HEALTH AND FAMILY LIFE/SEX EDUCATION

The District believes a comprehensive health education program is an integral part of each student's education. The health education program should emphasize the functioning and proper care of the human body and encourage the development of lifelong, positive health habits. In addition, it should inform students about potential physical and mental health hazards they are likely to encounter in various life situations and help them make sound, intelligent decisions when they are confronted with choices that could affect their health or that of others.

The District further believes that the District's comprehensive health education program should provide information about family life and sex education. While parents have the prime responsibility to assist their children in developing moral values, the District should support and supplement these efforts by offering students factual information and opportunities to discuss the moral and practical concerns, issues and attitudes inherent in family life and sexual behavior.

The District will teach about family life and sex education in regular courses on anatomy, physiology, health, science, consumer and family studies. If a separate family life or sex education program is developed, it will be a non-required, noncredit course. Any planned curriculum that includes instruction concerning human sexuality must be in accordance with applicable law and the District's academic standards.

In addition to the requirements listed below, the customary policies and regulations concerning the approval of new curriculum and instructional materials will apply to any comprehensive health education courses offered by the District:

1. The basic curriculum and instructional materials to be used in the District's comprehensive health education program will be available for inspection by the public during school hours. A forum to receive comments from the public concerning the basic curriculum and instructional materials used in the District's health education program will be scheduled prior to Board adoption.

2. Parents/guardians of all students must be notified that they may exempt their child, upon written request, from a specific portion or portions of the instruction on the grounds that it is contrary to religious beliefs and teachings or closely held personal beliefs of the student or the student's parent/guardian. If the request for the exemption is from a specific portion of the curriculum that concerns human sexuality, no reason must be given by the parent/guardian when requesting the exemption.

3. In accordance with applicable state law, students' parents/guardians must be notified in writing prior to the student's involvement in the health education

course. The notice to parents/guardians must include a detailed, substantive outline of the topics and materials to be presented.

4. Students will be provided with alternate educational assignments or activities for credit corresponding to that portion of the planned curriculum from which they are exempt.

If a student is unable to participate in a physical education class, the student must present to the principal/teacher a statement from a physician or other licensed health care professional stating the reason for the inability to participate in the class and the length of time needed to be exempted from class participation.

Exemptions from required instruction do not excuse a student from the District's total units required for graduation.

Latest Revision: October 2, 2025
May 25, 2011
July 14, 2000
June 11, 1999

LEGAL REFS.: 20 U.S.C. 7906 (prohibition against the use of Title I Funds to operate a program of contraception in the schools contained in the No Child Left Behind Act of 2001)
C.R.S. 22-1-128 (education regarding human sexuality)
C.R.S. 22-25-105 (Colorado Comprehensive Health Education Program)
C.R.S. 22-25-106 (4) (district must provide exemption procedure)
C.R.S. 22-25-110 (2)(operation of other health education programs)

CROSS REFS: I-5-R: Health and Family Life/Sex Education Exemption Procedures