

**1. What feedback do you have for the framework proposed in the Commissioner’s Health TEKS Study Recommendations?** The proposed framework looks like it would be very user friendly, stream-lined, and logical.

**2. Will the proposed framework allow for a complete and logical development of concepts appropriate for health education? If not, what improvements are needed?**

Mental Health and Wellness strand should include Self-regulation, Decision Making/ Goal setting. I think that short term goal setting should be taught by the 3<sup>rd</sup> grade and Decision Making starting as early as Kindergarten or grade 1.

Also on the Mental Health and Wellness strand Coping with stress, trauma, and loss should be included.

On the Injury and Violence Prevention and Safety strand we should include Intrapersonal violence, self-harm, and suicide. This should start being address in Grade 5 or 6.

Also on the Injury and Violence Preventions and Safety strand we should have conflict resolution and problem solving skills. Problem solving skills were not addressed until the secondary level and should be taught much younger.

On the Reproductive and Sexual Health strand we should include personal safety/Limits/Boundaries/Communication; without communication skills, boundaries and limits fall short.

**3. What topics or concepts from the current TEKS fit into the proposed new framework? Where in the proposed new framework do you recommend those topic/concepts should be addressed?** The following is where the current TEKS will fit into the proposed framework. Although they might fit, I feel that some should be rewritten.

## ELEMENTARY

### Kindergarten

#### **Physical Health and Hygiene**

1(A)

4(A) (B) (C)

6(A) (B) (C) (D)

7(A) (B)

#### **Mental Health and Wellness**

8(A) (B) (C)

#### **Healthy Eating and Physical Activity**

1(B) (C)

3(B)

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**Injury and Violence Prevention/Safety**

(2)(A) (B) (D) (E) (G) (H) I believe that (SEs) 2(E) should be rewritten

**Alcohol, Tobacco, and other Drugs**

(2)(C)

**Reproductive and Sexual Health**

2(F)

3(A)

10(C)

**Grade 1**

**Physical Health and Hygiene**

1(A) (B)

4(A) (B) (C)

5(A) (B)

7(A) (B) (C)

8(B)

**Mental Health and Wellness**

3(B) (C)

9(A) (B) (C) (D)

**Healthy Eating and Physical Activity**

1(A) This is also listed on **Physical Health and Hygiene**, it needs to be rewritten.

**Injury and Violence Prevention/Safety**

2(A) (B) (D) (E) (F) (G)

These are in the current TEKS and could be put in under this substrand,

(Healthy relationship – Conflict resolution skills) 10(B)

(Healthy home, school, and Community Climate) 8(A)

(Interpersonal violence, including Bullying) 9(E) , 11(B)

Remove (SEs) 9(F) due to the language being repeated in 10(B).

**Alcohol, Tobacco, and other Drugs**

2(C)

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### **Reproductive and Sexual Health**

2(H)

3(A)

6(A) (B)

### **Grade 2**

#### **Physical Health and Hygiene**

1(A) (B) (F) (G)

3(B) (C)

4(A) (B) (C) (D)

5(B) (C)

#### **Mental Health and Wellness**

1(E)

9(B) (C)

10(A) (B) (C) (E)

11(B) (C) (D)

#### **Healthy Eating and Physical Activity**

1(C) (D)

7(A)

#### **Injury and Violence Prevention/Safety**

2(B) (C)

3(A)

8(B)

These are in the current TEKS and could be put in under this substrand,

(Healthy relationship – Conflict resolution skills) 11(A)

(Healthy home, school, and Community Climate) 2(E) (F); 5(A); 6(A) (B); 7(B); 8(B); 9(A);

(Interpersonal violence, including Bullying) 10(D); 12(A)

#### **Alcohol, Tobacco, and other Drugs**

These are in the current TEKS and could be put in under this substrand.

(Prevention) 2(D)

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(Risk and Protective Factors) 2(A)

**Reproductive and Sexual Health**

2(F)

9(C)

10(B) (C)

12(B)

**Grade 3**

**Physical Health and Hygiene**

1(A) (F)

3(A) (B) (C)

4(A) (B) (C)

6(A) (B) (C)

**Mental Health and Wellness**

1(E)

6(D)

8(A)

9(D) (F)

10(B) (C)

11(F) (G)

**Healthy Eating and Physical Activity**

1(B) (C) (D)

11(B) (C) (D)

**Injury and Violence Prevention/Safety**

2(A) (E)

9(A) (B)

These are in the current TEKS and could be put in under this substrand,

(Healthy relationship – Conflict resolution skills) 9(B)

(Healthy home, school, and Community Climate) 2(C),(D); 5(A), (B); 7(A), (B); 8(B); 9(E)

**Alcohol, Tobacco, and other Drugs**

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This is in the current TEKS and could be put in under this substrand.

