

REGULATION

MONTGOMERY COUNTY PUBLIC SCHOOLS

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

Responsible Division: Division of Teaching and Learning

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

- A. The Maryland Health Education State Curriculum is composed of eight content standards designed to help students adopt and maintain healthy behaviors that promote health and avoid or reduce health risks for themselves and others. The Maryland Comprehensive Health Education Standards state that all students will –
1. use functional health information to support the health and well-being of self and others (which includes mental and emotional health, substance use and misuse, Family Life and Human Sexuality (FLHS), safety and violence prevention, nutrition, and disease prevention and control);
 2. analyze influences that affect the health and well-being of self and others;
 3. access valid and reliable resources to support the health and well-being of self and others;
 4. use interpersonal communication skills to support the health and well-being of self and others;
 5. use a decision-making process to support the health and well-being of self and others;
 6. use a goal-setting process to support the health and well-being of self and others;

7. demonstrate practices and behaviors to support the health and well-being of self and others; and
 8. advocate to promote the health and well-being of self and others.
- B. 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 give advice regarding content-specific curriculum development, implementation, monitoring, and review.

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 and Library Materials*.

C. Professional Learning

The superintendent of schools shall –

1. develop guidelines and procedures for the support of qualified teachers; and
2. establish planned and continuous programs as required by Maryland law to train MCPS teachers, administrators, and supervisors responsible for health education, and annually update knowledge, instructional materials, and methodology in health education.

D. Protection of Privacy

The MCPS Comprehensive Health Education instructional practices protect students' personal identifiable information during health instruction. These protections help create a safe, respectful learning environment while preventing students from feeling pressured to disclose personal or family information.

E. Family Life and Human Sexuality (FLHS) Unit of Study

1. Each student shall have the opportunity to participate in the comprehensive health education program required by this chapter.
2. Maryland FLHS instruction shall represent all students, regardless of ability, sexual orientation, gender identity, and gender expression.
3. Parent/Guardian Notification
 - a) Written notification is made to parents/guardians announcing the FLHS unit of study.
 - b) Each school will hold an informational meeting to provide an opportunity for parents/guardians to discuss the FLHS unit 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 the unit of study before the materials are used in the classroom.
 - c) Where FLHS is taught, students may be excused from the unit of study on written request from their parent/guardian. For students excused, the school shall provide alternative learning activities in health education.
4. FLHS Instructional Materials

FLHS materials are not to be used in any other instructional program of the school.
5. FLHS Teacher Selection and Training

When teaching concepts and skills related to FLHS, in addition to general teacher preparation, teachers are required to have additional preparation in content and teaching methods of such depth and duration as to be appropriate for the material taught. The additional preparation may be provided by college courses, local in-service programs, and/or Maryland

workshops.

E. Implementing the FLHS Unit of Study in a School

The principal will ensure that:

1. A local school planning group is established in each school for the purpose of planning the parent/guardian information meeting regarding FLHS 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) Worksheet Annual Report, MCPS Forms 345-30ag (for elementary schools), 345-30bg (for middle schools), and 345-30cg (for high schools), are completed by each school, as appropriate, and summarize planning group participation, and include FLHS program review and evaluation activities conducted by the planning group.
2. Instruction is based on the 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 7-445; *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; revised September 2, 2020; revised August 14, 2026.

MCPS NONDISCRIMINATION STATEMENT

Montgomery County Public Schools (MCPS) prohibits illegal discrimination based on race, ethnicity, color, ancestry, national origin, nationality, religion, immigration status, sex, gender, gender identity, gender expression, sexual orientation, family structure/parental status, marital status, age, ability (cognitive, social/emotional, and physical), poverty and socioeconomic status, language, or other legally or constitutionally protected attributes or affiliations. Discrimination undermines our community's long-standing efforts to create, foster, and promote equity, inclusion, and acceptance for all. The Board prohibits the use of language and/or the display of images and symbols that promote hate and can be reasonably expected to cause substantial disruption to school or district operations or activities. For more information, please review Montgomery County Board of Education Policy ACA, *Nondiscrimination, Equity, and Cultural Proficiency*. This Policy affirms the Board's belief that each and every student matters, and in particular, that educational outcomes should never be predictable by any individual's actual or perceived personal characteristics. The Policy also recognizes that equity requires proactive steps to identify and redress implicit biases, practices that have an unjustified disparate impact, and structural and institutional barriers that impede equality of educational or employment opportunities. MCPS also provides equal access to the Boy/Girl Scouts and other designated youth groups.*

