



# Health Instructional Materials

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COMMUNITY NIGHT  
TUESDAY, NOVEMBER 28



**Walla Walla Public Schools**

Developing Washington's Most Sought-After Graduates

# New Standards – Adopted May 2016

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## Washington State Health Education K-12 Learning Standards:

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

## HEALTH AND PE STANDARDS (2008)

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EALR 1 - The student **acquires** the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

EALR 2 – The student **acquires** the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.

EALR 3 – The student **analyzes** and **evaluates** the impact of real-life influences on health.

EALR 4 – The student effectively **analyzes** personal information to develop individualized health and fitness plans.

## HEALTH STANDARDS (2016)

Standard 1: Students will **comprehend** concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will **analyze** the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3: Students will **demonstrate** the ability to access valid information and products and services to enhance health.

Standard 4: Students will **demonstrate** the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will **demonstrate** the ability to use decision-making skills to enhance health.

Standard 6: Students will **demonstrate** the ability to use goal-setting skills to enhance health.

Standard 7: Students will **demonstrate** the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will **demonstrate** the ability to advocate for personal, family, and community health.

# Health Education Core Ideas

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The standards are organized under these core ideas, reflecting typical units of study.

1. Wellness
2. Safety
3. Nutrition
4. Sexual Health
5. Social Emotional Health
6. Substance Use and Abuse

# Health Education Requirements

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## STATE

**AIDS Omnibus Act** - Requires HIV lessons each year in grades 5-12

**Healthy Youth Act** - Requires that IF sexual health is taught that it be medically accurate, age-appropriate, and inclusive and that it include both abstinence and contraception

**WAC180-51-068** - .5 health course in high school

## DISTRICT

**Board Policy 2126** - Students will receive AIDS/HIV instruction at least once each school year beginning in grade 5

**Board Policy 2125** - Sexual Health Education will be offered in alignment with state law

**Board Policy 2410** - High school health as graduation requirement

## High School Health Materials Review

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- A team of high school health teachers completed reviews of two sets of comprehensive health materials
- Rubrics recommended by OSPI were used to conduct these reviews. Reviews were thorough, taking 6-7 hours to complete in a work session

# Pearson Health Selected for High School

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Strengths of these materials:

- Align to Washington State Learning Standards
- All six Core Ideas are covered
- Promotes healthy norms
- Opportunities to practice and demonstrate skills are provided
- Instructional supports for teachers
- Engaging and easy-to-use online features

# Sexual Health Materials for 5-12

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- A team of teachers reviewed two sets of instructional materials that were highly recommended by state reviewers
- State reviews can be accessed here:
- <http://www.k12.wa.us/CurriculumInstruct/HIV-SexualHealthReview/default.aspx>



# 3Rs (Rights, Respect, Responsibility) Selected

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Strengths of these materials:

- Aligns to Washington State Health Standards and the Sexual Health Core Idea
- Individual lessons allow the district to select which lessons meet our local needs
- Meets requirements of Omnibus AIDS ACT and other state laws regarding health education
- Materials include many opportunities to open and maintain communication between school and home
- Strong focus on evidence-informed practices for sexual health education:
  - Personalization – content made relevant to students’ lives
  - Susceptibility – learning activities encourage students to assess the potential risks of their behaviors
  - Self-efficacy – helps students see that they have choices in their own behaviors
  - Social Norms – highlights positive behaviors
  - Skills – supports students in learning specific skills they need to be healthy

# 3Rs and Values

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- Teaching is not the same as promoting
- Families set values for children

# Answering Students' Questions

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- 3Rs provides some guidance for helping teachers answer student questions
- When students ask values questions the materials instruct teachers to encourage students to ask the trusted adults in their lives (parents, caregivers, clergy, etc)



# Questions

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Explore the materials

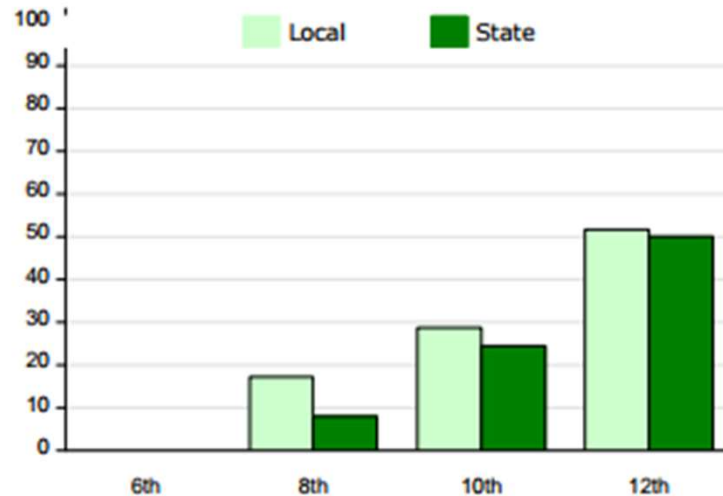


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# Healthy Youth Survey Data

**Ever Had Sexual Intercourse  
All Grades, 2016**



Prevalence	6th	8th	10th	12th
Local	N/A	17% ± 8	29% ± 8	52% ± 8
State	N/A	8% ± 2	25% ± 3	50% ± 3

**Sexual Behaviors  
Grade 12, 2016**

