
Health Education Standards

The Background:

T.C.A. § 49-1-302(a)(8) authorizes the State Board of Education to “set policies governing all academic standards and courses of study in the public schools.” Additionally, State Board Rule 0520-01-03-.03(1) calls for the State Board to adopt standards for each subject area, grades K-12. The approved standards are to be the basis for planning instructional programs in each local school system.

State Board Standards Review Policy 3.209 requires that the Board review all sets of academic standards at a minimum of every six years. The Tennessee Department of Education conducted stakeholder outreach during the 2022-23 school year to identify revisions to the Health Education standards. The stakeholders were recruited through recommendations from Coordinated School Health (CSH) Coordinators around the state. The participants were divided into three committees (elementary, middle and high school), and included Health Education/Lifetime Wellness teachers, school counselors, school nurses, and CSH coordinators. The committees had representation from each of the Grand Divisions of Tennessee as well as one member of higher education faculty. This item includes new and revised standards for each of the following grade bands: grades K-5, grades 6-8, and grades 9-12.

Standard revisions in grades K-5 were made to better address the developmental levels of elementary students. Grades K-5 standards now include vaping prevention and occupant/bike/pedestrian safety. Grades 6-8 include new and revised standards for the following components and subcomponents:

- Personal Wellness: General Health, Nutrition, Physical Activity and Fitness, and Disease Prevention
- Safety and Prevention: Vehicle Occupant Safety, Water Safety, Prevention (includes bike and pedestrian, weapons), and Technology Safety
- Human Growth and Development: Relationships, Pregnancy and Reproduction
- Substance Use and Abuse: Core Concepts, Refusal and Risk Reduction
- Mental, Emotional, and Social Health: Conflict Resolution, Social Health, and Mental Health (includes depression, stress, and community resources)

Grades 9-12 Lifetime Wellness include new and revised standards for the following:

- Personal Wellness: Disease Prevention
- First Aid and Safety: Vehicle Driver and Occupant Safety
- Human Growth and Development: Relationships, Adoption
- Mental, Emotional, and Social Health: Emotional Health (includes developing self-care and adverse childhood experiences), Mental Health (includes when to seek help)
- Substance Abuse and Use: Risk Reduction

The Fiscal Analysis Impact:

T.C.A. § 49-1-212 requires that the Department prepare a fiscal analysis of any policy, rule, or regulation proposed to the State Board of Education. This item has no financial impact on an LEA.

Connection to the [Master Plan](#):

This item supports the State Board's strategic focus on Engagement and Accountability outlined in the Master Plan by ensuring high quality standards that provide opportunity to improve outcomes and ensuring transparency through public feedback.

The Recommendation:

The Department of Education recommends acceptance of this item on first reading. The SBE staff concurs with this recommendation.