

REGULATION MONTGOMERY COUNTY PUBLIC SCHOOLS

Related Entries: ABC, ABC-RA, BMA, IFA, IFA-RA, IIB, IIB-RA

Responsible Office: Curriculum and Instructional Programs

Comprehensive Health Education Instructional Program

I. PURPOSE

To outline procedures for implementing the Comprehensive Health Education instructional program for all students as required by Maryland law and approved by the Montgomery County Board of Education

II. BACKGROUND

The Maryland Health Education State Curriculum is composed of seven content standards designed to help students adopt and maintain healthy behaviors that promote health and avoid or reduce health risks. The units of study include Mental and Emotional Health; Alcohol, Tobacco, and Other Drugs; Personal and Consumer Health; Family Life and Human Sexuality (FLHS)¹; Safety and Injury Prevention; Nutrition and Fitness; and Disease Prevention and Control (DPC).

Montgomery County Public Schools (MCPS) provides a comprehensive health education curriculum, consistent with Maryland law, and aligned with the curriculum developed by the Maryland State Department of Education (MSDE).

III. PROCEDURES

A. Curriculum Advisory Committee

In accordance with the procedures outlined in MCPS Regulation IFA-RA, *Curriculum*, Curriculum Advisory Committees (CACs) are established for each discipline to review, discuss, and advise regarding content-specific curriculum development, implementation, monitoring, and review.

¹ FLHS curriculum shall include age appropriate instruction on the meaning of “consent” and respect for personal boundaries. “Consent” means the unambiguous and voluntary agreement between all participants in each physical act within the course of interpersonal relationships including personal boundaries.

The CAC for Comprehensive Health Education is composed of representatives from stakeholder groups and represents the socioeconomic, linguistic, and cultural diversity of MCPS. The CAC for Comprehensive Health Education reviews, discusses, and provides feedback on curriculum development, implementation, monitoring, and review of the MCPS Comprehensive Health Education instructional program.

B. Instructional Materials

Books, videos, and other materials used in the instructional program are approved in accordance with the procedures outlined in Board Policy IIB, *Evaluation and Selection*, and MCPS Regulation IIB-RA, *Evaluation and Selection of Instructional Materials and Library Books*.

C. Protection of Privacy

The MCPS Comprehensive Health Education instructional program is examined carefully to ensure that none of the activities suggested invades the privacy of any student or family. Discussions are to encourage respect for personal relationships within a student's family and may not invade the privacy of the family.

D. FLHS and DPC Units of Study

1. Parent/Guardian Notification

- a) Written notification is made to parents/guardians announcing the FLHS and DPC units of study.
- b) Each school will hold an informational meeting to provide an opportunity for parents/guardians to discuss the FLHS and DPC units of study with teachers and review instructional materials. For parents/guardians unable to attend the informational meeting, the school shall make available special opportunities for parents/guardians to view all instructional materials to be used in these units of study before the materials are used in the classroom.
- c) For Grade 5 students, consent from a parent/guardian must be obtained prior to participation of a student in the FLHS and/or DPC units of study.
- d) For Grades 6, 7, 8 or high school, students may be excused from the FLHS and/or DPC units of study upon written request from their

parent/guardian. For students excused, the school shall provide alternative learning activities in health education.

2. Instructional Materials

FLHS and DPC materials are not to be used in any other instructional program of the school.

3. Teacher Selection and Training

- a) Teachers providing FLHS and DPC health education instruction will have state certification in health education or at least two years of successful teaching experience and appropriate specialized training, such as college or in-service courses, workshops, or seminars.
- b) Teachers providing FLHS and DPC instruction will have in-service education before initiating instruction and annually thereafter.
- c) Teachers of Grade 6, 7, 8, or high school health education must have successfully completed the MCPS Continuing Professional Development course HE-06: *Family Life and Human Sexuality* or equivalent training. This requirement may be met by successful completion of a college course in human sexuality that is listed on their college transcript.

E. Implementing the FLHS and DPC Units of Study in a School

The principal will assure that:

- 1. A local school planning group is established in each school for the purpose of planning the parent/guardian information meeting regarding FLHS and DPC instruction.
 - a) The planning group is composed of parents/guardians, teachers, local school administrators, and student representatives, where appropriate.
 - b) Student suggestions and recommendations concerning course offerings, their content, and the instructional materials used will be permitted and will be actively solicited by the faculty and administration when appropriate.

- c) The planning group activities are monitored annually. Family Life and Human Sexuality (FLHS) and Disease Prevention and Control (DPC) Worksheet Annual Reports, MCPS Forms 345-30a (for elementary schools), 345-30b (for middle schools), and 345-30c (for high schools), are completed by each school, as appropriate, and summarize planning group participation, and include FLHS/DPC program review and evaluation activities conducted by the planning group.
2. Instruction is based on Board-approved curriculum framework as required by Maryland law for diploma-bound and non-diploma-bound students.
3. Teachers use only MCPS-approved materials and county or state instructional resources and materials.

Related Sources:

Annotated Code of Maryland, Education Article, §§7-401, 7-410, 7-411, 7-411.1, 7-413, and 7-441; *Code of Maryland Regulations* §13A.04.18, Program in Comprehensive Health Education

Regulation History: Formerly Regulation No. 360-1, January 24, 1978 (directory information updated), revised August 1984, revised December 1986, revised December 18, 1992; revised June 14, 2004; revised September 20, 2005; revised March 21, 2016; revised July 5, 2018.