive Sexual Health Education Topics

## What CSHE Topics are required to be taught in grades 4-12?

1. The physiological, psychological, and sociological **developmental process** experienced by an individual
2. The development of **intrapersonal and interpersonal skills** to communicate, respectfully and effectively, to reduce health risks and choose healthy behaviors and relationships based on mutual respect and affection, and free from violence, coercion, and intimidation;
3. **Health care and prevention resources;**
4. **Abstinence and other methods of preventing unintended pregnancy and sexually transmitted diseases;**
5. The development of **meaningful relationships** and avoidance of exploitative relationships;
6. Understanding the **influences** of family, peers, community and the media throughout life **on healthy sexual relationships;**
7. **Affirmative consent** and recognizing and responding safely and effectively when violence or a risk of violence is or may be present, with strategies that include **bystander training.**



# Comprehensive Sexual Health Education Core Ideas, Topics, and Outcomes

**What Core Ideas and  
Grade Level  
Outcomes will KSD  
include in the Health  
Curriculum?**

[KSD Website](#)  
and school  
display  
materials.

Core Idea	Elementary School (Grades K–5) Topics	Middle School (Grades 6–12) Topics
Wellness (W)	1. Dimensions of Health 2. Hygiene 3. Disease Prevention 4. Analyzing Influences 5. Access Valid Information 6. Communication 7. Decision-Making 8. Goal setting  <i>K-5 adoption in 2023</i>	1. Dimensions of Health 2. Disease Prevention 3. Analyzing Influences 4. Access Valid Information 5. Communication 6. Decision-Making 7. Goal setting
Safety (Sa)	1. Injury Prevention 2. First Aid 3. Violence Prevention  <i>K-5 adoption in 2023</i>	1. Injury Prevention 2. First Aid 3. Violence Prevention
Nutrition (N)	1. Food Groups and Nutrients 2. Beverages 3. Label Literacy 4. Caloric Intake and Expenditure 5. Disease Prevention 6. Nutritional Planning  <i>K-5 adoption in 2023</i>	1. Food Groups and Nutrients 2. Beverages 3. Label Literacy 4. Caloric Intake and Expenditure 5. Disease Prevention 6. Nutritional Planning
Sexual Health (Se)	1. Anatomy and Physiology 2. Growth and Development 3. Reproduction 4. HIV Prevention 5. <del>Self-Identity</del> 6. Healthy Relationships  <i>Grades 4-5 only</i>	1. Anatomy, Reproduction, and Pregnancy 2. Puberty and Development 3. <del>Self-Identity</del> 4. Prevention 5. Healthy Relationships 6. Washington State Laws
Social Emotional Health (So)	1. Self-Esteem 2. Body Image 3. Stress Management 4. Expressing Emotions 5. Harassment, Intimidation, and Bullying  <i>K-5 adoption in 2023</i>	1. Self-Esteem 2. Body Image and Eating Disorders 3. Stress Management 4. Expressing Emotions 5. Harassment, Intimidation, and Bullying 6. Emotional and Mental/Behavioral Health
Substance Use and Abuse (Su)	1. Use and Abuse 2. Effects 3. Prevention  <i>K-5 adoption in 2023</i>	1. Use and Abuse 2. Effects 3. Prevention 4. Treatment 5. Legal Consequences



# Curriculum Adoption Process



# Curriculum Adoption Process

- Selection of Health Instructional Materials is governed by Policy and Regulation:

*2121-Curriculum Adoption*

*2335-Health and Family Life, and Sex Education*

*2311-Selection & Adoption of Instructional Materials*

- These policies specify:
  - that curriculum be aligned to the state learning standards;
  - an established process for determining the recommended materials for adoption;
  - parental and community involvement in the process and;
  - the School Board's authority in approving curriculum materials.



# Curriculum Adoption Process

- ❑ A committee of teachers, administrators, and parents reviewed the standards and the scope and sequence of instruction to determine grade level outcomes to be taught. WA State allows for local control over these areas. Some outcomes were decided to be deleted from instruction students will receive.

