



Health Education Frequently Asked Questions August 4, 2023

This document is intended to provide answers to the most commonly asked questions. Questions are organized into the following categories:

- [General](#)
- [Coordinated School Health Programs](#)
- [Parenting and Paternity Awareness](#)
- [Other Health Education Related Questions](#)

General

1. Are all K-5 schools required to offer health education instruction?

Yes, according to Texas Education Code (TEC) [§28.002\(a\)\(2\)\(B\)](#) and 19 Texas Administrative Code (TAC) [§74.1\(a\)\(2\)\(B\)](#) and [§74.2\(a\)](#), schools must teach the Texas Essential Knowledge and Skills (TEKS) for health education. A school district may add elements at its discretion but must not delete or omit instruction.

2. Are all 6-8 schools required to offer health education instruction?

Yes, according to TEC [§28.002\(a\)\(2\)\(B\)](#) and 19 TAC [§74.1\(a\)\(2\)\(B\)](#) and [§74.3\(a\)](#), grades 6-8 campuses must teach the TEKS for health education. A school district may add elements at its discretion but must not delete or omit instruction.

A district must provide instruction in all of the TEKS for grade 6 to students enrolled in that grade level. For grades 7-8, a district must provide instruction in all the TEKS to students in grades 7 and/or 8. Districts have the flexibility of when and how to offer the course in whatever instructional arrangement they choose.

3. Is health education a state requirement for high school graduation?

No, health education is not a state requirement for high school graduation. However, a local school district may offer additional opportunities for students to select health education as an elective course.

4. Are students allowed to take high school health in middle school?

Yes, the 19 TAC [§74.26\(b\)](#) states that districts may offer courses designated for grades 9-12 in earlier grade levels. A course must be considered completed and credit must be awarded if the student has demonstrated achievement by meeting the standard requirements of the course, including demonstrated proficiency in the subject matter, regardless of the time the student received instruction in the course or the grade level at which proficiency was attained.

The academic achievement record (transcript) must reflect that students have satisfactorily completed courses at earlier grade levels than grades 9-12 and have been awarded state graduation credits. The teacher must also be appropriately certified to teach high school health.

5. What are the required number of hours or days needed to complete elementary, middle, and high school health education?

According to 19 TAC [§74.2\(a\)](#), [§74.3\(a\)\(1\)](#), and [§74.3\(b\)\(1\)](#), a school district must ensure that sufficient time is provided for teachers to teach and students to learn all of the TEKS for the course. There are no state-mandated instructional time requirements.

6. Can Health Science Technology courses be substituted for high school health courses?

There is no state graduation requirement for high school health; therefore, substitutions for high school health education are a local district's decision if a district chooses to keep health education as a local credit requirement only. For more information, you may view the [graduation requirements](#).

7. What are the requirements for cardiopulmonary resuscitation (CPR)?

Requirements related to cardiopulmonary resuscitation (CPR) instruction and the use of an automated external defibrillator (AED) (as added by House Bill (HB) [4375](#), 88th Texas Legislature) are addressed in TEC [§28.0023](#).

The 19 TAC [§74.38](#), addresses the CPR instruction requirements. Please see below for a summary.

Instructional Requirements—must be provided to each student at least once before graduation from high school according to TEC [§28.0023](#) and 19 TAC [§74.38](#), which require a school district or an open-enrollment charter school to provide instruction to students in grades 7-12 in cardiopulmonary resuscitation (CPR).

Student Requirement—CPR instruction may be provided as a part of any course. The instruction must include training developed by the American Heart Association or the American Red Cross, or use nationally recognized, evidence-based guidelines for emergency cardiovascular care and incorporate hands-on practice to support cognitive learning.

Approved Instructors—A school district or an open-enrollment charter school may use emergency medical technicians, paramedics, police officers, firefighters, representatives of the American Heart Association or the American Red Cross, teachers, other school employees, or other similarly qualified individuals to provide instruction and training.

Certificates of Completion—The required CPR instruction does not have to result in certification. If the instruction is intended to result in certification in CPR, the course instructor must be authorized to provide the instruction by the American Heart Association, the American Red Cross, or a similar nationally recognized association.

Academic Achievement Record—The 19 TAC [§74.5\(i\)](#) states that a student who completes the required instruction in CPR as specified in 19 TAC §74.38 in grade 9, 10, 11, or 12 must have completion of the CPR instruction clearly indicated on the academic achievement record.

Waivers—A school district or an open-enrollment charter school may waive the requirement under this section for a student, who due to a disability, is unable to complete the requirement. The determination regarding a student's ability to complete the CPR requirement will be made by:

- the student's admission, review, and dismissal (ARD) committee if the student receives special education services under the Texas Education Code (TEC), Chapter 29, Subchapter A; or
- the committee established for the student under Section 504, Rehabilitation Act of 1973 (29 United States Code, §794) if the student does not receive special education services under the TEC, Chapter 29, Subchapter A, but is covered by the Rehabilitation Act of 1973.

The CPR requirements apply to any student who entered grade 7 in the 2010-2011 school year and thereafter.

