

## MIDDLE SCHOOL HEALTH EDUCATION REQUIREMENTS

Health education is an essential academic subject that teaches young people to take care of their minds, their bodies, and the people around them. Health education builds a foundation for academic success by teaching all students how to make healthy and informed decisions. This document compiles key information about New York State (NYS) standards, guidelines, requirements, New York City's (NYC) recommended curricula, and professional development opportunities.

### Learning Standards and Guidance

- The three NYS learning standards for health education are: 1) Personal Health and Fitness; 2) A Safe and Healthy Environment; and 3) Resource Management. For links to State standards, visit our Health Education requirements page.
- The NYS Education Department's *A Guidance Document for Achieving the New York State Standards in Health Education* specifies the components of comprehensive health education and includes standards, specific skills, topic areas, and what students should know and be able to do by the end of elementary school. Use it to guide or check alignment of any health curriculum to the standards. To view the guide, visit [www.WeTeachNYC.org](http://www.WeTeachNYC.org).

### Middle School Health Education Requirements

- **Health Education:** One semester of daily health education is required in middle school. In New York City, sexual health education is a mandatory component of the comprehensive health education course. (See the quick reference guide on Sexual Health Education for parental opt out policies and procedures.) It is strongly recommended that health instruction take place in grade 6 or 7. The health education instructional requirements are delineated in the NYS Education Commissioner's Regulation Subchapter G Part 135.
- **HIV/AIDS Education:** The same regulation mandates HIV/AIDS instruction for every student, every year. NYCDOE requires and provides five lessons per year for grade 6 and six lessons annually for grades 7 and 8, using the *NYCDOE HIV/AIDS Curriculum*.

### Staff Requirements

- New York State requires that health education be taught by a certified health education teacher.

### Curriculum Materials and Professional Development for NYC DOE Teachers

- **Health Education:** NYCDOE recommends ETR Associate's *HealthSmart 2<sup>nd</sup> Edition* curriculum for middle school health education and the *NYCDOE HIV/AIDS Curriculum*, available at [www.WeTeachNYC.org](http://www.WeTeachNYC.org), as the required curriculum to teach the mandated HIV/AIDS lessons.
- **Free Professional Development:** NYCDOE teachers can register for free workshops using the Office of School Wellness Programs Professional Development online catalog.
- **Materials:** NYCDOE teachers who attend health education training receive free curricula and materials. Additional Health Education materials are available at [www.WeTeachNYC.org](http://www.WeTeachNYC.org).
- **Contact us:** For more information, visit [schools.nyc.gov/wellness](http://schools.nyc.gov/wellness) or email [HealthEd@schools.nyc.gov](mailto:HealthEd@schools.nyc.gov).