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TO: Members of the State Board of Education
FROM: Nancy S. Grasmick *Nancy*
DATE: October 26, 2010
SUBJECT: COMAR 13A.04.18 (Withdraw and Repropose)
Specific Subjects: Comprehensive Health Education
Permission to Publish

PURPOSE:

The purpose of this item is to seek permission to publish the repeal and issuance of new regulations at COMAR 13A.04.18 Specific Subjects: Comprehensive Health Education.

HISTORICAL BACKGROUND:

The Division of Instruction, working collaboratively with educators from across the state, has developed the State Curriculum for health education for prekindergarten through grade eight and the mandatory high school course. The documents, accepted by the State Board and currently in use in districts across the State, are formatted to contain content standards, indicators and objectives. The existing COMAR requirements for Comprehensive Health Education contain certain goals and sub goals which are inconsistent with curriculum documents in use across the state. The new COMAR regulations are designed to be consistent with the State Curriculum.

These new regulations for health education have been developed over time with amendments for various health related issues. The revised document attempts to incorporate all the critical issues in a more streamlined format consistent with other curricular areas while attending to the unique requirements for this content.

EXECUTIVE SUMMARY:

The proposed language changes to COMAR 13A.04.18 were shared with representative superintendents during the month of May, with the assistant superintendents at their May 21, 2010 meeting and with local supervisors of health education during their spring briefings for comment and input. The attached documents reflect the thoughtful input from these various constituents.



ACTION:

I am recommending that the State Board grant permission to publish these proposed changes to COMAR 13A.04.18 Specific Subjects: Comprehensive Health Education.

NSG: dls

Attachment 1 –Draft Comprehensive Health Education COMAR 13A.04.18

Title 13A STATE BOARD OF EDUCATION

Subtitle 04 SPECIFIC SUBJECTS

Chapter 18 Program in Comprehensive Health Education

**Authority: Education Article, §2-205(h), 7-401, 7-410, 7-411, 7-411.1, and 7-413,
Annotated Code of Maryland**

.01 Comprehensive Health Education Instructional Programs for Grades Prekindergarten--12.

A. Each local school system shall:

- (1) Provide in public schools an instructional program in comprehensive health education each year with sufficient frequency and duration to meet the requirements of the State curriculum for all students in grades prekindergarten –8; and
- (2) Offer in public schools a comprehensive health education program in grades 9-12 which enables students to meet graduation requirements and to select health education electives.
- (3) Provide access to the curriculum for non-diploma bound students.

B. Maryland Comprehensive Health Education Program. The comprehensive instructional program shall help students adopt and maintain healthy behaviors and contribute directly to a student's ability to successfully practice behaviors that protect and promote health and avoid or reduce health risks. The instructional program shall provide for the diversity of student needs, abilities, and interests at the early, middle, and high school learning years, and shall include the Maryland Health Education Content Standards with related indicators and objectives as set forth in §C of this regulation.

C. Maryland Health Education Standards

- (1) **Mental and Emotional Health.** Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.
- (2) **Alcohol, Tobacco, and other Drugs.** Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address, the non-use, use, and abuse of medications, alcohol, tobacco, and other drugs.
- (3) **Personal and Consumer Health.** Students will demonstrate the ability to use consumer knowledge, skills, and strategies to develop sound personal health practices involving the use of health care products, services, and community resources.
- (4) **Family Life and Human Sexuality.** Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the lifecycle.
 - (a) The local school system shall establish a joint committee of educators and representatives of the community for the purpose of reviewing and commenting on instructional material to be submitted to the superintendent for consideration when recommending instructional material to be approved by the local Board of Education.
 - (b) The material being presented will be in identifiable unit(s) within the total health education program. This instruction shall be introduced as shortly in advance of puberty as is practical. The specific timing is a matter of local option, but direct teaching of the indicators and objectives will begin in or prior to the fifth grade.
 - (c) Written notification is made to parents or guardians announcing this unit of study.
 - (d) Students may be excused from this unit of the program upon written request from their parent or guardian. For students excused, the local school shall provide appropriate learning activities in health education. When practical, instructional materials may be made available for home instruction use by parent or guardian of students excused from the Family Life and Human Sexuality instructional unit. The local school shall make arrangements to permit those girls not participating in this unit of the program to receive instruction concerning menstruation.

- (e) The school shall provide special opportunities for parents or guardians to view all instructional materials to be used in the program before the materials are used in the classroom;
- (f) Each local school system shall publish at regular intervals a list of its approved instructional materials.
- (g) When teaching a unit in Family Life and Human Sexuality, in addition to general teacher preparation, teachers are required to have additional preparation in content and teaching methods of such depth and duration as to be appropriate for the material taught. The additional preparation may be provided by college courses, local in-service programs, State workshops or a combination thereof.

(5) Safety and Injury Prevention. Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

(6) Nutrition and fitness. Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

(7) Disease Prevention and Control. Students will demonstrate the ability to apply prevention and treatment knowledge, skills, and strategies to reduce susceptibility and manage disease.

- (a) Local school systems shall provide annual instruction in HIV/AIDS to all students at least once in grades 3 to 5, 6 to 8, and 9 to 12.
- (b) Students may be excused from the HIV/AIDS instructional unit upon written request from their parent or guardian. For students excused, the local school shall provide appropriate learning activities in health education. When practical, instructional materials may be made available for home instruction use by parent or guardian of students excused from the HIV/AIDS instructional unit.
- (c) The local board of education shall determine the three grades between 3 and 12 at which all students are to receive instruction.

D. Curriculum Documents. Consistent with Education Article §2-205(h), 7-401, 7-410, 7-411, 7-411.1, and 7-413, Annotated Code of Maryland, each local school system shall provide comprehensive health education curriculum documents for the elementary and secondary schools under its jurisdiction that:

- (1) Include the content standards set forth in §C of this regulation; and
- (2) Align with the State Curriculum, as developed by the Maryland State Department of Education in collaboration with the local school systems.

F. The local school system shall develop guidelines and procedures to support qualified teachers. Each local school system shall establish planned and continuous programs to adequately train its teachers, administrators, supervisors, and personnel in order to update knowledge, instructional materials, and methodology in health education.

- (1) The guidelines and procedures to support qualified teachers will include the content standards set forth in §C of this regulation.
- (2) Teachers selected to teach drug education shall be trained as required in §7-411.
- (3) School staff selected to teach HIV/AIDS prevention in the classroom shall receive in-service education before initiating instruction and annually after that.
- (4) Personnel employed by the local school system shall be provided annually with information or an awareness program about HIV/AIDS and its prevention.

G. Student Participation. Each student shall have the opportunity to participate in the comprehensive health education program required by this chapter.

02 Certification Procedures.

By September 2010 and each 5 years after that, each local superintendent of schools shall certify to the State Superintendent of Schools that the instructional programming within grades prekindergarten-12 meets, at a minimum, the requirements set forth in regulation .01 of this chapter.