

**IDB-R Health Education**

1/16/25

**RATIONALE/OBJECTIVE:**

The Cobb County School District (District) recognizes health as a distinct discipline essential to the developmental needs of students at every educational level in their primary years through their secondary school experiences.

**RULE:****A. GENERAL PROVISION:**

The District's health education program shall be maintained in compliance with state requirements including State Board rule 160-4-2-.12. Health education shall be provided for all students K-12 and will help students develop a life-long healthy lifestyle. This Rule supports the intent of Administrative Rule EEE-R (Wellness Program).

**B. CURRICULUM REQUIREMENTS:**

1. The District will follow the State Board of Education adopted standards in its implementation of a comprehensive health program.
2. **Alcohol/Drug Education:**  
Each grade K-12 shall be provided annual alcohol and other drug use education. In accordance with State Board of Education rule, such instruction shall provide information about the use, misuse and abuse of alcohol, tobacco, legal and illegal drugs, including vaping products. The instruction is intended to discourage the use of alcohol, tobacco, and controlled substances and communicate that the use of illicit drugs and improper use of legally obtained drugs is wrong and dangerous.
3. **Cardiopulmonary Resuscitation (CPR):**  
In accordance with State Board of Education rule, instruction in CPR and the use of an automated external defibrillator (AED) shall be provided as a requirement in the health education program at each high school.
4. **Human Trafficking Awareness:**  
In accordance with State Board of Education rule, instruction in human trafficking awareness will be provided on an annual basis in grades 6 through 12.

**C. INSTRUCTIONAL MATERIAL REVIEW AND PARENTAL PERMISSION:**

Sex education and AIDS education shall be a part of a comprehensive health program. Prior to the parent/guardian making a choice to allow his/her student to take the specified unit of instruction, he/she should be told what instruction is to be provided and have the opportunity to review all instructional materials to be used, print and non-print (See also Rule IFAA-R [Instructional Resources Selection and Adoption]; Rule IFBC-R [Media Programs]; and Rule ICC-R [Curriculum Research]. In accordance with State Board rule 160-4-2.12 sex education shall also include annual age-appropriate sexual abuse and assault awareness and prevention education in kindergarten through grade 9.

1. **Parent/Guardian Permission:**
  - a. Prior to the beginning of sex education instruction, the school shall send parents/guardians written notice of the course of study;
  - b. The parent/guardian will be provided an opportunity to review the curriculum and instructional materials as provided above;
  - c. Parents/guardians who elect to allow their child to participate in the sex education course of study shall return a signed permission form to the school;
  - d. Students who do not return a signed permission form shall not participate in the course of study but shall be provided other health-related instruction.

2. **Review Committee:**

The District shall establish a committee to periodically review sex/AIDS education instructional materials and make recommendations concerning age/grade level use.

a. **Materials Adoption:**

Materials and other recommendations of the committee shall be approved by the Board of Education before implementation.

b. **Membership:**

- (1) The committee shall be composed primarily of non-teaching parents/guardians who:
  - (a) Have children enrolled in the District; and
  - (b) Who represent the diversity of the student body.
- (2) Other community representatives such as educators and health profession representatives; and
- (3) A male and female student currently enrolled in the District and attending the 11<sup>th</sup> or 12<sup>th</sup> grade.

**D. MINIMUM PROGRAM PARTICIPATION:**

1. **Elementary:**

Students in grades K-5 shall be provided a minimum of 90 contact hours of instruction per year at each grade level K-5 in health and physical education;

2. **Middle:**

Students in grades 6-8 shall be provided the opportunity to receive health instruction annually.

3. **High:**

High school students are required to complete ½ unit of health education as a requirement for graduation (see Administrative Rule IHF-R [Graduation Requirements]).

Revision Timeline\*:

Adopted: 8/9/78

Revised: 4/28/83; 8/8/84; 7/28/94

Reclassified an Administrative Rule: 9/1/04

Revised: 7/27/06; 8/13/08; 2/10/10; 10/12/11

Revised and re-coded: 9/27/12 (Previously coded as Administrative Rule IHAM)

Revised: 2/12/14; 7/1/15; 8/22/19; 1/16/25

*\*Administrative Rules and Board Policies are reviewed on a regular basis. Dates indicate when revisions were made, not the dates of document review.*

Division: Academics (Teaching & Learning)

Legal Reference

O.C.G.A. 20-2-13

Educational research; preparation/publication of instructional material

O.C.G.A. 20-2-142

Prescribed courses; development/dissemination of instructional materials on effects of alcohol

O.C.G.A. 20-2-143

Sex education and AIDS prevention instruction; implementation; student exemption

O.C.G.A. 20-2-187

School lunch program/personnel; instruction in nutrition, hygiene, etiquette and social graces

O.C.G.A. 20-2-778

Required information to parents of students regarding meningococcal meningitis

O.C.G.A. 20-2-777

Annual Fitness Assessments; reporting and compliance

Rule 160-4-2-.12

Comprehensive Health and Physical Education Program Plan

Rule 160-4-2-.48

High School Graduation Requirements