It is the policy of the state of Maryland that all public and publicly funded schools and school programs operate in compliance with:

- (1) Title VI of the federal *Civil Rights Act of 1964*; and
- (2) Title 26, Subtitle 7 of the Education Article of the Maryland Code, which states that public and publicly funded schools and programs may not
 - (a) discriminate against a current student, a prospective student, or the parent or guardian of a current or prospective student on the basis of race, ethnicity, color, religion, sex, age, national origin, marital status, sexual orientation, gender identity, or disability;
 - (b) refuse enrollment of a prospective student, expel a current student, or withhold privileges from a current student, a prospective student, or the parent or guardian of a current or prospective student because of an individual's race, ethnicity, color, religion, sex, age, national origin, marital status, sexual orientation, gender identity, or disability; or
 - (c) discipline, invoke a penalty against, or take any other retaliatory action against a student or parent or guardian of a student who files a complaint alleging that the program or school discriminated against the student, regardless of the outcome of the complaint.**

Please note that contact information and federal, state, or local content requirements may change between editions of this document and shall supersede the statements and references contained in this version. Please see the online version for the most up-to-date information at www.montgomeryschoolsmd.org/info/nondiscrimination.

For inquiries or complaints about discrimination against MCPS students***	For inquiries or complaints about discrimination against MCPS staff***
Director of Student Conduct and Appeals Division of Equity and Organizational Development 850 Hungerford Drive, Suite 200, Rockville, MD 20850 240-740-3215 SWC@mcpsmd.org	Human Resource Compliance Officer Division of Human Resources and Talent Management Department of Compliance and Investigations 15 West Gude Drive, Suite B400, Rockville, MD 20850 240-740-2888 DCI@mcpsmd.org
For student requests for accommodations under Section 504 of the Rehabilitation Act of 1973	For staff requests for accommodations under the Americans with Disabilities Act
Section 504 Coordinator Division of Specialized Support Services, Department of School Counseling 850 Hungerford Drive, Room 170, Rockville, MD 20850 240-987-8031 504@mcpsmd.org	ADA Compliance Coordinator Division of Human Resources and Talent Management Department of Compliance and Investigations 15 West Gude Drive, Suite B400, Rockville, MD 20850 240-740-2888 DCI@mcpsmd.org
For inquiries or complaints about sex discrimination under Title IX, including sexual harassment, against students or staff***	
Title IX Coordinator Division of Equity and Organizational Development, Department of Student Conduct and Appeals 850 Hungerford Drive, Suite 200, Rockville, MD 20850 240-740-3215 TitleIX@mcpsmd.org	

*This notification complies with the federal *Elementary and Secondary Education Act*, as amended.

**This notification complies with the *Code of Maryland Regulations Section 13A.01.07*.

***Discrimination complaints may be filed with other agencies, such as the following: U.S. Equal Employment Opportunity Commission (EEOC), Baltimore Field Office, GH Fallon Federal Building, 31 Hopkins Plaza, Suite 1432, Baltimore, MD 21201, 1-800-669-4000, 1-800-669-6820 (TTY); Maryland Commission on Civil Rights (MCCR), William Donald Schaefer Tower, 6 Saint Paul Street, Suite 900, Baltimore, MD 21202, 410-767-8600, 1-800-637-6247, mccr@maryland.gov; Agency Equity Officer, Office of Equity Assurance and Compliance, Office of the Deputy State Superintendent of Operations, Maryland State Department of Education, 200 West Baltimore Street, Baltimore, MD 21201-2595, oeac.msde@maryland.gov; or U.S. Department of Education, Office for Civil Rights (OCR), 61 Forsyth St. S.W., Suite 19T10, Atlanta, GA 30303, 404-974-9406 and TDD: 800-877-8339, OCR.Atlanta@ed.gov, 1-800-421-3481, 1-800-877-8339 (TDD), OCR@ed.gov, or www2.ed.gov/about/offices/list/ocr/complaintintro.html.

This document is available, upon request, in languages other than English and in an alternate format under the *Americans with Disabilities Act*, by contacting the MCPS Office of Communications at 240-740-2837, 1-800-735-2258 (Maryland Relay), or PIO@mcpsmd.org. Individuals who need sign language interpretation or cued speech transliteration may contact the MCPS Office of Interpreting Services at 240-740-1800, 301-637-2958 (VP) mcpainterpretingservices@mcpsmd.org, or MCPSInterpretingServices@mcpsmd.org.