

# Regulation IHAM-R

## Las Cruces Public Schools

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Related Entries: IHAM

Responsible Office: Deputy Superintendent for Instruction

## 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.



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*Approved, Deputy Superintendent for Instruction*

4/5/2019

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*Date Approved*

**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