

HEALTH EDUCATION FRAMEWORK

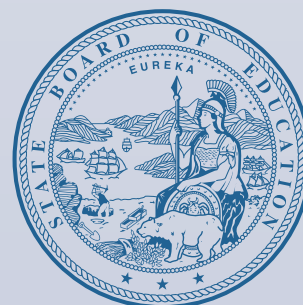


FOR CALIFORNIA PUBLIC SCHOOLS
Kindergarten Through Grade Twelve

Foreword

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Board of Education
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Foreword

The new Health Education Framework for California Public Schools is a welcome update to our state curricular resources in health instruction.

This document supports the goals of the Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve and is an important step forward in our ongoing commitment to ensure that all California students are prepared for college, twenty-first century careers, and citizenship. This framework models the diversity of our great state and reflects the inclusionary objectives of the State Board of Education (SBE) and the California Department of Education (CDE).

Curriculum based on this updated framework will help students build strong and healthy relationships with their families, friends, and communities while strengthening their resiliency and personal decision-making skills for healthy living. During the lengthy development process of the framework, the CDE and the SBE received a significant volume of public comment. This feedback from stakeholder groups throughout the state—teachers, administrators, professional organizations, interest groups, and members of the public—has been reflected in the document.

The guiding principle of the Health Education Framework is a focus on the idea that healthy students are successful students. Healthy students, healthy relationships, and a healthier environment are achievable goals through health education that fully addresses the Health Education Content Standards. In the

past 20 years, health education has evolved to become a powerful, comprehensive, theory-driven, evidence-based platform from which to educate, inform, and empower youth to make well-informed health decisions that lead to positive practices that promote a lifetime of good health.

Consistent with our recently adopted frameworks in other subject areas, this framework relies on students being active participants in the learning process. The framework is designed to help teachers and administrators create a curriculum where students comprehend essential health concepts, analyze their health influences, learn how to access valid health information, demonstrate their interpersonal communication skills, make healthy decisions, set goals, practice health-enhancing behaviors, and demonstrate their ability to promote healthy lifestyles.

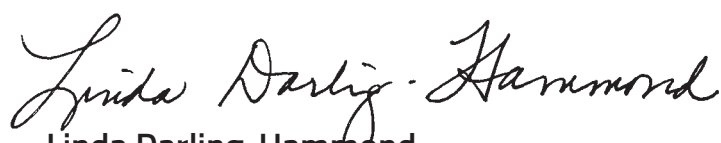
In addition to the guidance for teachers and administrators on standards implementation, the framework includes new chapters on assessment, access and equity, instructional strategies, and professional learning—all designed to assist teachers and administrators in furthering the collective goal of creating healthy students throughout the state of California. The framework also includes the criteria for evaluating kindergarten-through-eighth-grade instructional materials, which will ensure that the curricular tools for the next generation will reflect these aims.

As we move further into the twenty-first century, the information students receive related to their health will only increase. A collaborative effort to prepare our students for the changing world they will enter as adults ensures that they will be equipped to make choices that will lead to personal and professional success as healthy and prepared citizens of a prosperous state.



Tony Thurmond

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