Coordinated School Health Programs

8. What is a coordinated school health (CSH) program?

The TEC [§38.013](#) states that the agency must make available to each school district one or more coordinated school health (CSH) programs in elementary school, middle school, and junior high school.

Each CSH program must provide for coordinating education and services related to:

- 1) physical health education, including programs designed to prevent obesity, cardiovascular disease, oral diseases, and Type 2 diabetes and programs designed to promote the role of proper nutrition;

- 2) mental health education, including education about mental health conditions, mental health well-being, skills to manage emotions, establishing and maintaining positive relationships, and responsible decision making;
- 3) substance abuse education, including education about alcohol abuse, prescription drug abuse, and abuse of other controlled substances;
- 4) physical education and physical activity; and
- 5) parental involvement.

9. Are school districts required to implement CSH programs?

Yes, the TEC [§38.014](#) requires each school district to participate in appropriate training for the implementation of the approved CSH programs under TEC [§38.013](#) and implement CSH programs in each elementary school, middle school, and junior high school in the district.

10. Are open enrollment charter schools required to implement CSH programs?

Yes, according to TEC [§12.104\(b\)\(3\)\(K\)](#), open-enrollment charter schools are subject to TEC, Chapter 38, Health and Safety.

11. Are school districts designated as districts of innovation (DOI) allowed to exempt themselves from the CSH program requirement?

No, the TEC [§12A.004\(a\)\(1\)](#) and 19 TAC [§102.1309\(a\)\(1\)](#) both state that a local innovation plan may not provide for the exemption of a district designated as a DOI from the provision of a state or federal requirement applicable to an open-enrollment charter school operating under TEC, Chapter 12, Subchapter D.

12. What are the CSH programs approved by the Texas Education Agency (TEA)?

For a list of CSH programs that have been approved for elementary, middle, and junior high school please visit

http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health/Approved_Coordinated_School_Health_Programs/.

Parenting and Paternity Awareness

13. What are the requirements for teaching the parenting and paternity awareness (p.a.p.a.) curriculum?

The p.a.p.a. curriculum identified in TEC [§28.002\(p\)](#) and 19 TAC [§74.35\(a\)](#) is required to be offered in all public schools and open-enrollment charter schools and incorporated in the district or charter's middle or junior high and high school health curriculum. At the discretion of the district or charter, a teacher may modify the suggested sequence and pace of the program

at any grade level. A student under 14 years of age may not participate without parental permission.

14. What are the program components of the p.a.p.a. curriculum?

The 19 TAC [§74.35\(a\)\(2\)](#) states that the p.a.p.a. program must address parenting skills and responsibilities, including child support and other legal rights and responsibilities that come with parenthood; address relationship skills, including money management, communication skills, and marriage preparation; and skills relating to the prevention of family violence, only if the school district's middle, junior high, or high schools do not have a family violence prevention program.

15. Where do school districts and charter schools obtain the p.a.p.a. curriculum?

The p.a.p.a. curriculum materials and training are provided at no cost to school districts and charter schools by the Office of the Attorney General (OAG) of Texas. For additional information regarding the p.a.p.a. curriculum and training, contact your regional education service center (ESC) health program specialist. You may also contact the OAG by calling (512) 463-2100 or emailing papa@oag.texas.gov, or visit <https://www.texasattorneygeneral.gov/cs/parenting-and-paternity-awareness-p.a.p.a.>

16. May school districts and charter schools use other materials related to p.a.p.a.?

Yes, the TEC [§28.002\(p-2\)](#) permits a school district or charter school to develop or adopt research-based programs and curriculum materials for use in conjunction with the requirements for p.a.p.a. The programs and curriculum materials may provide instruction in child development, parenting skills, including abuse and neglect prevention; and assertiveness skills to prevent teenage pregnancy, abusive relationships, and family violence.

Other Health Education Related Questions

17. What are the requirements regarding alcohol awareness instruction?

The TEC [§28.002\(r\)](#) and the 19 TAC [§74.35\(b\)](#) require TEA to provide a list of evidence-based alcohol awareness curricula. School districts and open-enrollment charter schools must choose from the list a program that is evidence-based for use in the middle school, junior high school, and high school health education curriculum. For a list of programs please visit <https://tea.texas.gov/academics/subject-areas/evidence-based-programs-for-alcohol-awareness>.

18. What is meant by an “evidence-based” alcohol awareness program?

The TEC [§28.002\(r\)](#) defines “evidenced-based” as a program, practice, or strategy that has been proven to effectively prevent or delay alcohol use among students as determined by

evaluations that use valid and reliable measures and that are published in peer-reviewed journals.

19. Do the TEKS for health education address bullying?

The TEC [§28.002\(s\)](#) requires the State Board of Education, in consultation with the Texas School Safety Center, to adopt essential knowledge and skills for the health curriculum that include evidence-based practices that will effectively address awareness, prevention, identification, self-defense in response to, and resolution of and intervention in bullying and harassment.

The TEKS for bullying are addressed in the injury and violence prevention and safety strand. To access the health education TEKS please visit [19 TAC, Chapter 115](#).