

2020 Comprehensive Health and Physical Education Standards Updates

Wednesday, June 1, 2022
6:00 pm, SHR Middle/High School

Objectives:

- To both communicate to and collaborate with stakeholders in order to provide the best education for our students/children that meets state requirements.
- To gain an understanding of what is required by the NJ DOE and gain insight into how the requirements will be implemented.
- To review the curriculum writing process in the South Hunterdon Regional School District.
- To provide a sampling of resources that may offer support to both teachers and parents regarding the 2020 Comprehensive Health and Physical Education Standards.

NJ Law in All Standards:

Amistad Law N.J.S.A. 18A 52:16A-88 Every board of education shall incorporate the information regarding the contributions of African Americans to our country in an appropriate place in the curriculum of **elementary and secondary** school students.

Holocaust Law (N.J.S.A. 18A:35-28) Every board of education shall include instruction on the Holocaust and genocides in an appropriate place in the curriculum of **all elementary and secondary** school pupils. The instruction shall further emphasize the personal responsibility that each citizen bears to fight racism and hatred whenever and wherever it happens.

LGBT and Disabilities Law (N.J.S.A. 18A:35-4.35) A board of education shall include instruction on the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people, in an appropriate place in the curriculum of **middle school and high school** students as part of the district's implementation of the New Jersey Student Learning Standards. N.J.S.A.18A:35-4.36 A board of education shall have policies and procedures in place pertaining to the selection of instructional materials to implement the requirements of N.J.S.A. 18A:35-4.35.

NJ Law Enacted prior to 2014 Standards:

K-12:

Accident and Fire Prevention (N.J.S.A. 18A:6-2)

Bullying Prevention Programs (N.J.S.A. 18A:37- 17)

Cancer Awareness (N.J.S.A. 18A:40-33)

Domestic Violence Education (N.J.S.A. 18A:35-4.23)

Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids
(N.J.S.A. 18A:40A-1)

NJ Law Enacted prior to 2014 Standards:

- K-5:
 - Gang Violence Prevention (18A:35-4.26)
- 7-12:
 - Breast Self-Examination (N.J.S.A. 18A:35-5.4)
 - Dating Violence Education (N.J.S.A. 18A: 35-4.23a)
- 9-12:
 - CPR /AED Instruction (N.J.S.A. 18A:35-4.28-4.29)
 - Organ Donation (N.J.S.A. 18A:7F-4.3)

NJ Law Enacted prior to 2014 Standards:

No grade level specification:

- Lyme Disease Prevention (N.J.S.A. 18A:35-5.1)
- Sexual Assault Prevention (N.J.S.A. 18A:35-4.3)
- Stress Abstinence (N.J.S.A. 18A:35-4.19-20) - SHRS: 6th-12th
- Suicide Prevention (N.J.S.A. 18A: 6-111)

NJ Law Enacted in 2019 or Later (to be implemented in 2022-2023):

Consent (N.J.S.A. 18A:35) Requires age-appropriate instruction in **grades six through 12** on the law and meaning of consent for physical contact and sexual activity as part of the district's implementation of the New Jersey Student Learning Standards *in Comprehensive Health and Physical Education*. The instruction shall be designed to increase discussion and awareness that consent is required before physical contact or sexual activity, as well as the social, emotional, and relational impact surrounding sexuality, the right to say no to unwanted physical contact or sexual activity, and the virtues of respecting the right of others to say no.

NJ Law Enacted in 2019 or Later (to be implemented in 2022-2023):

Mental Health (N.J.S.A. 18A:35-4.39) A school district shall ensure that its health education programs for students in **grades kindergarten through 12** recognize the multiple dimensions of health by including mental health and the relation of physical and mental health so as to enhance student understanding, attitudes, and behaviors that promote health, well-being, and human dignity. The instruction in mental health shall be adapted to the age and understanding of the students and shall be incorporated as part of the district's implementation of the New Jersey Student Learning Standards in Comprehensive Health and Physical Education. The instruction shall include, as appropriate, information on substance abuse provided pursuant to the implementation of these standards and to section 1 of P.L.2016, c.46 (C.18A:40A-2.1). The State Board of Education shall review and update the New Jersey Student Learning Standards in Comprehensive Health and Physical Education to ensure the incorporation of instruction in mental health in an appropriate place in the curriculum for students in grades kindergarten through 12. In its review, the State board shall consult with mental health experts including, but not limited to, representatives from the Division of Mental Health and Addiction Services in the Department of Human Services.

NJ Law Enacted in 2019 or Later (to be implemented in 2022-2023):

New Jersey Safe Haven Infant Protection Act (N.J.S.A. 18A:35-4.40 & 18A:35-4.41) The Department of Education shall review the New Jersey Student Learning Standards for Comprehensive Health and Physical Education to ensure that information on the provisions of the "New Jersey Safe Haven Infant Protection Act," P.L.2000, c.58 (C.30:4C-15.5 et seq.) shall be included therein to public school students in **grades 9 through 12**.

