

## Health Education TEKS Review Work Comments

### Strand 1

Topic 2 2(E), 3(F), 4(E)

Symptoms (2E), causes (3F) and actions when illness occurs (4E) fine when teaching about asthma, diabetes, and epilepsy **BUT for heart disease and stroke should begin talking about ways to prevent later in life by exercise and good diet (avoiding sugar and high saturated fat foods)** NOT symptoms and actions when illness occurs, too early in these grades.

**Strand 2** No comments

Comments on Strand 3-Healthy Eating and Physical Activity

### Strand 3

No comments on the content of 7, 8, or 9.

However, I have a process question about the considerable number of deletions made by WG E noted as follows:

7 topic- portion size: grades 3 thru Adv Health.

Reasons: "covered in other SEs"

8 topic-health benefits of being physically active. K thru 5.

"covered in other strands"

topic-health related fitness components with types of physical activity. K thru 7-8.

"skills covered in PE"

9 topic-goal setting and decision-making . K-5 and H1

"concepts included in other strands"

topic-consumer literacy. 5 thru H1. "concepts in other strands" and

"to streamline and eliminate redundancies"

I have content comments on 10:

I agree with WG E adding the new topic on allergies and the new SEs focusing on

Chronic conditions and their relation to physical activity and dietary choices

#### **Strand 4**

Topic 14 6(D)

Edit/Remove the word “drugs” and keep weapons consistent with the topic (use in 7-8E)

**Strand 5** No comments

#### **Strand 6**

Topic 22 5(A)

Work Group E crossed out “healthy self-concepts” because covered in mental health strand BUT need to keep “benefits of delaying dating”

Topic 23 5(C)

“Right to say no” should be skill “to say no” or “such as saying no”; eliminate the word “right”

7-8 (D, E) H1 (D, E)

abuse, harassment; recommend adding “assault” to read “sexual abuse and assault” to include dating violence

5 (C), 6(E), 7-8 (G, H), H1 (G, H) refusal skills – no changes

5 (D, E), 6 (F), 7-8 (I) set boundaries- no changes

H1 (I) reward-set boundaries related to sexual activity (remove “give consent”)

6 (G), 7-8 (J), H1 (I) all newly added by WGE but are superfluous since refusal skills and set boundaries are included and well done providing “tools” necessary to avoid unwanted sexual risk

H (J) also added by WGE, interesting wording but probably okay to include

Topic 24 6 D- 6<sup>th</sup> is grade to introduce sexual intercourse not in 5<sup>th</sup>

Topic 25 7-8 (E), H1 (D)

WGE removed but modes of transmission SHOULD be included-skin to skin contact, oral sex, vaginal sex, and anal sex should be added. Anal sex is the most risky form of sexual activity in terms of risk of transmission of STD’s. Thus it is important to include in our teaching students to avoid risky sexual behavior.

H 1 (E) protozoans-Ok to include but not as important as other “main” diseases

7-8 (H) includes emotional risk-no change but was deleted from 6(D) and SHOULD be INCLUDED there also

6 (E), 7-8 (J) abstinence from sexual activity “until marriage” was deleted by WGE, but should remain

**6<sup>th</sup> need discussion about including contraception in 6<sup>th</sup> grade-currently starts in 7-8 grades**