



# NEBO SCHOOL DISTRICT BOARD OF EDUCATION POLICIES AND PROCEDURES

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**SECTION:** I – Instruction  
**POLICY TITLE:** Healthy Responsible Lifestyle Education  
**FILE No.:** IGAI  
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## **1 PURPOSE AND PHILOSOPHY**

- 1.1** The Board of Education (Board) recognizes the personal and societal benefits of health education taught by qualified educators. The Board also recognizes its duty under Utah law to provide for the responsible instruction of students in certain areas of health education. Specifically, the Board recognizes that the standards and objectives adopted by the Utah State Board of Education include instruction on the physical and emotional aspects of human sexuality and the mental, emotional, social, and physical changes that occur throughout a person’s life. Utah law places certain requirements on the instruction of human sexuality and related areas, such as human reproduction, maturation, sexually transmitted diseases, and human relationships.
- 1.2** The Board supports parent choice in the instruction of human sexuality and believes parents should be able to choose whether to have qualified educators teach their children about human sexuality and related areas, such as human reproduction, contraception, maturation, sexually transmitted diseases, and human relationships. The Board also believes parents should be able to choose which portions of the human sexuality curriculum are taught to their children.
- 1.3** The Board believes the human sexuality curriculum should promote marriage and the family, emphasizing sexual abstinence before marriage and fidelity within marriage.
- 1.4** This policy is adopted to outline requirements on instruction of maturation and human sexuality, as well as requirements and procedures for adoption of curriculum and materials used therewith.

## **2 DEFINITIONS**

- 2.1** “Healthy Responsible Lifestyle Committee” or “Committee” means the committee formed consistent with Utah Admin. Code R277-474-1(B), as described in Section 3 of this policy.

- 2.2** “Human Sexuality Instruction” means any course, unit, class, activity, or presentation that provides instruction or information to students about sexual abstinence; human reproduction; reproductive anatomy or physiology; contraception; sexually transmitted diseases; or the sexual aspects of pregnancy, marriage, childbirth, or parenthood.
- 2.3** “Instructional Materials Commission” means the state-level advisory commission created by the Utah State Board of Education and authorized under Utah Code Ann., Section 53A-14-101, the duties and authority of which are more fully outlined in Utah Admin. Code R277-474.
- 2.4** “Maturation Education” means instruction and materials used to teach fifth or sixth grade students about the physical and emotional changes associated with puberty. Maturation Education is intended to assist in protecting students from abuse and to promote hygiene and good health practices. Instruction and materials must be Medically Accurate and age appropriate.
- 2.5** “Medically Accurate” means verified or supported by research conducted in compliance with scientific methods and published in journals that have received peer review, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the American Medical Association.
- 2.6** “Parental Notification Form” means the form developed by the Utah State Office of Education as described in Utah Admin. Code R277-474-1(H) and referenced in the Forms section at the end of this policy as Utah State Office of Education Parent/Guardian Consent Form, Human Sexuality Instruction.

### **3 HEALTHY RESPONSIBLE LIFESTYLE COMMITTEE**

- 3.1** Consistent with Utah Admin. Code R277-474-1(B), there is formed at the District level a Healthy Responsible Lifestyle Committee (“Committee”). The Director of Curriculum shall ensure that the Committee is organized and functions as provided in this policy. The Committee must include the following individuals:
- 3.1.1** Parents,
  - 3.1.2** Health professionals,
  - 3.1.3** School health educators, and
  - 3.1.4** Administrators.
- 3.2** The Committee shall include at least as many parents as school employees.
- 3.3** Committee members are appointed and reviewed annually by the Board.
- 3.4** The Committee shall meet on a regular basis as determined by the membership.
- 3.5** The Committee shall designate a chair and select its own procedures.
- 3.6** The Committee is subject to the Open and Public Meetings Act, Utah Code Ann. Section 52-4-101 et seq.
- 3.7** The Committee shall review and approve all guest speakers and guest presenters and their respective materials relating to Human Sexuality Instruction in any course and Maturation Education prior to their presentations.
- 3.8** The Committee shall not authorize the use of any Human Sexuality Instructional program or Maturation Education program not previously (a) approved by the state Instructional Materials

Commission and recommended by the Utah State Board of Education, (b) approved by the Board consistent with the procedures outlined in Utah Admin. Code R277-474-6, or (c) approved under Utah Code Ann., Section 53A-13-101(1)(c)(ii).

- 3.9 The Committee shall set the scope and sequence of Human Sexuality Instruction and Maturation Education using materials adopted by the Board as described in Section 6 of this policy.

