

Abstinence, Sex and Drug Education Policy

Board Approved: November 20, 2014

Board Amended:

Policy Number: 518

POLICY PURPOSE:

One of the foundational principles at Spectrum High School is that parents/guardians are the primary educators of their children. This extends to the education of students about adolescence, body changes, infectious diseases, the human reproductive system, sexuality, alcohol, tobacco and other drugs. In supporting the parents/guardians of our students and in preparing them to be college and/or career ready, and lifelong-learners, the school will make academic instruction available in Health/Physical Education and Science courses to the extent necessary to understand overall health and implications in these areas. We continue to encourage parents/guardians to take the lead in this educational process.

I. PRESENTATION OF MATERIALS

Each semester, the course syllabus will be sent to parents/guardians whose students are scheduled to receive instruction in this area. Materials will be available for preview on site at any time by contacting the instructor. Instruction will be in accordance with school policy, and The National Health Education Standards, as required by the Minnesota Department of Education, and are available for review at:

<http://www.cdc.gov/Healthyyouth/SHER/standards/index.htm> Every Minnesota school district was required to adopt these standards, starting with the 2012-13 school year, and as such, Spectrum High School has as well.

Prior to the commencement of instruction, a letter explaining the process and the options will be sent to parents/guardians.

Grade Level	Information/Instruction
6 th	Understanding Health and Wellness. Taking Charge of Your Health. Personal Health Care. Physical Activity and Fitness. Botvin: Life Skills Course.
7 th	Skills for Healthy Relationships. Family Relationships. Peer Relationships. Resolving Conflicts and Preventing Violence. Botvin: Life Skills Course.
8 th	Achieving Mental and Emotional Health. Medicines and Drugs. Communicable Disease. Non-communicable Diseases and Disabilities. Safety and Injury Prevention. First Aid and Emergencies. Community and Environmental Health. Botvin: Life Skills Course.

9-12th

Managing Stress and Coping with Loss. Mental and Emotional Problems. Medicines and Drugs. Tobacco. Alcohol. Illegal Drugs. Nutrition for Health. Managing Weight and Eating Behaviors. Digestive & Excretory Systems. Peer Relationships. Resolving Conflicts & Preventing Violence. Endocrine and Reproductive Health. The Beginning of the Life Cycle. The Life Cycle Continues. Sexually Transmitted Disease and HIV/AIDS. Community and Environmental Health.

*Students will receive and must complete the Human Body Reproductive System packet. This packet is sent as a take-home assignment; however, some class time is given as well.

II. FOCUS, REVIEW AND APPROVAL OF MATERIALS

For any and all materials presented to students, whether by certified teachers or guest lecturers, when addressing sexuality, the focus will be strictly abstinence-only. Specific topics to be covered and scope and sequence will be determined by Administration. All written or visual materials on these topics must be reviewed and approved by Administration prior to presentation. Communication regarding the opportunity to review materials will be sent to parents/guardians in advance, if requested.

In the event that policies adopted by the School are in conflict with then applicable Minnesota law, the provisions of the law will apply.