(Prevention) 2(B)

**Reproductive and Sexual Health**

9(C) (F) (G)

10(A)

11(A) (E)

**Grade 4**

**Physical Health and Hygiene**

1(E) (F)

2(A) (B)

5(B) (C) (D)

**Mental Health and Wellness**

1(F)

4(G)

5(A)

8(A) (B)

10(C)

11(B) (C) (D) (E)

**Healthy Eating and Physical Activity**

1(A) (B) (C) (F)

3(A) (B)

**Injury and Violence Prevention/Safety**

1(F)

4(E) (F)

9(B)

10(B)

12(A) (C) (D)

This is in the current TEKS and could be put in under this substrand,

(Healthy home, school, and Community Climate) 6(A) (B); 7(A) (B)

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### **Alcohol, Tobacco, and other Drugs**

These are in the current TEKS and could be put in under this substrand,

(Prevention) 4(D)

(Risk and protective factors) 4(D)

(Use and misuse including prescription drug and alcohol awareness) 4(A) (B)

(Effects) 4(C)

### **Reproductive and Sexual Health**

4(G)

9(A) (C) (D) (E) (F) (G) (H)

10 (A)

11 (A)

On Grade 4 TEKS, 10(B) and 12(B) are worded the same. Also repetitive are 10(A) and 12(E).

## **Grade 5**

### **Physical Health and Hygiene**

2(A)

4 (B) (C) (D) (E)

7(A)

### **Mental Health and Wellness**

1(F)

5 (I)

6(F) (G)

8(A)

9 (C) (D) (E) (F)

### **Healthy Eating and Physical Activity**

1(A) (B) (C) (D) (E)

3(B)

7(B)

8(B) (D)

### **Injury and Violence Prevention/Safety**

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1(F)

5(E) (F)

9(A)

10 (B) (C) (D) (E)

This is in the current TEKS and could be put in under this substrand,

(Healthy home, school, and Community Climate) 5(H); 8(C)

### **Alcohol, Tobacco, and other Drugs**

These are in the current TEKS and could be put in under this substrand,

(Prevention) This needs to be addressed

(Risk and protective factors) 3(A); 5(D)

(Use and misuse including prescription drug and alcohol awareness) 5(A) (B)

(Effects) 5(C)

### **Reproductive and Sexual Health**

2(B)

6(A) (B) (C) (D) (E)

9(B)

10(A)

## **MIDDLE SCHOOL**

### **Grade 6**

#### **Physical Health and Hygiene**

1(C) (D)

2(A) (C)

3(A) (B) (C)

6(C)

#### **Mental Health and Wellness**

1(D) (H)

9(D)

12(B) (C) (E) (F) (H) (I)

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13(E)

**Healthy Eating and Physical Activity**

1(A) (B) (E) (F) (G)

4(A)

**Injury and Violence Prevention/Safety**

4(B)

7(A)

8(B) (C)

11(A)

13(A)

14(A) (B) (C) (D)

**Alcohol, Tobacco, and other Drugs**

5(A) (B) (C) (D) (E) (F) (G)

6(A) (B) (C)

7(B) (C) (D) (E) (I)

8(A)

9(B)

10(A)

13(D)

**Reproductive and Sexual Health**

2(B) (C) (D)

7(C) (H)

9(A) (E)

11(B)

12(A) (D) (F) (G)

13(B) (C) (F)

**Grades 7-8**

**Physical Health and Hygiene**

1(D)



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2(A) (B) (F)

3(A) (B) (C)

5(B)

13(A) (B) (C)

**Mental Health and Wellness**

1(A) (B) (C)

6(C)

11(A) (B) (C) (D) (E)

12(A) (B) (C) (D) (E) (F)

13(E) (F) (G)

**Healthy Eating and Physical Activity**

1(A) (B)

4(A) (B) (C) (D)

8(B)

9(B) (C)

10(A) (B)

14(A) (B)

**Injury and Violence Prevention/Safety**

6(A) (B) (C) (I) (J) (K)

7(A) (B)

11(D)

14(A) (B) (C) (D) (E)

**Alcohol, Tobacco, and other Drugs**

1(E) (F)

2(F)

4(E) (F) (G) (H)

5(A) (B) (C)

6(H) (I) (L) (M)

7(C)

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9(A)

12(G)

**Reproductive and Sexual Health**

2(C) (D) (E)

3(C) (D)

4(D)

5(C)

6(D) (E) (F)

11(A) (E)

12(C)

13(D) (E)

14(A) (B)

**4. Are there key topics or concepts from the current TEKS that are missing from the framework? If so, please Identify.**

**Kindergarten: Injury and Violence Prevention/Safety**

(2)(A) (B) (D) (E) (G) (H) I believe that (SEs) 2(E) should be rewritten

These are in the current TEKS and could be put in under this substrand, (Healthy home, school, and Community Climate) 5(A) (B)

(Interpersonal violence, including Bullying) 10(A) (B) (D)

**Alcohol, Tobacco, and other Drugs** 2(C) name the harmful effects of tobacco, alcohol, and other drugs This is in the current TEKS, yet it is not marked in this section for Kindergarten, (Risk and Protective Factors) I feel that this (SEs) should be removed from the Kindergarten TEKS.