#### **4 RESTRICTIONS ON INSTRUCTION**

- 4.1 The following may not be taught in District schools through the use of instructional materials, direct instruction, or online instruction:
- 4.1.1 The intricacies of intercourse, sexual stimulation, or erotic behavior;
  - 4.1.2 The advocacy of premarital or extramarital sexual activity;
  - 4.1.3 The advocacy or encouragement of the use of contraceptive methods or devices; or
  - 4.1.4 The advocacy of abortion.
- 4.2 Consistent with Utah Code Ann., Section 53A-13-101(4), employees may not support or encourage criminal conduct by students, teachers, or volunteers.

#### **5 PARENTAL CONSENT REQUIRED**

- 5.1 The parent or legal guardian of a student must provide written consent before the student may participate in Human Sexuality Instruction or Maturation Education.
- 5.2 Consent must be obtained using the Parental Notification Form developed by the Utah State Office of Education, as described in Utah Admin. Code R277-474-1(H).
- 5.3 The signed Parental Notification Forms must be retained at the school for a reasonable period of time but no less than one year.
- 5.4 If a student's parent chooses not to have the student participate in Human Sexuality Instruction, the school shall either waive the requirement to participate or provide the student with a reasonable alternative to the Human Sexuality Instruction.

#### **6 ADOPTION OF CURRICULUM AND MATERIALS**

- 6.1 The Healthy Responsible Lifestyle Committee may recommend instructional materials to the Board.
- 6.2 The Board must approve and adopt "primary materials," as that term is defined in Nebo School District Policy #IIA – Student Instruction and Materials, for Human Sexuality Instruction or Maturation Education.
- 6.3 The approval and adoption of primary materials described in Section 6.2 must be by a majority vote of Board members present at a regular Board meeting in which parents and students are given the opportunity to express their views and opinions on the materials.
- 6.4 If the Board adopts primary materials that have not previously been approved by the state Instructional Materials Commission, the following apply:
- 6.4.1 The materials must comply with Section 4 of this policy.

- 6.4.2** The materials must be Medically Accurate, as defined in Utah Admin. Code R277-474-1(G), meaning they must be verified or supported by research conducted in compliance with scientific methods and published in journals that have received peer-review, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the American Medical Association.
- 6.4.3** The materials must be made available to residents of the District for reasonable review opportunities prior to consideration for adoption.
- 6.4.4** The District shall make a report to the Utah State Board of Education that includes the following:
  - 6.4.4.1** A copy of the materials;
  - 6.4.4.2** Documentation of the materials' adoption by the Board under this section;
  - 6.4.4.3** Documentation of the recommendation of the materials by the Healthy Responsible Lifestyle Committee; and
  - 6.4.4.4** A statement of the Board's rationale for selecting materials not approved by the state Instructional Materials Commission.
- 6.4.5** Primary materials adopted by the Board under Section 6.4 must be reviewed annually by the Board.
- 6.5** The Committee is authorized to set the scope and sequence for Human Sexuality Instruction and Maturation Education using materials adopted by the Board.

## **7 EDUCATOR RESPONSIBILITIES**

- 7.1** Before providing instruction under this policy, newly hired or newly assigned educators must attend state-sponsored professional development outlining the human sexuality curriculum and the criteria for Human Sexuality Instruction in any course offered in the public education system. All educators providing instruction under this policy must attend such professional development at least once during every three years.
- 7.2** Due to the sensitive nature of human sexuality and maturation, individuals providing instruction under this policy should do so in an atmosphere of respect and dignity. Instructors should avoid remarks or actions that might reasonably be construed to have a demeaning or embarrassing effect on students.
- 7.3** Educators must use only materials approved by the Board.
- 7.4** Educators may not provide contraceptives to students.
- 7.5** Educators who receive complaints or comments from parents or students resulting from student participation in instruction under this policy shall deliver such complaints or comments to the chair of the Healthy Responsible Lifestyle Committee.
- 7.6** Educators shall ensure that students for whom the consent is not obtained as required under Section 5 of this policy do not participate in the instruction.
- 7.7** Educators may respond to spontaneous student questions for the purposes of providing accurate data or correcting inaccurate or misleading information or comments made by students in class regarding human sexuality.

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**EXHIBITS**

None

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**REFERENCES**

Open and Public Meetings Act, Utah Code Ann., Section 52-4-101 et seq.

Utah Code Ann., Section 53A-13-101.

Utah Code Ann., Section 53A-13-101.2.

Utah Admin. Code R277-474.

Nebo School District Policy #IIA – Student Instruction and Materials.

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**FORMS**

Utah State Office of Education Parent/Guardian Consent Form, Human Sexuality Instruction, available at  
<http://www.schools.utah.gov/CURR/healthpe/Law-Policy/English1.aspx>

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