

1 **State of Arkansas**
2 **78th General Assembly**
3 **Regular Session, 1991**
4 **By: Senator Bradford**

A Bill

SENATE BILL 402

For An Act To Be Entitled

8 "AN ACT TO DEFINE THE REQUIREMENTS FOR A COMPREHENSIVE
9 SCHOOL HEALTH EDUCATION PROGRAM IN ELEMENTARY AND
10 SECONDARY SCHOOLS THROUGH APPROPRIATE CURRICULUM
11 DEVELOPMENT AND IMPLEMENTATION, ADEQUATE TEACHER TRAINING,
12 REQUIRED HOURS OF HEALTH INSTRUCTION, ADEQUATE MONITORING
13 FOR COMPLIANCE; TO PROVIDE AN EXEMPTION FOR STUDENT
14 PARTICIPATION; AND TO PROMOTE PERSONAL AND SOCIAL
15 RESPONSIBILITY SELF-ESTEEM IN ARKANSAS' CHILDREN AND
16 YOUTH; AND FOR OTHER PURPOSES."

17

18 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:

19

20 *WHEREAS, each year, millions of dollars are spent in Arkansas providing*
21 *health care to its citizens for problems that could have been prevented*
22 *through the provision of comprehensive school health education; and*

23 *WHEREAS, higher than national average rates for motor vehicle accidents,*
24 *teenage pregnancy, substance abuse and suicide among Arkansas' adolescents are*
25 *associated with lack of knowledge about positive health behaviors and low*
26 *self-esteem; and*

27 *WHEREAS, millions of dollars are also spent each year in Arkansas*
28 *fighting destruction created by our worsening social problems; and*

29 *WHEREAS, little improvement has been seen as a result of the money spent*
30 *through existing programs on these problems and the costs expressed in human*
31 *and societal terms are manifested in broken families and broken lives,*
32 *hopelessness, despair, and even death, and costs which are steadily*
33 *increasing; and*

34 *WHEREAS, health is defined by the World Health Organization as "a state*
35 *of complete physical, mental, and social well-being and not merely the absence*

1 of disease or infirmity"; and

2 WHEREAS, health education is the development, implementation and
3 evaluation of behaviorally oriented learning experiences to promote a higher
4 level of well-being among people; and

5 WHEREAS, a need for comprehensive school health education emerges not
6 only because of the intent and requirements of young people at different
7 stages but also because a comparison of benefits of different kinds of health
8 education demonstrates the effectiveness of comprehensive health education;
9 and

10 WHEREAS, the provision of basic knowledge about health through education
11 is essential if people are to make informed choices that affect their well
12 being, sometimes for a lifetime; and

13 WHEREAS, there is increasing recognition that it is best if such
14 knowledge is imparted during childhood when skill and attitudes are beginning
15 to take shape; and

16 WHEREAS, research has also established a casual relationship between a
17 lack of self-esteem and crime, violence, alcohol and drug abuse, welfare
18 dependency, high school dropouts, teen pregnancy, recidivism, child abuse and
19 teen suicide; and

20 WHEREAS, people who esteem themselves are less likely to engage in these
21 types of destructive behavior and more likely to engage in positive behavior
22 and be productive members of society; and

23 WHEREAS, the Arkansas General Assembly believes that the best and most
24 cost effective manner to address the needs associated with the increased cost
25 of health and social problems is to establish requirements for the provision
26 of comprehensive health education and the promotion of self-esteem in the
27 schools;

28

29 NOW THEREFORE

30 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:

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32 SECTION 1. This act shall be known and may be cited as the
33 "Comprehensive Health Education and Self-Esteem Act".

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35 SECTION 2. Purpose. The purpose of this act is to foster the
36 development, implementation, and evaluation of a comprehensive health

1 education curriculum consistent with the Arkansas Public School Course Content
2 Guide for Health Education.

3

4 SECTION 3. Definitions. As used in this act, unless the context
5 otherwise requires:

6 (1) "Board" means the State Board of Education.

7 (2) "Comprehensive school health education" means health education in
8 a school setting that is planned and carried out with the purpose of
9 maintaining, reinforcing, or enhancing the health, health-related skills, and
10 health attitudes and practices of children and youth. It includes age-
11 appropriate sequential instruction in health either as part of existing
12 courses or as a special course.

13 (3) "Local school board" means the governing board of a public school
14 district as well as those of other state-supported institutions which provide
15 educational services to students at the elementary and secondary school level.

16

17 SECTION 4. (a) By January 1, 1992, the State Board of Education,
18 through the Department of Education and in cooperation with the Department of
19 Health, shall develop curriculum guidelines for model comprehensive health
20 education and self-esteem to be utilized by local school districts in the
21 development and implementation of comprehensive school health education
22 programs.

23 (b) Such curriculum guidelines shall include the following content
24 areas:

25 (1) "Personal Health/Growth and Development" - skills that will
26 assist in the identification of areas in which personal patterns of health
27 care may need improvement. This would include but would not be limited to
28 basic anatomy and physiology, and development of positive personal health and
29 hygiene behaviors.

