



Book	District Policy
Section	I - Instructional Program
Title	Family Life and Sex Education
Number	IDBA
Status	Active
Legal	O.C.G.A. 20-2-143; 160-4-2-.12; 20-2-777
Adopted	December 11, 2011
Last Revised	March 21, 2014
Last Reviewed	March 21, 2014

The Fulton County Board of Education expressly waives the highlighted portions of Policy IDBA. The use of such waiver by a Fulton County School is subject to the Superintendent's approval of a Request for Flexibility through the process outlined in [Board Policy ABBB – Exercise of the Fulton County Schools Charter System Waiver](#).

The school system shall develop and implement an accurate, comprehensive health and physical education program that meets all state requirements and shall include information and concepts in the following areas.

1. Alcohol and other drug use defined as a planned program of instruction that provides information about the use, misuse and abuse of alcohol, tobacco, legal and illegal drugs.
2. Disease prevention defined as a planned program of instruction that provides information on how to prevent chronic and infectious diseases, including sexually transmitted diseases.
3. Environmental health
4. Nutrition
5. Personal health
6. Sex education/AIDS education defined as a planned program that shall include instruction relating to the handling of peer pressure, promotion of high self-esteem, local community values, and abstinence from sexual activity as an effective method of preventing acquired immune deficiency syndrome and the only sure method of preventing pregnancy and sexually transmitted diseases. This instruction shall emphasize abstinence from sexual activity until marriage and fidelity in marriage as important personal goals.
7. Safety
8. Mental health
9. Growth and development
10. Consumer health
11. Community health
12. Health careers
13. Family living
14. Motor skills
15. Physical fitness
16. Lifetime sports
17. Outdoor education
18. Fitness assessment defined as annual assessment measuring and reporting health related fitness in the areas of aerobic capacity, body composition, flexibility, muscular strength, and muscular endurance.

Beginning in the 2011-2012 school year, each local school system shall conduct an annual fitness assessment program, as approved and funded by the State Board of Education, one time each school year for students in grades one through 12, to be conducted only during a physical education course that is taught by a certificated physical education teacher in which a student is enrolled. Such assessments shall include methods deemed by the State Board of Education as appropriate to ascertain levels of student physical fitness. Each local school system shall report the individual results of the fitness assessment to the parent or guardian of each student assessed and the aggregate results of the fitness assessments by school to the State Board of Education annually in a format approved and funded by the State Board of Education.

The minimum required contents of the report shall be determined by the State Board of Education. Elementary schools shall provide a minimum of 90 contact hours of instruction at each grade level in health and physical education. Middle School shall include nine weeks of health and nine weeks of physical education at each grade level. High Schools shall require one .5 credit in health and one .5 credit in physical education. Three (3) units of credit in JROTC (Junior Reserve Officer Training Corps may be used to satisfy this requirement when JROTC courses include Comprehensive Health and Physical Education Rule requirements.

All schools shall provide alcohol and other drug use education on an annual basis at each grade level.

Prior to the parent or legal guardian making a choice to allow his or her child or ward to take the specified unit of instruction, he or she shall be told what instruction is to be provided and have the opportunity to review all instructional materials to be used, print and nonprint. Any parent or legal guardian of a child to whom a course of study in sex education is to be taught shall have the right to elect, in writing, that such child not receive such course of study. The school system shall develop procedures to allow parents and legal guardians to exercise the option of excluding their child from sex education and AIDS prevention instructional programs. Principals will communicate these procedures to parents prior to the initiation of any such programs.

The Board of Education will establish a committee to periodically review sex/AIDS education instructional materials and make recommendations concerning age/grade level use. Recommendations made by the committee shall be approved by the local board of education before implementation. The committee shall be composed primarily of nonteaching parents who have children enrolled in the local public schools and who represent the diversity of the student body augmented by others such as educators, health professionals and other community representatives. The committee shall also include a male and female student currently attending the 11th or 12th grade in the public schools.

**Legal Reference:** O.C.G.A., 20-2-143; 160-4-2-.12; 20-2-777

**Reference:** State Standards

**Adopted Date:** 07/01/1986

**Revision Date:** 09/08/1994

**Scope Notes:**

**Status:** Current