HEALTH EDUCATION

I. PURPOSE

To set forth procedures for the implementation of Policy IHAM: Health Education to provide a comprehensive health education program as an integral part of each student’s general education.

II. GUIDELINES

A. Health education shall include a planned, sequential K-12 health education curriculum that is age-appropriate and addresses the physical, emotional, social, and educational development of students. An abstinence-based approach to sexual health education shall be taught in grades K-6 and a comprehensive sexual health approach shall be taught in grades 7-12 and outlined in the New Mexico Adopted Health Education Standards (NMAC 6.29.6).

B. High school students must earn a half credit of health education to fulfill graduation requirements.

C. Parents/guardians may request that their child be exempt without penalty from a specific portion of the comprehensive health education program. If the request for the exemption is from a specific portion of the health education curriculum that concerns human sexuality, no reason must be given by the parent/guardian when requesting the exemption. A request for exemption should be made in writing prior to the first day of classes for the semester.

D. Students exempt from any portion of the health curriculum shall be provided alternative assignments without penalty.

E. The Health curriculum and all instructional materials used in comprehensive health education courses shall be aligned to the Health Education content standards with benchmarks and performance standards (6.29.6.6 NMAC).

F. Each elementary, middle and high school shall provide instruction about HIV and related issues (6.12.2.10 NMAC).

G. Health services personnel shall teach dental health in grades 1 and 3 and then teach growth and development in grade 5.
H. Health education courses may be taught in a traditional classroom setting, fully online, or utilize a blended face-to-face and online delivery.

I. Instructional materials used in comprehensive health education courses shall be available for inspection by parents during school hours.

J. All students taking high school health class will receive life-saving skills training for hands-on (compression only) psychomotor skills cardiopulmonary resuscitation training, including training to recognize the signs of a heart attack, training on the use of an automated external defibrillator, and training on how to perform the Heimlich maneuver for choking victims.

i. REVIEW

This regulation shall be reviewed on an ongoing basis in accordance with the Board of Education policy review process.

Legal Reference: 6.29.6.1 NMAC Health Education; 6.12.2.10 NMAC Health Services
History: New Regulation 06.03.14, Revised 9.14.18