**Grade 1: Injury and Violence Prevention/Safety**

2(A) (B) (D) (E) (F) (G) These are in the current TEKS and could be put in under this substrand,

(Healthy relationship – Conflict resolution skills) 10(B)

(Healthy home, school, and Community Climate) 8(A)

(Interpersonal violence, including Bullying) 9(E) , 11(B)

**Alcohol, Tobacco, and other Drugs** 2(C) explain the harmful effects of and how to avoid, alcohol, tobacco, and other drugs This is in the current TEKS, yet it is not marked in this section Grade 1, (Prevention)

**Grade 2: Injury and Violence Prevention/Safety**

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These are in the current TEKS and could be put in under this substrand,

(Healthy relationship – Conflict resolution skills) 11(A)

(Healthy home, school, and Community Climate) 2(E) (F); 5(A); 6(A) (B); 7(B); 8(B); 9(A);

(Interpersonal violence, including Bullying) 10(D); 12(A)

**Alcohol, Tobacco, and other Drugs**

These are in the current TEKS and could be put in under this substrand.

(Prevention) 2(D)

(Risk and Protective Factors) 2(A)

**Grade 3: Injury and Violence Prevention/Safety**

These are in the current TEKS and could be put in under this substrand,

(Healthy relationship – Conflict resolution skills) 9(B)

(Healthy home, school, and Community Climate) 2(C),(D); 5(A), (B); 7(A), (B); 8(B); 9(E)

**Alcohol, Tobacco, and other Drugs**

This is in the current TEKS and could be put in under this substrand.

(Prevention) 2(B)

**Grade 4: Injury and Violence Prevention/Safety**

This is in the current TEKS and could be put in under this substrand,

(Healthy home, school, and Community Climate) 6(A) (B); 7(A) (B)

**Alcohol, Tobacco, and other Drugs**

These are in the current TEKS and could be put in under this substrand,

(Prevention) 4(D)

(Risk and protective factors) 4(D)

(Use and misuse including prescription drug and alcohol awareness) 4(A) (B)

(Effects) 4(C)

**Grade 5: Injury and Violence Prevention/Safety**

This is in the current TEKS and could be put in under this substrand,

(Healthy home, school, and Community Climate) 5(H); 8(C)

**Alcohol, Tobacco, and other Drugs**

These are in the current TEKS and could be put in under this substrand,

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(Risk and protective factors) 3(A); 5(D)

(Use and misuse including prescription drug and alcohol awareness) 5(A) (B)

(Effects) 5(C)

**5. Are there specific topics or concepts that are missing from both the proposed framework and the current TEKS? If so, please explain.**

**Kindergarten: Mental Health and Wellness**

On the substrands the Commissioner's is recommending the area of Emotional and Mental Health was checked for Kindergarten but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area, something on identifying feeling/emotions.

**Grade 1: Mental Health and Wellness**

On the substrands the Commissioner's is recommending the area of Emotional and Mental Health was checked for Grade 1 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area. Students understanding one's feelings and how to deal with them appropriately.

**Healthy Eating and Physical Activity**

On the substrands the Commissioner's is recommending the areas of Food and beverages to eat and drink every day, Physical activity, and Food and physical activity literacy were checked for Grade 1 but it is not addressed in the current (SEs). New (SEs) will need to be added to cover these topics.

**Reproductive and Sexual Health**

On the substrands the Commissioner's is recommending the area of Anatomy, reproduction, and pregnancy was checked for Grade 1 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area.

**Grade 2: Healthy Eating and Physical Activity**

On the substrands the Commissioner's is recommending the area of Physical Activity was checked for Grade 2 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area.

**Reproductive and Sexual Health**

On the substrands the Commissioner's is recommending the area of Anatomy, reproduction, and pregnancy was checked for Grade 2 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area.

**Grade 3: Mental Health and Wellness**

On the substrands the Commissioner's is recommending the area of Coping with stress and trauma was checked for Grade 3 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area.

**Healthy Eating and Physical Activity**

On the substrands the Commissioner's is recommending the areas Food and beverages to eat and drink every day and Food and beverages to limit were checked for Grade 3 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area.

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### **Reproductive and Sexual Health**

On the substrands the Commissioner's is recommending the area of Anatomy, reproduction, and pregnancy was checked for Grade 3 but it is not addressed in the current (SEs).

