

**COMPREHENSIVE HEALTH AND PHYSICAL  
EDUCATION PROGRAM PLAN**

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**Date: March 14, 2005**

(1) DEFINITION

Sex education/AIDS prevention instruction - a planned program that shall include instruction relating to the handling of peer pressure, the promotion of high self-esteem, local community values, the legal consequences of parenthood and abstinence from sexual activity as an effective method of preventing acquired immune deficiency syndrome and the only sure method of preventing pregnancy and sexually transmitted diseases. This instruction shall emphasize abstinence from sexual activity until marriage and fidelity in marriage as important personal goals.

(2) REQUIREMENTS

- (a) The Superintendent or designee shall develop and implement an accurate, comprehensive health and physical education program that shall include information and concepts in accordance with the requirements set forth in state board rules.
- (b) The Superintendent or designee shall develop procedures to allow parents and legal guardians to exercise the option of excluding their child from sex education and AIDS prevention instructional programs.
  - 1. Sex education and AIDS prevention instruction shall be part of a comprehensive health program.
  - 2. Prior to the parent's or legal guardian's making a choice to allow his or her child or ward to take the specified unit of instruction, he or she shall be told what instruction is to be provided and have the opportunity to review all instructional materials to be used, print and nonprint. Any parent or legal guardian of a child to whom a course of study in sex education is to be taught shall have the right to elect, in writing, that such child not receive such course of study.
- (c) The Board of Education shall establish a committee to review periodically sex education/AIDS prevention instructional materials and make recommendations concerning age/grade level use. Recommendations made by the committee shall be approved by the Board before implementation. The committee shall be composed primarily of nonteaching parents who have children enrolled in the local public schools and who represent the diversity of the student body augmented by others such as educators, health professionals and other community representatives. The committee should also include a male and female student currently attending the 11<sup>th</sup> or 12<sup>th</sup> grade in the public schools.