

REGULATION MONTGOMERY COUNTY PUBLIC SCHOOLS

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

Responsible Office: Chief of Teaching, Learning, and Schools

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

The Maryland Health Education State Curriculum is composed of six content standards designed to help students adopt and maintain healthy behaviors that promote health and avoid or reduce health risks. The units of study include Mental and Emotional Health; Substance Abuse Prevention; Family Life and Human Sexuality (FLHS); Safety and Violence Prevention; Healthy Eating; and Disease Prevention and Control.

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 advise 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 Materials and Library Books*.

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 program is examined carefully to ensure that none of the activities suggested invades the privacy of any student or family. Discussions are to encourage respect for personal relationships within a student's family and may not invade the privacy of the family.

E. 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. Maryland law requires that the FLHS curriculum shall include age-appropriate instruction on the meaning of "consent" and respect for personal boundaries in every grade in which the curriculum is taught. As defined in Maryland law, "consent" means the unambiguous and voluntary agreement between all participants in each physical act within the course of

interpersonal relationships, including respect for personal boundaries¹.

4. 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 upon written request from their parent/guardian. For students excused, the school shall provide alternative learning activities in health education.

2. FLHS Instructional Materials

FLHS materials are not to be used in any other instructional program of the school.

3. 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 assure 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.

¹ Annotated Code of Maryland, Education Article, §7-445

- 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 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.