

K-12 Health Education Concepts and Grade/Hours Requirements (Reg. 851)

Core Concepts for ALL Grades:	Tobacco, Alcohol and other Drugs, Injury Prevention and Safety, Nutrition and Physical Activity *(PA), Family Life and Sexuality, Personal Health and Wellness, Mental Health and Community and Environmental Health						
Grade Level	Pre-K	K-4	5-6	7	8	9-12	
Hours/Credits	No hours requirement	30 hours (10 hours must be drug and alcohol education)	35 hours (15 hours must be drug and alcohol education)	60 hours (if all 60 hours are taught in one year in 7th or 8th and additional 15 hours of drug and alcohol education in other grade)	60 hours (if all 60 hours are taught in one year in 7th or 8th and additional 15 hours of drug and alcohol education in other grade)	.5 Credit (15 hours must be drug and alcohol education, 2 hours of CPR/AED and Organ donation, 15 hours drug and alcohol education in all other grades)	
Grade Specific Requirements	Personal Body Safety and Child Abuse (<i>Law</i>)	Personal Body Safety and Child Abuse	Personal Body Safety and Child Abuse	Consent and respecting others personal boundaries	Consent and respecting others personal boundaries	Consent and respecting others personal boundaries	
	Recommended PA and/or Outdoor Play	Comprehensive Health Education	Comprehensive Health Education	Comprehensive Health Education	Comprehensive Health Education	Comprehensive Health Education	
		(10 hours) Drug and Alcohol Education	(15 hours) Drug and Alcohol Education	(15 hours) Drug and Alcohol Education	(15 hours) Drug and Alcohol Education	(15 hours) Drug and Alcohol Education	
	<i>With specific inclusion of the below listed concepts:</i>						
		Comprehensive Sexuality Education and HIV Prevention (stresses benefits of abstinence)	Comprehensive Sexuality Education and HIV Prevention (stresses benefits of abstinence)	Comprehensive Sexuality Education and HIV Prevention (stresses benefits of abstinence)	Comprehensive Sexuality Education and HIV Prevention (stresses benefits of abstinence)	Comprehensive Sexuality Education and HIV Prevention (stresses benefits of abstinence)	Comprehensive Sexuality Education and HIV Prevention (stresses benefits of abstinence)
		Nutrition, PA, Family Life and Sexuality	Nutrition, PA, Family Life and Sexuality	Nutrition, PA, Family Life and Sexuality	Nutrition, PA, Family Life and Sexuality	Nutrition, PA, Family Life and Sexuality	Nutrition, PA, Family Life and Sexuality
		Fire Safety Education	Fire Safety Education				(2 hours) CPR/AED evidence-based emergency instruction, use of AED and life saving/enhancing effects of organ and tissue donation
	Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program	Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program	Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program	Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program	Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program	Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program	