The Board believes that health education should foster the knowledge, skills, and attitudes that students need in order to lead healthy lives and avoid high-risk behaviors. The Office's health education program shall be part of a coordinated school health system which supports the well-being of students and promotes the goals for nutrition education, physical activity and healthy life choices.

The Office may offer well-planned instruction on comprehensive sexual health and HIV/AIDS prevention. Such instruction shall be based on medically accurate and factual information and shall comply with the requirements of law and administrative regulation and shall respect the rights of parents and guardians to supervise their children’s education on these subjects and to impart values regarding human sexuality to their children.

Instruction on alcohol, tobacco, narcotics, restricted dangerous drugs and other dangerous substances and their effects upon the human system shall be included in the curriculum of special education classes operated by the Office. The content, timing, and methods of such instruction shall be adapted to the special needs and capabilities of individual students and classes.

Legal References:

- Education Code 48980 Notification of parent or guardian
- Education Code 51202 Instruction in personal and public health and safety
- Education Code 51203 Instruction on the nature of restricted dangerous drugs
- Education Code 51210 Areas of study
- Education Code 51210.8 State content standards for health education
- Education Code 51880-51881.5 Health education, legislative findings and intent
- Education Code 51890-51891 Comprehensive health education programs
- Education Code 51913 District health education plan
- Education Code 51930-51939 Comprehensive sexual health and HIV/AIDS prevention education
- California Code of Regulations, Title 5, 11800-11801 District health education plan
- Health and Safety Code 11032 Definitions, restricted dangerous drugs

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