

This school district will provide instruction in comprehensive health education to all students, grades kindergarten through twelve, (K-12) consisting of planned, sequential learning experiences that assist students in acquiring knowledge, understanding, attitudes and practices regarding personal, family and community health issues. The curriculum will be aligned to the Idaho Health Content Standards and will focus on positive health habits. The district's health curriculum will include instruction in physical fitness as required by Idaho Law.

Students in grades nine through twelve (9-12) are required to take at least one (1) credit of Health/Wellness. As part of the health/wellness course offered by the district, students will receive a minimum of one (1) class period on CPR training as outlined in the American Heart Association Guidelines for CPR, to include proper utilization of an automatic external defibrillator (AED).

### **SEX EDUCATION**

Information on family life and sex education, including information about parts of the body, reproduction, sexually transmitted diseases, and related topics will be included in the district's instructional program as appropriate to the grade level and course of study. Any program adopted by the district will be based on a philosophy of sexual abstinence and will provide students with a background of ideals, standards and attitudes that will be valuable to students. The district will involve parents and other community representatives in the planning, development, evaluation and revision of the district's sex education program.

For the purposes of this policy, "sex education" means the study of anatomy and the physiology of human reproduction and "abstinence" means the absence of any sexual activity prior to marriage, which activity includes physical contact between individuals involving intimate or private areas of the body that can potentially (i) result in pregnancy; (ii) transmit sexually transmitted diseases and infections; or (iii) present emotional risks.

The board believes that instruction on sexually transmitted diseases, including HIV/AIDS, is most effective when integrated into a comprehensive health education program. Instruction on these topics will be developmentally appropriate to the grade level of the students and will begin no sooner than seventh grade. Teachers who present this instruction will receive continuing in-service training that includes appropriate teaching strategies and techniques.

Parents may ask to review the materials to be used in the district's program. Parents may also request in writing that their child be excused from any planned instruction in sex education. Students who are excused from such instruction will be provided with alternate educational instruction.

**LEGAL REFERENCE:**

Idaho Code Sections:

33-506 – Organization and Government of Board of Trustees

33-512 – Governance of Schools

33-1605 – Health and Physical Fitness; Effects of Alcohol, Tobacco Stimulants and Narcotics

33-1608 *et seq.* – Family Life and Sex Education – Legislative Policy

33-1612 – Thorough System of Public Schools

IDAPA Sections:

08.02.03.10 – Other Required Instruction

08.02.03.105 – High School Graduation Requirements

08.02.03.160 – Safe Environment and Discipline

**ADOPTED:** February 25, 1998

**AMENDED:** June 20, 2023