In IUSD, we believe…

…that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives.
Top Health Issues Facing Kids Nationwide:

- Depression brought on by stress and anxiety
- Bullying/Cyberbullying
- Substance abuse
- Violence
- Eating disorders and obesity
Figure 1.11: How many times during the past 12 months (for two or more consecutive weeks) have you felt down, sad, or hopeless, and where you found little interest or pleasure in doing the things you normally do?

- 32% of students reported feeling down, sad, or hopeless 0 times in the past 12 months.
- 30% reported feeling down, sad, or hopeless 1-3 times in the past 12 months.
- 12% reported feeling down, sad, or hopeless 4-6 times in the past 12 months.
- 6% reported feeling down, sad, or hopeless 7-9 times in the past 12 months.
- 20% reported feeling down, sad, or hopeless 10 or more times in the past 12 months.

n=12,786
Note: Only middle school and high school students answered this question.
Figure 1.10: How many times during the past 12 months have you missed school because you felt tired, overwhelmed, anxious, and/or stressed?

- 59%: 0 Times
- 23%: 1-3 Times
- 8%: 4-6 Times
- 3%: 7-9 Times
- 7%: 10 or More Times

n=12,723
Note: Only middle school and high school students answered this question.
Elementary Curriculum

- Safety
- Body Systems
- Nutrition
- Social & Community Health
- Emotional Health

- Substance Abuse & Prevention
- Illness Prevention
- Environmental & Consumer Health
- Fitness
- Growth & Development
Middle School Health

- Personal Health
- Nutrition
- Injury & Violence Prevention
- Individual Growth & Development

- Chronic & Communicable Diseases
- Substance Abuse & Prevention
- Family Living
High School Health

- Nutrition & Physical Activity
- Growth, Development & Sexual Health
- Injury Prevention & Safety
- Alcohol, Tobacco, & Other Drugs
- Mental, Emotional, & Social Health
- Personal & Community Health
California Health Youth Act

Provide pupils with the **knowledge and skills** necessary to:

- protect their health from HIV and other sexually transmitted infections and unintended pregnancy
- develop healthy attitudes concerning growth and development, body image, gender, sexual orientation, relationships, marriage and family
- promote understanding of sexuality as a normal part of human development
- have healthy, positive and safe relationships and behaviors
What does this mean for IUSD?

3 Categories for compliance:

1. Programmatic and Content Requirements
2. Parental Notification
3. Instructors, Outside Consultants, and Guest Speakers
Established in 1996
Five Board appointed members
Charged with the review of sensitive topic materials (family life/sex education) and making recommendations to the Board for approval
Convened “as needed” when sensitive topic materials are brought forward from school staff
Timeline 2015-2016

December 2015 - January 2016
District Leadership
- Overview of Health in IUSD
- Review New Laws
- Surveyed MS and HS for current practice in Health

March 2016 - May 2016
HAC Convened
- Purpose
- Review New Laws
- Approve new materials
HS Teachers
- PLC meeting
- Compliance Evaluation

June 2016 - August 2016
HAC Convened
- Reviewed Draft Timeline for Compliance
- Review new materials
District Leadership
- Parent notification
- Research new curriculum
Timeline 2016-2017

**September - December 2016**
- HAC Convened
  - Review and approve new materials
- District Leadership
  - Positive prevention training
- HS Teachers
  - Professional Learning Day

**Jan - March 2017**
- HAC Convened
  - Review and Approve new materials
- MS Teachers
  - Professional Learning Day
  - Compliance Evaluation
  - MS Health Committee

**April - July 2017**
Next Steps:
- HAC Meetings
- Board Approval of New Curriculum (May)
- Professional Development
- Revise Courses
Next Steps

- Continue to curate and approve new materials
- Teacher professional development
- Middle school and high school courses in compliance with CA Healthy Youth Act by start of 2017-2018 school year
- Begin to review and revise Elementary Health curriculum to be aligned with intent of CA Healthy Youth Act