NJ Law Enacted in 2019 or Later (to be implemented in 2022-2023):

Sexting (N.J.S.A. 18A:35-4.33) A Board of education shall include instruction on the social, emotional, and legal consequences of distributing and soliciting sexually explicit images through electronic means **once during middle school** in an appropriate place in the curriculum as part as of the school district's implementation of the New Jersey Student Learning Standards in Comprehensive Health and Physical Education. The Commissioner of Education shall provide school districts with age-appropriate sample learning activities and resources designed to implement this requirement.

NJ Law Enacted in 2019 or Later (to be implemented in 2022-2023):

Sexual abuse and assault awareness and prevention education (N.J.S.A 18A:35-4.5a.) Requires each school district shall incorporate age-appropriate sexual abuse and assault awareness and prevention education **in grades preschool through 12** as part of the district's implementation of the New Jersey Student Learning Standards in Comprehensive Health and Physical Education. The Commissioner of Education, in consultation with the Department of Children and Families, the New Jersey Coalition Against Sexual Assault, Prevent Child Abuse New Jersey, the New Jersey Children's Alliance, and other entities with relevant expertise, shall provide school districts with age-appropriate sample learning activities and resources.

2020 New Jersey
Student Learning Standards -
Comprehensive Health and Physical Education

[Link to full set of 2020 Standards](#)

Basic Changes in Design - 2014 to 2020

- Competencies are now by the end of 4 grade bands: 2, 5, 8, 12 (instead of 6 grade bands: P,2,4,6,8,12)
- Implementation Required by September 2022
- Broken into Disciplinary Concepts and Core Ideas- “What content is included and what should students come away with?”
 - Example:
 - Core Idea: All living things may have the capacity to reproduce.
 - Performance Expectation (what students should come away with)
 - 2.1.2.PP.1: Define reproduction.
 - 2.1.2.PP.2: Explain the ways in which parents may care for their offspring (e.g., animals, people, fish).

Basic Changes in Design - 2014 to 2020

2014 = 6 Comprehensive and Physical Education Standards:

- Wellness (2.1)
- Integrated Skills (2.2)
- Drugs and Medicines (2.3)
- Human Relationships and Sexuality (2.4)
- Motor Skill Development (2.5)
- Fitness (2.6)

2020 = 3 Comprehensive Health and Physical Education Standards:

- Standard 2.1 Personal and Mental Health
- Standard 2.2 Physical Wellness
- Standard 2.3 Safety

Standard 1: Personal and Mental Health

- Personal Growth and Development
- Pregnancy and Parenting
- Emotional Health
- Social and Sexual Health
- Community Health Services and Support

Standard 2: Physical Wellness

- Movement Concepts
- Physical Fitness
- Lifelong Fitness
- Nutrition

Standard 3: Safety

- Personal Safety
- Health Conditions, Diseases and Medicines
- Alcohol, Tobacco and Other Drugs
- Dependency, Substances Disorder and Treatment

10 Health & Physical Education Practices: The “Backbone” of the New Standards

1. Acting as responsible and contributing member of society
2. Building and maintaining healthy relationships
3. Communicating clearly and effectively (verbal and nonverbal)
4. Resolving conflict
5. Attending to personal health, emotional, social and physical well-being
6. Engaging in an active lifestyle
7. Making decisions
8. Managing-self
9. Setting goals
10. Using technology tools responsibly

Standards / Curriculum / Resources

Standards - the learning goals for what students should know (content) and/or be able to do (applied skill/knowledge) at each grade level or within each grade level band.

Curriculum - a standards-based sequence of planned experiences where students practice and achieve proficiency in content and applied learning skills.

Resources - materials utilized to deliver the learning experiences that are aligned to the standards.

Curriculum Writing Process:

1. NJ DOE develops and releases the [Student Learning Standards](#) to be addressed in each grade level.
2. The district reviews the standards and organizes appropriate staff members to begin to develop a curriculum within our [district template](#). Hours/Release time is provided for staff members to work on curriculum writing.
3. The curricula are reviewed by district administration (i.e. Director of Curriculum and/or Supervisor when appropriate).
4. Curricula are presented to the BOE Curriculum & Technology Committee providing an opportunity for discussion.
5. Curricula are presented to the full BOE for approval.
6. BOE approved curricula are posted on our [district website](#) for all to view.

Content changes in standards

By the end of 2nd grade...

- Personal Growth and Development:
 - 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness.
 - 2.1.2.PGD.5: List medically accurate names for body parts, including the genitals.
- Pregnancy and Parenting:
 - 2.1.2.PP.1: Define reproduction.
- Social and Sexual Health:
 - 2.1.2.SSH.2: Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.

Content changes in standards

By the end of 5th grade...

