



S T A N D A R D S

HEALTH EDUCATION TODAY



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Health Education Today's High School Health Curriculum: Aligned with all Ohio's Statutory High School Health Education Requirements

Ohio Revised Code: <https://codes.ohio.gov/ohio-revised-code/section-3313.60>

Ohio High School Health Education Requirements:

ORC 3313.60(A): "The board of education of each city, exempted village, and local school district and the board of each cooperative education school district established, pursuant to section 3311.521 of the Revised Code, shall prescribe a curriculum for all schools under its control."

ORC 3313.60(A)(5): "Health education, which shall include instruction in:" — the required topics enumerated in divisions (A) (5)(a) through (j), each mapped in this document.

ORC 3313.60(A)(8): "First aid, including a training program in cardiopulmonary resuscitation, which shall comply with section 3313.6021 of the Revised Code when offered in any of grades nine through twelve, safety, and fire prevention."

ORC 3313.6011(B): "Instruction in sexually transmitted infection education pursuant to division (A)(5)(c) of section 3313.60 of the Revised Code shall emphasize that abstinence from sexual activity is the only protection that is one hundred per cent effective against unwanted pregnancy, sexually transmitted disease, and the sexual transmission of a virus that causes acquired immunodeficiency syndrome."

ORC 3313.603(C)(2): "Health, one-half unit, which shall include instruction in nutrition and the benefits of nutritious foods and physical activity for overall health" — the Ohio core high school graduation requirement.

Ohio's Statutory High School Health Instruction Topics:

Nutrition; Drugs of Abuse, Alcohol, and Tobacco; Sexually Transmitted Infection Education; Dating Violence and Sexual Violence Prevention; Prescription Opioid Abuse Prevention; Anatomical Gifts; Suicide Awareness and Prevention; Safety Training and Violence Prevention; Social Inclusion; First Aid, CPR, Safety, and Fire Prevention

Ohio is the only state without state-adopted K-12 health education standards: ORC 3301.0718 prohibits the Department of Education and Workforce from adopting or revising health education standards or curriculum unless approved by concurrent resolution of both houses of the General Assembly, and no such resolution has been adopted. Instead, Ohio districts set local health curricula guided by the statutory instruction requirements of ORC 3313.60 (and related sections) and, commonly, the National Health Education Standards. HET's curriculum meets all National Health Education Standards; this document maps the HET High School Health Curriculum to Ohio's statutory high school instruction requirements.

ORC 3313.60(A)(5) — Required Health Education Topics

<p>a. Nutritive Value of Foods</p>	<p>ORC 3313.60(A)(5)(a): The nutritive value of foods, including natural and organically produced foods, the relation of nutrition to health, and the use and effects of food additives;</p>	<p>Nutrition: Day 1-2 (Macro/Micro functions), Day 3-4 (Omega-3s), Day 5-6 (Sugar/Trans fats), Day 7-8 (Antioxidants/Fiber), Day 9-10 (Nutrient preservation), Day 10 (Food log/MyFitnessPal expenditure tracking). End a Term: Day 1 (MC Question 27).</p>
<p>b. Drugs of Abuse, Alcohol & Tobacco</p>	<p>ORC 3313.60(A)(5)(b): The harmful effects of and legal restrictions against the use of drugs of abuse, alcoholic beverages, and tobacco, including electronic smoking devices;</p>	<p>Dangerous Decisions: Day 1 (Legal outcomes), Day 2 (Alcohol, Nicotine, Cannabis, Opioids), Day 3 (PSA - challenging "cool" risk). Alcohol: Day 1 (Depressant), Day 2 (BAC limits), Day 3 (Criminal records), Day 4 (Family addiction roles). Drugs: Day 1 (Stimulants/Opioids), Day 2 (Tolerance), Day 3 (Possession/Misuse consequences). Tobacco: Day 1 (Vape ad decoding), Day 2 (Tobacco-free advocacy). End a Term: Day 1 (MC 1-3).</p>
<p>c. Sexually Transmitted Infection Education</p>	<p>ORC 3313.60(A)(5)(c): Sexually transmitted infection education, except that upon written request of the student's parent or guardian, a student shall be excused from taking instruction in sexually transmitted infection education;</p>	<p>Diseases: Day 4 (STI Stigma challenge). Sex Education: Day 5-6 (CDC guides), Day 7-8 (STI transmission), Day 9-10 (Abstinence proactive choice).</p>
<p>f. Dating Violence & Sexual Violence Prevention (Grades 7-12)</p>	<p>ORC 3313.60(A)(5)(f): In grades seven through twelve, developmentally appropriate instruction in dating violence prevention education and sexual violence prevention education, which shall include instruction in recognizing dating violence warning signs and characteristics of healthy relationships, except that upon written request of the student's parent or guardian a student shall be excused from taking instruction in sexual violence prevention.</p>	<p>Begin a Term: Day 2 (Practicing consent). Mental Health: Day 7-8 (Jealousy/Control). Conflict: Day 2 (Relationship wellness). Violence: Day 4 (Breaking Silence), Day 5 (Bystander/Confidential reporting). Sex Education: Day 1-2 (Boundaries), Day 3-4 (Gaslighting vs respect).</p>

