

2018-19 Comprehensive Health Education Charleston County School District

**Note: This document serves as a compilation of resources and a summary of CCSD's Comprehensive Health Plan.*

Charleston County School District provides a comprehensive health program to meet the needs of every student and to support the South Carolina Academic Standards for Health and Safety. Health instruction supports each student in developing skills for a lifetime of overall well-being. These life skills are aligned with the Profile of the South Carolina Graduate.

Charleston County School District has two governing committees that advise the local school board on issues pertaining to Health Education and Student Health and Fitness.

- The **Comprehensive Health Education Advisory Committee** is designed to assist in the selection of curriculum components and materials. This committee consists of thirteen members of the community including parents, clergy, health professionals, educators, and students. The committee's main priority is carefully reviewing materials pertaining to reproductive health, family life education, and pregnancy prevention before being approved by the local board and used in the schools.
- The **Coordinated School Health Advisory Council** works with schools within the district to assess and implement school health policies and programs such as Wellness Committees that support schools in implementing policies and initiatives to promote a healthy school environment for students, faculty, and staff. Overall wellness is the top priority. The district council is composed of members from the community, schools, students, parents, district nutritional service employees, and school board members.

Elementary Schools (Grades K-5)

Middle Schools (Grades 6-8)

High Schools (Grades 9-12)

Elementary Schools (Grades K-5)

Required **time** allocated for health instruction and **topics** addressed in health are defined by the South Carolina Comprehensive Health Education Act (1988). In addition, CCSD's Comprehensive Health Education Advisory Committee recommends and CCSD's Board of Trustees selects **texts** for grades K-5.

In grades K-5 students must receive instruction in comprehensive health education totaling the equivalent of 45 hours per year.

Students enrolled in kindergarten through fifth grade receive instruction in

- community health
- consumer health
- environmental health

- growth and development
- nutritional health
- personal health
- prevention and control of diseases and disorders
- safety and accident prevention (including fire prevention)
- substance use and abuse (including alcohol and tobacco education)
- dental health
- mental and emotional health
- sexual abuse and assault awareness and prevention

Texts & Materials

- Harcourt Health and Fitness, Grade Levels (K-5) (Houghton Mifflin Harcourt)
- Childhelp Speak Up Be Safe (Childhelp)
- Safer Smarter Kids (Lauren’s Kids)

Middle Schools (Grades 6-8)

Required **time** allocated for health instruction and **topics** addressed in health are defined by the South Carolina Comprehensive Health Education Act (1988). CCSD’s Comprehensive Health Education Advisory Committee recommends and CCSD’s Board of Trustees selects **texts** for grades 6-8.

In **grade 6** students must receive instruction in comprehensive health education totaling the equivalent of 45 hours per year. In **grades 7-8** each school shall provide instruction in a comprehensive health education program in a stand alone course for either 250 minutes a week for 9 weeks or for five 50-minute classes per week for 9 weeks.

Students in **grades 6-8** receive instruction in

- community health
- consumer health
- environmental health
- growth & development
- nutritional health
- personal health
- prevention and control of diseases and disorders
- safety and accident prevention (including fire prevention)
- substance use and abuse (including alcohol, tobacco, and opioids)
- dental health
- mental and emotional health
- sexual abuse and assault awareness and prevention
- domestic abuse
- sexually transmitted diseases & reproductive health

Texts & Materials

- Teen Health (Course 1-3) (Glencoe/McGraw-Hill)
- Making a Difference! (5th Edition) (ETR Associates)
- Raising the Standard (Heritage Keepers)

- Safer, Smarter Teens (Lauren’s Kids)
- Identifying and Reporting Child Abuse (Texas Education Agency)

High Schools (Grades 9-12)

Required **time** allocated for health instruction and **topics** addressed in health are defined by the South Carolina Comprehensive Health Education Act (1988). CCSD’s Comprehensive Health Education Advisory Committee recommends and CCSD’s Board of Trustees selects **texts** for grades 9-12.

The State Board of Education (SBE) has approved four alternatives for meeting the comprehensive health requirement.

- Health course scheduled as a required elective
- Mini courses require students to complete a specified number of short health courses (usually 3 weeks) on different topics during the high school years
- Integrate health units into existing required courses
- Individual written plan submitted to the SCDE demonstrating that all students receive health instruction in all topics within existing courses

At least **one time in grades 9-12**, students receive instruction in

- community health
- consumer health
- environmental health
- growth & development
- nutritional health
- personal health
- prevention and control of diseases and disorders
- safety and accident prevention (including fire prevention)
- substance use and abuse (including alcohol, tobacco, and opioids)
- dental health
- mental and emotional health
- sexual abuse and assault awareness and prevention
- domestic abuse
- cardiopulmonary resuscitation (CPR)
- use of Automated External Defibrillator (AED)
- sexually transmitted diseases, reproductive health, family life, and pregnancy prevention education

Texts & Materials

- Health & Wellness (McGraw-Hill)
- A Teen’s Guide to Healthy Sexuality (McGraw-Hill)
- Reducing the Risk! - 5th Edition (ETR Associates)
- Healthy Living (Edgenuity)
- Raising the Standard (Heritage Keepers)
- American Heart Association AED & Hands Only CPR (American Heart Association)
- Safer, Smarter, Teens: Be the Change (Lauren’s Kids)