- Personal Growth and Development
 - 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.
 - 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.
 - 2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).
 - 2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.

Content changes in standards

By the end of 5th grade (continued)...

- **Pregnancy and Parenting:**
 - 2.1.5.PP.1: Explain the relationship between sexual intercourse and human reproduction.
 - 2.1.5.PP.2: Explain the range of ways pregnancy can occur (e.g., IVF, surrogacy).
- **Social and Sexual Health:**
 - 2.1.5.SSH.2: Differentiate between sexual orientation and gender identity.
 - 2.1.5.SSH.3: Demonstrate ways to promote dignity and respect for all people (e.g. sexual orientation, gender identity and expression, race, ethnicity, socio-economic status, differing ability, immigration status, family configuration).

Content changes in standards

By the end of 8th grade...

- Personal Growth and Development:
 - 2.1.8.PGD.3: Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies.
- Pregnancy and Parenting:
 - 2.1.8.PP.1: Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption.
 - 2.1.8.PP.4: Predict challenges that may be faced by adolescent parents and their families.
 - 2.1.8.PP.5: Identify resources to assist with parenting.

Content changes in standards

By the end of 8th grade (continued)...

- Social and Sexual Health:
 - 2.1.8.SSH.7: Identify factors that are important in deciding whether and when to engage in sexual behaviors.
 - 2.1.8.SSH.8: Identify factors that can affect the ability to give or perceive consent to sexual activity (e.g., body image, self-esteem, alcohol, other substances).
 - 2.1.8.SSH.9: Define vaginal, oral, and anal sex.
 - 2.1.8.SSH.10: Identify short and long-term contraception and safer sex methods that are effective and describe how to access and use them (e.g., abstinence, condom).
 - 2.1.8.SSH.11: Develop a plan to eliminate or reduce risk of unintended pregnancy and STIs (including HIV).
- Community Health Services and Support:
 - 2.1.8.CHSS.2: Describe the state and federal laws related to age of consent, minors' ability to consent to health care, confidentiality in a healthcare setting, child pornography, sexting, safe haven and sex trafficking.
 - 2.1.8.CHSS.3: Identify the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STIs/HIV prevention, testing, care, and treatment.

Goal for our SHRSD Students...

As a district, our goal is to prepare students for life outside of the classroom and within our district community as well as the global community. This requires our students to be aware of the diversity within our district community and aware of the diversity throughout our world. We are committed to making sure that all students are in a comfortable learning environment where they are each respected, where they can ask questions, and learn the various lifestyles, perspectives, beliefs, and values of others.

NJDOE Suggested Resources: Standard 1 (Personal and Mental Health)

- CASEL Standards: Free [SHAPE America Crosswalk w/ National Health & PE Standards](#)
- [health.moves.minds : SEL lessons K-12](#); learning activities, assessments, teacher scripts, standards-alignment, community service and optional fund-raising opportunities.
- [Be Real Be Ready STI Curriculum+](#)
- [Dove Self Esteem Project:Body Image/Self-Confidence](#)
- [SHAPE America Sex Education Position Statement](#)
- [Welcoming Schools](#)

NJDOE Suggested Resources: Standard 2 (Physical Wellness)

- <http://www.cbhpe.org/>
- <http://www.njahperd.org/>
- <http://www.shapeamerica.org/>
- <http://www.openphysed.org/>
- <http://www.catchinfo.org/> (CATCH Program)
- <https://sparkpe.org/webinar-recordings> (SPARK PE Free Webinar Series)

NJDOE Suggested Resources: Standard 3 (Safety)

- [Vaping Prevention: Catch My Breath](#)
- [Sexual Consent Resources: New Jersey Coalition Against Sexual Assault](#)
- [Rights, Respect, Responsibility: Access to K-12 lessons and an invite for the 3rs Google Classroom: 3rs Google Classroom](#)
- Amaze Videos: www.amaze.org and www.amaze.org/jr/ are short clips on topics: Puberty, Sexual Orientation, Gender Identity, Personal Safety, Healthy Relationships, STDs & HIV, Pregnancy and Reproduction
- Health Smart K-12: <https://www.etr.org/healthsmart/>
- [KidsHealth: Educators Guide](#)

Important Points to Remember:

1. Parents will be notified prior to standards in question being taught
2. Parents have an opt out option (letter to be shared with form for parents to submit)
3. Communication is key - reach out to teachers, principal, Director of Curriculum, Superintendent
4. Supports are available in our schools - teachers, counselors, nurse, etc.

Next Steps:

1. Director of Curriculum and Health Teachers to work on curricula updates during the summer of 2022
2. Curriculum to be presented to BOE Curriculum & Technology Committee
3. Curriculum to be presented for approval at a July or August BOE meeting
4. Follow-up Parent Meeting to be offered at end of the summer or early in the school year

Thank you!

Questions??