#### **Grade 4: Healthy Eating and Physical Activity**

On the substrands the Commissioner's is recommending the areas of Food and beverages to eat and drink every day and Food and beverages to limit were checked for Grade 4 but it is not addressed in the current (SEs). A new (SEs) will need to be added to cover this area.

### **Reproductive and Sexual Health**

On the substrands the Commissioner's is recommending the area of Anatomy, reproduction, and pregnancy was checked for Grade 4 but it is not addressed in the current (SEs).

#### **Grade 5: Healthy Eating and Physical Activity**

On the substrands the Commissioner's is recommending the area of Food and beverages to limit was checked for Grade 5 but it is not addressed in the current (SEs).

#### **Grade 6:** none

#### **Grade 7-8: Healthy Eating and Physical Activity**

On the substrands the Commissioner's is recommending the areas of Food and beverages to eat and drink every day, Food and beverages to limit, Energy balance were checked for Grades 7-8 but they were not addressed in the current (SEs).

### **Injury and Violence Prevention/Safety**

On the substrands the Commissioner's is recommending the area of Intrapersonal violence was checked for Grades 7-8 but it is not addressed in the current (SEs).

## **6. Are there concepts/topics in either the proposed framework of the current TEKS that are not essential or unnecessarily duplicative and can be eliminated? If so, please identify by grade level/course and student expectation number.**

**Kindergarten:** Remove the current TEKS 2(C) name the harmful effects of tobacco, alcohol, and other drugs.

Rewrite current TEK 2(E) practice safety rules during physical activity ~~such as water safety and bike safety~~

**Grade 1:** 3(B) (C) The critical thinking substrand needs to be added to the Mental Health and Wellness; that would include problem solving, decision making, and goal setting

6(A) (B) The influence of media and technology should be added into the wellness substrand.

Get rid of 9(F) because (SEs) repeated in 10(B)

**Grade 2:** 6(B) This need to been addressed because the way it is written The influence of social media and technology should be added into the wellness substrand.

**Grade 3:** 7(A) (B) The influence of social media and technology should be added into the wellness substrand.

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11(A) (B) (C) (D) (E) (F) (G) The critical thinking substrand needs to be added to the Mental Health and Wellness; that would include problem solving, decision making, and goal setting

**Grade 4:** 7(A) (B) The influence of social media and technology should be added into the wellness substrand.

9(F) the communication skills should be added to the substrand Personal safety/limits/ boundaries/communication

11(B) (C) (D) (E) The critical thinking substrand needs to be added to the Mental Health and Wellness; that would include problem solving, decision making, and goal setting

12(B) needs to be taken out because it is the same wording as 10(B)

12(E) needs to be taken out because it is the same wording as 10(A)

**Grade 5:** 7(A) (B) The influence of social media and technology should be added into the wellness substrand. 7(B) identify the use of health-related technologies available

9 (C) (D) (F) The critical thinking substrand needs to be added to the Mental Health and Wellness; that would include problem solving, decision making, and goal setting

### **Middle School**

**Grade 6:** 10(B) (C) The social media and technology strand; 10(B) identify and analyze various media and technologies that influence individual and community health ~~such as computer software and the internet, and~~

**Grade 7-8:** 9 (A) (B) (C) Media and technology influence individual and community health throughout the life span 9(A) discuss the influence of media and technology on the use of the prescription drugs 9(B) explain the role of media and technology in influencing individuals and community health ~~such as watching television or reading a newspaper and billboard, and~~

13(G) should be in the Mental Health and Wellness strand

## **7. What other suggestions do you have for ways in which the health education TEKS can be improved?**

**Mental Health and Wellness strand:** Developing a healthy self-concepts substrand should be addressed starting at K and up.

**Healthy Eating and Physical Activity strand:** Food and beverages to eat and drink every day substrand and Food and beverages to limit substrand should be combined and addressed starting in K and up.

**Injury and Violence Prevention and Safety strand:** Healthy relationships-Conflict resolution skills substrand should be addressed Grade 1 and up. Healthy home, school and community climate substrand should be addressed K and up. Intrapersonal violence, self-harm, and suicide substrand should be addressed starting at Grade 5 or 6. Interpersonal violence, including Bullying substrand should be addressed starting in Grade 1 and up.

**Alcohol, Tobacco, and other Drugs strand:** Prevention substrand should be addressed at Grade 1 and up. Risk and protective factors substrand should be addressed at Grade 2 and up. Use and misuse substrand should be addressed starting at Grade 4 and up. Effects substrand should be addressed starting at Grade 4 and up. Treatment substrand should be addressed starting at Grade 7-8 and up.

**Reproductive and Sexual Health strand:** Anatomy, reproduction, and pregnancy substrand should not be addressed until Grade 4.