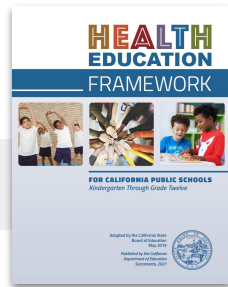


# HEALTH EDUCATION LEGISLATIVE UPDATE



The Health Education Framework provides guidance on how to teach the Standards

## Nutrition and Physical Education



Healthy, Hunger Free Kids Act (2010) TK-12  
CDE Nutrition & HHFKA

## Growth, Development, and Sexual Health



California Healthy Youth Act  
*at least once in MS AND once in HS*

## Injury Prevention and Safety



Compression-Only CPR HS  
Human Trafficking Prevention MS and HS  
Other Safety K-12

## Alcohol, Tobacco and Other Drugs



Education Code K-12

## Mental, Emotional and Social Health



Education Code 7-12

## Personal and Community Health



Education Code K-12  
Principles and Practices of Individual, Family, and Community Health 1-6

## EFFECTIVE JANUARY, 2022

### SB-224 Pupil Instruction: Mental Health Education

Health education courses in middle or high school to include mental health instruction.

CDE to develop a plan to expand mental health instruction on or before Jan. 2024.

**NEW**

For LEAs with a Health\* course, the following mental health content will be required in 2022\*\*:



- Themes and core principles of mental health
- Signs and symptoms of depression, suicidal thoughts/behaviors, schizophrenia, bipolar disorder, eating disorders, anxiety, and PTSD
- Evidence-based services and supports
- Warning signs of common mental health problems
- How to seek assistance from professionals and services
- Culturally responsive practices
- Connection to overall health and academic success
- Mental health challenges across populations, ethnicities, SES, cultures, etc.
- How to address mental health stigma

\*Includes *Life Skills, Social Psychology, Navigating Life, Health & Safety*, etc.

## NEXT STEPS & CONSIDERATIONS

Determine if your health ed courses fulfill the mandates. If you do not offer a course, determine how content will be delivered.

Consider best practices:

- Year-long/semester health course
- Required for graduation
- A-G elective health course

Provide staff training:

- Suicide Prevention (CDE Resources)
- Human Trafficking Prevention (CDE Resources)
- Sexual Health & HIV Prevention (CDE Resources)

Update relevant policies, such as:

- Board Policy 5030 - Wellness Policy
- Board Policy 5141.52 - Suicide Prevention
- Board Policy 4131 - Staff Development (example)

CA Health Education Website Administrator & Leadership Professional Learning

**\*\*Course design at the LEA's discretion as long as components are met. Practices include health courses, assemblies, expert facilitators, and/or assigning to qualified teachers.**