<p>g. Prescription Opioid Abuse Prevention</p>	<p>ORC 3313.60(A)(5)(g): Prescription opioid abuse prevention, with an emphasis on the prescription drug epidemic and the connection between prescription opioid abuse and addiction to other drugs, such as heroin;</p>	<p>Dangerous Decisions: Day 2 (911/Narcan). Drugs: Day 1 (Stimulants/Opioids), Day 2 (Industry marketing impact), Day 3 (Narcan administration), Day 4 (Medication-Assisted Treatment). End a Term: Day 1 (Synthetic Opioids MC 4).</p>
<p>h. Anatomical Gifts (Organ & Tissue Donation)</p>	<p>ORC 3313.60(A)(5)(h): The process of making an anatomical gift under Chapter 2108. of the Revised Code, with an emphasis on the life-saving and life-enhancing effects of organ and tissue donation;</p>	<p>Review Required</p>
<p>i. Suicide Awareness & Prevention; Safety Training & Violence Prevention (Grades 6-12)</p>	<p>ORC 3313.60(A)(5)(i): Beginning with the first day of the next school year that begins at least two years after March 24, 2021, in grades six through twelve, at least one hour or one standard class period per school year of evidence-based suicide awareness and prevention and at least one hour or one standard class period per school year of safety training and violence prevention, except that upon written request of the student's parent or guardian, a student shall be excused from taking instruction in suicide awareness and prevention or safety training and violence prevention;</p>	<p>Mental Health: Day 5-6 (Listening/Thanking them). Stress: Day 5-6 (Risk/Protective Factors), Day 7-8 (Help prompts). Conflict: Day 1 (Negotiation). Dangerous Decisions: Day 3 (Refusal/Negotiation skills). Violence: Day 4 (Refusal/Advocacy), Day 5 (Protective Factors). First Aid: Day 4 (ALGEE model). End a Term: Day 1 (MC 40).</p>
<p>j. Social Inclusion (Grades 6-12)</p>	<p>ORC 3313.60(A)(5)(j): Beginning with the first day of the next school year that begins at least two years after March 24, 2021, in grades six through twelve, at least one hour or one standard class period per school year of evidence-based social inclusion instruction, except that upon written request of the student's parent or guardian, a student shall be excused from taking instruction in social inclusion.</p>	<p>Begin a Term: Day 2 (Correcting harmful jokes). Empathy: Day 5 (Kindness project). Mental Health: Day 7-8 (Responding to exclusion). Diversity: Day 1 (Inclusive support), Day 2 (Belonging), Day 3 (Affirming language).</p>