## [Sexual Health Grade Level Topics and Outcomes 4th/5<sup>th</sup>](#)

## [Sexual Health Grade Level Topics and Outcomes 6th-12<sup>th</sup>](#)

Core Area	Elementary School (grades K-5) Topics	Middle School (grades 6-12) Topics
Wellness (WS)	<ol style="list-style-type: none"> <li>1. Dimensions of Health</li> <li>2. Hygiene</li> <li>3. Disease Prevention</li> <li>4. Analyzing Influences</li> <li>5. Access Valid Information</li> <li>6. Communication</li> <li>7. Decision-Making</li> <li>8. Goal setting</li> </ol>	<ol style="list-style-type: none"> <li>1. Dimensions of Health</li> <li>2. Disease Prevention</li> <li>3. Analyzing Influences</li> <li>4. Access Valid Information</li> <li>5. Communication</li> <li>6. Decision Making</li> <li>7. Goal setting</li> </ol>
Injury (IN)	<ol style="list-style-type: none"> <li>1. Injury Prevention</li> <li>2. First Aid</li> <li>3. Violence Prevention</li> </ol>	<ol style="list-style-type: none"> <li>1. Injury Prevention</li> <li>2. First Aid</li> <li>3. Violence Prevention</li> </ol>
Nutrition (N)	<ol style="list-style-type: none"> <li>1. Food Groups and Nutrients</li> <li>2. Beverages</li> <li>3. Label Literacy</li> <li>4. Calorie Intake and Expenditure</li> <li>5. Disease Prevention</li> <li>6. Nutritional Planning</li> </ol>	<ol style="list-style-type: none"> <li>1. Food Groups and Nutrients</li> <li>2. Beverages</li> <li>3. Label Literacy</li> <li>4. Calorie Intake and Expenditure</li> <li>5. Disease Prevention</li> <li>6. Nutritional Planning</li> </ol>
Sexual Health (SH)	<ol style="list-style-type: none"> <li>1. Anatomy and Physiology</li> <li>2. Growth and Development</li> <li>3. Reproduction</li> <li>4. HIV Prevention</li> <li>5. Self-Identity</li> <li>6. Healthy Relationships</li> </ol>	<ol style="list-style-type: none"> <li>1. Anatomy, Reproduction, and Pregnancy</li> <li>2. Puberty and Development</li> <li>3. Self-Identity</li> <li>4. Prevention</li> <li>5. Healthy Relationships</li> <li>6. Washington State Laws</li> </ol>
Social Emotional Health (SEH)	<ol style="list-style-type: none"> <li>1. Self-Esteem</li> <li>2. Body Image</li> <li>3. Stress Management</li> <li>4. Expressing Emotions</li> <li>5. Negotiation, Intermediation, and Mediation</li> </ol>	<ol style="list-style-type: none"> <li>1. Self-Esteem</li> <li>2. Body Image and Eating Disorders</li> <li>3. Stress Management</li> <li>4. Expressing Emotions</li> <li>5. Negotiation, Intermediation, and Mediation</li> <li>6. Emotional and Mental/Behavioral Health</li> </ol>
Substance Use and Abuse (SU)	<ol style="list-style-type: none"> <li>1. Use and Abuse</li> <li>2. Effects</li> <li>3. Prevention</li> </ol>	<ol style="list-style-type: none"> <li>1. Use and Abuse</li> <li>2. Effects</li> <li>3. Prevention</li> <li>4. Treatment</li> <li>5. Legal Consequences</li> </ol>

There is no new sexual health curriculum adoption for the elementary schools. The current lesson from our school nurses covers the required sexual health content in 4<sup>th</sup> and 5<sup>th</sup> grades. There is an annual parent review night each year for this information.

The Elementary Health adoption will occur in 2023 and will not include Sexual Health. Health and PE are taught in conjunction through the PE teachers.



# Curriculum Adoption Process

- ❑ The committee of parents and staff explored 4 different curriculum for middle and high school and narrowed the selection to two viable options.
- ❑ The two publishers gave presentations to the committee who then applied evaluative criteria to decide on a final curriculum to present.
- ❑ Once the committee makes this determination, parent and community preview is scheduled and feedback is collected on the curriculum. This process will occur from [May 4 – May 17](#) at each middle and high school.
- ❑ After feedback from our parents and community is considered, the curriculum is recommended for Board approval in a public meeting on [May 25](#).



# Essential Health Skills

by Goodheart-Willcox Publishers

- ✓ The curriculum is engaging and interesting to look at. We think the students will like it!
- ✓ There are many instructional tools for teachers to use within each lesson, including a fully digital format.
- ✓ There is a family engagement component where activities and information can be assigned for parents and students to explore together.
- ✓ Seamlessly integrates with our learning management platform, Schoology.
- ✓ For the Sexual Health unit, students who are opted out of this instruction will not have access to any of the materials or lessons.
- ✓ There are alternate meaningful health lessons activities for students who opt out of the sexual health unit.



# Essential Health Skills

by Goodheart-Willcox Publishers

## Curriculum Previews at each Middle and High School

- Call to schedule a time to come in (just to make sure there is space)
- Read through the binder of information and important notes available
- Explore the curriculum text book.
- Access the digital curriculum
- Fill out the feedback forms

**Part of the professional development teachers will receive this summer will determine the lessons that will be taught from each unit. There are always more lessons in a curriculum than what we have time to teach in a semester or quarter.**



# Essential Health Skills

by Goodheart-Willcox Publishers

[www.g-wonlinetextbooks.com](http://www.g-wonlinetextbooks.com)

## Middle School:

Username: **ksdms**

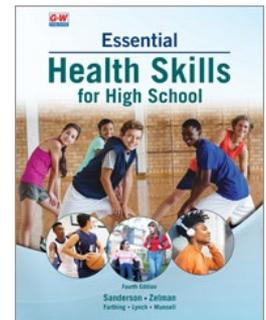
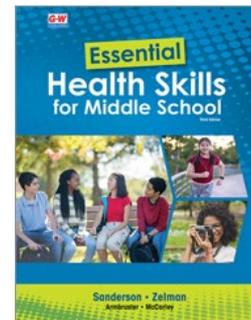
Password: **health22**

## High School:

Username: **ksdhs**

Password: **health22**

Feedback Form KSD Website





# Questions and Comments