

6.40.013-P Comprehensive Health Education Policy

Portland Public School District (PPS) is committed to creating safe and healthy learning environments to support the growth and development of every student. The development of health literacy, *the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others*, is necessary for students to be healthy throughout their lives.

PPS requires students in grades K through 12 be taught Comprehensive Health Education that is medically-accurate, age and developmentally appropriate, culturally and linguistically sustaining, and implemented in safe and supportive learning environments where all students feel valued. All Portland Public Schools shall take a skills-based approach to teach comprehensive health education that addresses a variety of topics, such as tobacco, alcohol, and drug abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, violence prevention, and comprehensive sexual health education that is LGBTQ inclusive.

Comprehensive health education curriculum shall be modified as needed for students with disabilities and students who are English Language Learners. It shall promote healthy lifestyle habits, healthy relationships and health literacy for all students. Health education curricula will align with the PPS Guaranteed and Viable Curriculum (GVC), which integrates Oregon Laws and Health Education Standards. Qualified and trained teachers will implement curricula.

Relevant State and District Laws, Mandates, and Policies

**Section 0: Comprehensive Health Education (General)**

- OAR 581-022-2000: Diploma Requirements
- OAR 581-022-2030: District Curriculum
- OAR 581-022-2310: Equal Educational Opportunities
- OAR 581-022-2312: All Students Belong
- OAR 581-029-0001: School Safety and Prevention System
- 1.80.020-P: Non-discrimination/Anti-Harassment
- 2.10.010-P: Racial Educational Equity Policy

**Section 1: Wellness**

- ORS 336.472 (SB 79): Cardiopulmonary Resuscitation
- 3.30.062-AD: Student Wellness through Nutrition and Physical Activity

**Section 2: Mental and Emotional Health**

- OAR 581-022-2060: Comprehensive Guidance and Counseling
- OAR 581-022-2510 (Adi's Act, SB 52): Suicide Prevention
- ORS 339.351-364: Harassment, Bullying, Cyber-bullying, and Intimidation
- 4.30.050-P: Student Suicide Prevention
- 4.30.060-P: Anti-Harassment

**Section 3: Alcohol, Tobacco and Other Drugs**

- OAR 581-022-2045: Prevention Education in Drugs and Alcohol
- ORS 336.222: Alcohol Tobacco and Other Drugs
- ORS 336.241: Cannabis Abuse Prevention
- 3.30.021-PS: Tobacco Possession & Use, PPS Board Policy

**Section 4: Growth and Development/Violence Prevention**

- Title IX: Title IX of the Education Amendments Act
- OAR 581-022-2050: Human Sexuality Education
- ORS 174.1: Oregon Equality Act
- ORS 336.035: REquired Courses of Study
- ORS 336.059 (Erin's Law, SB 856): Child Sexual Abuse Prevention Instruction

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- ORS 336.455: Human Sexuality Education, K-12
- ORS 336.465: Examination of Instructional Materials
- ORS 339.366 (Healthy Teens Relationship Act, HB 4077, SB 790): Teen Dating Violence and Domestic Violence
- 4.30.061-AD: Transgender, Nonbinary and Gender Diverse Students
- 4.30.071-AD: Harassment, Sexual Violence, and Teen Dating Violence
- 4.30.072-AD: Title IX Student to Student Sex-Based Discrimination and Harrassment

**Review of Policy and Comprehensive Sexuality Education Plan (CSEP)**

District will utilize relevant district staff, local, state and national data, emerging best practices, new scientific information, and effective education strategies to review and update the comprehensive sexuality education plan of instruction (6.40.013-AD) and this policy every two years as prescribed by OAR 581-022-2050.