ORC 3313.60(A)(8) — First Aid, CPR, Safety & Fire Prevention

<p>First Aid, CPR, Safety & Fire Prevention</p>	<p>ORC 3313.60(A)(8): First aid, including a training program in cardiopulmonary resuscitation, which shall comply with section 3313.6021 of the Revised Code when offered in any of grades nine through twelve, safety, and fire prevention. However, upon written request of the student's parent or guardian, a student shall be excused from taking instruction in cardiopulmonary resuscitation.</p>	<p>First Aid: Day 1 (3 Ps), Day 2 (Hands-only CPR/AED sequence), Day 3 (Degree of burns), Day 4 (Seizures/Asthma), Day 5 (Bleeding/Simulations). Nutrition: Day 5-6 (Allergies/EpiPen). Dangerous Decisions: Day 1 (Risky driving), Day 2 (Water safety/blackouts). End a Term: Day 1 (Scene Safety Scenario).</p>
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ORC 3313.6011 — Sexually Transmitted Infection Education Requirements

<p>1. Abstinence Emphasis</p>	<p>ORC 3313.6011(B): Instruction in sexually transmitted infection education pursuant to division (A)(5)(c) of section 3313.60 of the Revised Code shall emphasize that abstinence from sexual activity is the only protection that is one hundred per cent effective against unwanted pregnancy, sexually transmitted disease, and the sexual transmission of a virus that causes acquired immunodeficiency syndrome.</p>	<p>Sex Education: Day 7-8 (Contraceptive effectiveness/PrEP), Day 9-10 (Abstinence proactive choice).</p>
<p>2. Required STI Course Content</p>	<p>ORC 3313.6011(C)(1)(a): Stress that students should abstain from sexual activity until after marriage;</p>	<p>Review Required</p>
	<p>ORC 3313.6011(C)(1)(b): Teach the potential physical, psychological, emotional, and social side effects of participating in sexual activity outside of marriage;</p>	<p>Dangerous Decisions: Day 3 (Heartbreak). Sex Education: Day 1-2 (Sexting consequences), Day 7-8 (Decision Scenario), Day 9-10 (Values check).</p>
	<p>ORC 3313.6011(C)(1)(c): Teach that conceiving children at an early age or outside of marriage increases the likelihood of hardship in life;</p>	<p>Sex Education: Day 7-8 (Parenting/Financial effects).</p>

	ORC 3313.6011(C)(1)(d): Stress that sexually transmitted diseases are serious possible hazards of sexual activity;	Diseases: Day 4 (STI Stigma challenge). Sex Education: Day 7-8 (STI transmission).
	ORC 3313.6011(C)(1)(e): Advise students of the laws pertaining to financial responsibility of parents to children born inside and outside of marriage;	Review Required
	ORC 3313.6011(C)(1)(f): Advise students of the circumstances under which it is criminal to have sexual contact with a person under the age of sixteen pursuant to section 2907.04 of the Revised Code;	Dangerous Decisions: Day 3 (Sexting laws). Sex Education: Day 9-10 (Age of consent laws).
	ORC 3313.6011(C)(1)(g): Emphasize adoption as an option for unintended pregnancies.	Sex Education: Day 7-8 (Pregnancy options).

ORC 3313.603 — High School Graduation Requirement: Health

Health — One-Half Unit (Ohio Core)	ORC 3313.603(C)(2): Health, one-half unit, which shall include instruction in nutrition and the benefits of nutritious foods and physical activity for overall health	Nutrition: Day 1-2 (Macro/Micro functions), Day 3-4 (Mindful eating), Day 5-6 (Balance survey), Day 7-8 (Blood sugar/Heart health), Day 9-10 (SMART Power Plate meal/Plan design), Day 10 (Food log/MyFitnessPal expenditure tracking). End a Term: Day 1 (MC Question 27).
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