

**HEALTH EDUCATION**  
(Includes Drugs, Alcohol and Tobacco)

**A. INTRODUCTION**

It is the aim of Colorado Springs School District 11 (the District) to motivate students to build a foundation for healthy lifestyles for today and for their future. Health education is a vehicle by which attitudes and knowledge can be obtained by our students. Good mental and physical health focused on responsible decision making and avoidance of high risk behaviors is the ultimate goal of the program and a key component in the preparation of students for a lifetime of success.

**B. ROLE OF PARENTS AND SCHOOL DISTRICT**

The District and the Colorado Springs School District 11 Board of Education (the Board) also recognize that parents/guardians and family provide the primary influence and role models for students and have the primary responsibility for providing guidance and instruction to their children regarding healthy, productive lifestyles and high risk behaviors. This policy therefore is designed to complement and not supplant the primary role of parents/guardians and family in providing guidance to their children on these issues such as marriage, procreation, sexuality and individual lifestyles.

**C. GENERAL CONSIDERATIONS**

The District shall provide age-appropriate, developmentally-based health education and high risk behavior prevention programs including but not limited to drug, alcohol, and tobacco programs. The program shall address the legal, social, economic and health consequences of drug and alcohol use and other high risk behaviors. The program shall also include information about effective techniques for resisting peer pressure to use illicit drugs or alcohol, or engage in other high risk behaviors. The curriculum, instructional materials and strategies used in the District's Comprehensive Health Education Program shall be recommended by the Superintendent and approved by the Board. The education approach shall be consistent with Policy IMB, Teaching about Controversial/Sensitive Issues, Policy IB, Academic Freedom, Policy IJJ, Textbook Selection and Adoption, Policy IJK, Supplementary Materials Selection and Adoption, and other related policies. It is permissible to use tobacco on school property in classroom demonstrations to show the health hazards of tobacco.

**D. SPECIFIC PROCEDURES AND PRACTICES**

The District Comprehensive Health Education Program will:

- (a) Promote parental/guardian involvement, promote abstinence from high-risk behaviors, foster positive self-concept, develop responsible decision-making skills, and provide a mechanism for coping with and resisting peer pressure;

(b) focus on the dynamic relationship among physical, mental, emotional, and social well-being;

(c) integrate available community resources into the educational program;

(d) include a procedure to provide written notification, in addition to this policy, of the Comprehensive Health Education Program to parents or guardians of all students within the school district and the exemption policy option available under paragraph (e) below.

(e) include a procedure to exempt a student, upon request of the parent or guardian of such student, from a specific portion of the program on the grounds that it is contrary to the religious beliefs and teachings of the student or the student's parent or guardian. (See Policy IMBB, Exemptions from Required Instruction.)

(f) Teachers who provide instruction in family life/sex education shall have professional preparation in the subject area.

Any curriculum and materials used in teaching sexuality and human reproduction shall promote abstinence as the safest and surest means to prevent teenage pregnancy and sexually transmitted diseases. These materials will include the value of a healthy lifestyle, the importance of personal responsibility and accountability in these matters, as well as the advantages to society of rearing children within the confines of stable, committed, mature, long term family relationships. Any planned curriculum that includes instruction concerning human sexuality shall be based on scientifically-researched content standards.

## **E. DEFINITIONS**

**High-Risk Behaviors** – are described as actions by children and adolescents which present a danger to their physical or mental health or which may impede their ability to lead healthy and productive lives. "High-risk behaviors include, but are not limited to, dropping out of school, incest and other sexual activity with adults, sexual activity by school aged children, physical and mental abuse, violence, and use of tobacco, alcohol, and other drugs".

**Comprehensive health education** - means comprehensive (preschool through grade 12), planned, sequential health program of learning experiences which shall include, but shall not be limited to, the following topics:

(a) communicable diseases, including but not limited to, acquired immune deficiency syndrome (AIDS) and human immunodeficiency virus (HIV) related illness;

(b) community and environmental health;

(c) consumer health;

(d) dental health;

(e) tobacco, alcohol, and other drug use;

- (f) human growth and development;
- (g) hereditary and developmental conditions;
- (h) mental and emotional health;
- (i) nutrition, personal health, and physical fitness;
- (j) injury prevention, safety, motor vehicle safety, and emergency care;
- (k) high-risk behaviors and concerns;
- (l) age appropriate instruction on family roles and expectations, child development, and effective parenting skills.

ADOPTED: June, 1997  
Revised May, 2008  
Revised February 11, 2015

LEGAL REFS.: 20 U.S.C. 3221a, Drug-Free School and communities Act of 1986,  
as amended in 1989  
C.R.S. 22-25-103  
C.R.S. 22-25-104  
C.R.S. 22-25-110  
C.R.S. 22-32-109(1)(bb)  
C.R.S. 25-14-103.5  
C.R.S. 25.5-5-603

CROSS REFS.: ADC-GBED, Tobacco-Free District  
ADC-JICG, Tobacco Free Schools  
IB, Academic Freedom  
IJJ, Instructional Resources and Materials Selection and Adoption  
IMB, Teaching about Controversial/Sensitive Issues  
IMBB, Exemptions from Required Instruction  
JBB, Sexual and Racial Harassment/Discrimination Towards  
Students  
JH, Student Absences and Excuses  
JHB, Truancy  
JIC, Student Conduct and Discipline  
JICF, Gang Activity  
JICH, Drug and Alcohol Use by Students  
JICI, Weapons in Schools  
JK, Student Discipline  
JKEA, Expulsion Prevention Program  
JICA, Student Dress, Accessories and Grooming