30 (2) "Nutrition" - fostering an understanding of the importance
31 of a diet in the body's ability to function, the knowledge necessary to choose
32 the right foods for a healthy lifestyle, and the knowledge necessary to
33 understand the patterns of nutrients needed by a person in relationship to
34 his/her age, sex and physical activity.

35 (3) "Safety/First Aid and Fire Prevention" - knowledge and

1 skills necessary to treat minor injuries, knowledge of appropriate action to
2 take in the event of a major injury (e.g., summoning emergency personnel), and
3 knowledge and skills for safety procedures applicable to fire prevention.

4 (4) "Substance Use and Abuse" - fostering an understanding of
5 the negative effects of substance use and abuse. This would include but not
6 be limited to use and abuse of tobacco, alcohol, drugs (e.g. legal and illegal
7 including steroids, prescription, cocaine, marijuana, crack).

8 (5) "Family Life and Health" - a knowledge of the physical,
9 mental, emotional, social, economic and psychological aspects of close
10 personal relationships; and, physiological, psychological, and cultural
11 foundations of human development. It also provides an opportunity for
12 students to acquire knowledge that will support the development of responsible
13 personal values and behavior, aid in establishing a strong family life in the
14 future, and emphasizes the responsibility of marriage.

15 (6) "Consumer and Community Health" - knowledge of community
16 and individual measures which can foster the development of lifestyles that
17 maintain and enhance the state of health and well-being.

18 (7) "Disease Prevention and Control" - the provision of
19 knowledge about the relationship of the environment, personal behavior,
20 individual biological make-up and the health care system with the goal of
21 preventing disease and premature death through opportunities for a productive
22 life free from disease and disability. This would include but not be limited
23 to a discussion of sexually transmitted diseases and other communicable
24 diseases, AIDS, and chronic diseases.

25 (8) "Mental and Emotional Health" - knowledge of subjective
26 feelings of well-being and self-esteem, and the ability to adapt to stressful
27 or changing conditions. This would include but would not be limited to the
28 ability to make full use of one's potential.

29

30 SECTION 5. Self-esteem.

31 (a) Self-esteem shall be incorporated into all aspects of the health
32 education curriculum and emphasized as an integral component of health
33 promotion.

34 (b) The State Board of Education shall direct the Department of
35 Education to work with each school district, the Department of Health, and

1 other state agencies to promote the philosophy of self-esteem with their
2 students, faculty, clients, and staff.

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4 SECTION 6. Beginning with the 1994-1995 school year and pursuant to
5 curriculum guidelines developed by the board, each local school board shall
6 implement instruction in comprehensive school health education.

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8 SECTION 7. Effective September 1, 1993, one semester of contemporary
9 health problems and one semester of health education methods shall be
10 completed as a requirement for certification as an elementary or secondary
11 school teacher in this state.

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13 SECTION 8. The Department of Education and local school boards shall
14 provide appropriate staff development activities for education personnel
15 participating in the comprehensive school health education program as part of
16 the in-service and staff development program.

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18 SECTION 9. Evaluation.

19 (a) Beginning with the 1993-1994 school year, an annual random
20 sampling survey to assess the knowledge, attitudes, and behaviors related to
21 health and physical education shall be administered in grades 6 and 9 of the
22 public schools of this state.

23 (b) Results shall be utilized by teachers and school administrators to
24 determine if appropriate messages on vital issues such as substance use and
25 abuse and disease prevention and control (e.g. AIDS) are being provided
26 through the curriculum.

27 (c) Results of the survey shall be reported by school district to the
28 Department of Education and Department of Health for use in the development of
29 community-based health education and self-esteem programs.

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31 SECTION 10. The Department of Education and local school districts
32 shall assure compliance with the requirements of this act.

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34 SECTION 11. Parental Notification and Student Exemption.

35 (a) Pursuant to policies and guidelines adopted by the local school

1 board, each district shall notify parents of students in the relevant grades
2 of the instructional materials in each of the eight content areas. Notice
3 shall be provided in advance of a student's enrollment in comprehensive school
4 health education courses to permit parents and legal guardians an opportunity
5 to preview the materials and request an exemption for their children.

6 (b) The school district, upon receipt of a statement signed by a
7 student's parent or legal guardian stating that participation by the student
8 in the comprehensive school health education program conflicts with the
9 family's beliefs, shall exempt that student from such portion where the
10 conflict occurs.

11 (c) No student shall be penalized as a result of an exemption.

12 (d) School districts shall use procedures which ensure a student's
13 privacy concerning the exemption from the program by their parents or
14 guardians.

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16 SECTION 12. The Department of Education, working with local school
17 districts, shall ensure the maximization and use within the scope of federal
18 and state regulations and funding requirements of all state and federal
19 dollars to support the content areas required by this act.

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21 SECTION 13. All provisions of this act of a general and permanent
22 nature are amendatory to the Arkansas Code of 1987 Annotated and the Arkansas
23 Code Revision Commission shall incorporate the same in the Code.

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25 SECTION 14. If any provision of this act or the application thereof to
26 any person or circumstance is held invalid, such invalidity shall not affect
27 other provisions or applications of the act which can be given effect without
28 the invalid provision or application, and to this end the provisions of this
29 act are declared to be severable.

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31 SECTION 15. All laws or parts of laws in conflict with this act are
32 hereby repealed.

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/s/Bradford