



TK - 6TH HEALTH EDUCATION FAQS FOR FAMILIES



Q: What is health education, and why is it important?

A: Health education teaches students about physical, mental, emotional, and social health. It aims to help children develop lifelong healthy habits, make informed decisions, and build skills to support their well-being.

Q: What topics are included in health education curriculum?

A: Nutrition and physical activity, growth and development, personal hygiene and safety, injury prevention, substance use prevention (alcohol, tobacco, drugs), mental, emotional, and social, health, personal and community health

Q: Is health education mandatory in elementary school?

A: Yes. Education Code Section 51210 mandates students in grades 1-6 receive instruction in English, Math, Social Sciences, Science, Visual and Performing Arts, Physical Education, and Health.

Q: Is health education a new course in elementary school?

A: No. The CA Health Standards were adopted in 2008.

Q: Will students learn about puberty or sexual education?

*A: In 5th and 6th grade, students may participate in lessons about human growth and development. Families will be notified prior to instruction and parents/guardians can opt out if desired.
More information to come in January 2026.*

Q: Can I preview the health curriculum?

A: Yes. Ask your school office to review a copy. Copies must stay in the office. Students will also take home the monthly lessons after they have been taught.

Link to: [California Health Standards](#)

Link to: [California Health Education Framework](#)