




Health Education

K-12

This document provides an overview of the health education currently delivered to students in Central Bucks School District.



Alcohol, Tobacco, and Other Drugs

K-10 Instruction in every required course (Act 211)

Focus: Decision making, substance use and abuse

Overview:

Students at every grade level engage in a unit focused on alcohol, tobacco, and other substances. During this unit, they acquire resistance skills, enhance their decision-making abilities, and discover healthy ways to nourish their bodies.



Personal Safety

K-10 Instruction via required HPE courses

Physical Safety, Emotional Safety, Digital Safety

Digital Citizenship also instructed in Quest, Library, and Integrated Technology courses.

Overview:

Each grade level receives a dedicated unit on personal safety within the health curriculum. The main emphasis is on recognizing trusted adults, cultivating resilience skills, and learning to prevent exploitation through physical, emotional, and digital safety measures.

****Digital citizenship is also instructed in Quest, Library, and Integrated Tech.****



2nd Grade: Safe Touches

4th Grade: 4 U 2 Know (grooming prevention)

5th Grade: Cyberbullying

9th Grade: Grooming Prevention

Overview:

Each year, CBSD collaborates with the Network of Victim Assistance to further support the health and safety of our students by delivering a variety of programs. Currently, the following programs are delivered every school year: Safe Touches in 2nd grade, 4U2Know Grooming prevention program in 4th grade, Cyberbullying in 5th grade and a Grooming prevention program in 9th grade.



5-10 Instruction via HPE teacher

Overview:

Students explore the various changes that occur during adolescence, puberty, and the reproductive systems. Additionally, they discover self-care tools and strategies to effectively manage these changes. Prevention of disease and healthy choices is reinforced throughout these lessons.



5,6,9, 10: Instruction delivered at all 3 grade levels

Overview:

Students will explore HIV/AIDS, including its transmission, methods of self-protection, and the medical treatments that are available. Instruction on HIV/AIDS is a state mandate.



K-10 Instruction

Elementary: Second Step

Secondary: District developed units

The SEL and Wellness curriculum for K-10 students develops life skills and emotional intelligence to support overall well-being. It helps students manage emotions, set goals, show empathy, build relationships, and make decisions. The program focuses on self-awareness for younger students and interpersonal skills for older ones. Units include: Skills for Learning, Empathy, Emotion Management, Recognizing Bullying and Harassment, Stress Management, and overall wellness. The goal is to nurture mental health, resilience, and academic success.



9th Grade: Healthy Relationships, Boundaries, and Abuse

Overview:

Every year, A Woman's Place (AWP) is invited into every 9th grade health class to present on healthy relationships. This program covers various aspects, including the differences between healthy and unhealthy relationships, identifying red flags, recognizing signs of abuse, and understanding personal boundaries.