

**DEPARTMENT OF EDUCATION**  
**OFFICE OF THE SECRETARY**  
**500 Curriculum and Instruction**

**551 K to 12 Comprehensive Health Education Program**

**1.0 Definitions**

In this regulation, the following terms and words shall have the following meaning unless the context clearly indicates otherwise:

**“Consent”** means the unambiguous, voluntary, and freely given agreement by all participants in each physical act in the course of sexual activity, including respect for personal boundaries. Consent does not include any of the following: (a) the lack of verbal or physical resistance or submission resulting from the use of force, threat of force, or placing another individual in fear or (b) a current or previous dating, social or sexual relationship.

**“Department”** means the Delaware Department of Education.

**“Evidence-based”** means strategies, activities, or approaches, which have been shown through scientific research and evaluation to be effective at preventing or delaying a negative outcome.

**“Promising Practices”** means programs and strategies that have strong quantitative and qualitative data showing positive outcomes, but does not yet have enough research or replication to support generalizable outcomes.

**23 DE Reg. 756 (03/01/20)**

**2.0 Program Requirements**

- 2.1 Each school district and charter school shall have a sequential, skill-based K to 12 Comprehensive Health Education Program based on the Delaware Health Education Standards. The program shall establish a foundation of understanding the relationship between personal behavior and health outcomes, and shall include at a minimum the following:
  - 2.1.1 Identification of a district-level person to coordinate the district program and a coordinator in each school to assure compliance at the school level. Each charter school shall identify a person to facilitate the program for the charter school.
  - 2.1.2 Appointment of persons such as teachers, parents, school nurses, community leaders, guidance counselors, law enforcement officers and others with expertise in the areas of health, family life and safe and drug-free schools and communities to serve as members of the district, school or charter school Consolidated Application Planning Committee.
  - 2.1.3 The use of the state content standards for health education for grades K to 12 to address the core concepts: tobacco, alcohol and other drugs, injury prevention and safety, nutrition and physical activity, family life and sexuality, personal health and wellness, mental health and community and environmental health with minimum hours of instruction as follows:
    - 2.1.3.1 In grades K to 4, a minimum of thirty (30) hours in each grade of comprehensive health education and family life education of which at least ten (10) hours, in each grade, must address drug and alcohol education.
    - 2.1.3.2 In grades 5 and 6, a minimum of thirty five (35) hours in each grade of comprehensive health education and family life education of which at least fifteen (15) hours, in each grade, must address drug and alcohol education.
    - 2.1.3.3 In grades 7 and 8, separate from other subject areas, a minimum of sixty (60) hours of comprehensive health education and family life education of which at least fifteen (15) hours, in each grade, must address drug and alcohol education. If all of the sixty (60) hours are provided in one year in grade 7 or 8, an additional fifteen (15) hours of drug and alcohol education must be provided in the other grade.
    - 2.1.3.4 In grades 9 to 12, one half (1/2) credit of comprehensive health education is required for graduation of which at least fifteen (15) hours of this 1/2 credit course must address drug and alcohol education. In addition, no less than two (2) hours of this 1/2 credit course shall include a cardiopulmonary resuscitation (CPR) instructional program which uses the most current Evidence-based emergency cardiovascular care guidelines, and incorporates psychomotor skills learning into the instruction, use of an Automated External Defibrillator (AED) as well as a component on

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the life-saving and life-enhancing effects of organ and tissue donation. This 1/2 credit course may be provided in the 9th, 10th, 11th or 12th grade. In each of the remaining three grades, fifteen (15) hours of drug and alcohol education must be provided for all students.

- 2.1.4 Inclusion of a comprehensive sexuality education and an HIV prevention program that stresses the benefits of abstinence from high-risk behaviors.
- 2.1.5 Inclusion of the core concepts of nutrition, family life and sexuality.
- 2.1.6 Inclusion of research-based fire safety education in grades kindergarten through grade 6.
- 2.1.7 Inclusion of an Evidence-based tobacco, alcohol, drug and interpersonal violence prevention program. Promising Practices may be used to supplement instruction.
  - 2.1.7.1 The Department shall prepare and distribute on its website a list of Evidence-based and Promising Practices for tobacco, alcohol, drug, and interpersonal violence prevention programs and resources that may be used by school districts or charter schools.
  - 2.1.7.2 A description of the method or methods used to implement and review for the effectiveness of the program or programs shall be reported to the Department no later than August 2021.
- 2.1.8 Inclusion of Evidence-based, if available, or evidence-informed, age- and developmentally-appropriate instruction on the meaning of Consent and respecting others' personal boundaries shall be provided by each school district and charter school serving one (1) or more of the grades 7 through 12 no later than the 2020-2021 school year.
- 2.1.9 Inclusion of instructional methods that encourage student engagement in the core concepts and skills inclusive of accessing information, self-management, analyzing internal and external influences, interpersonal communication, decision making, goal setting and advocacy. These methods may include guest speakers or those with lived experience. Topics included in the K to 12 Comprehensive Health Program may be taught or supplemented through other subjects.
  - 2.1.10 A description of the method or methods used to implement and evaluate the effectiveness of the program shall be reported to the Department annually by November 15.

**3 DE Reg. 1073 (02/01/00)**

**8 DE Reg. 1012 (01/01/05)**

**13 DE Reg. 935 (01/01/10)**

**17 DE Reg. 425 (10/01/13)**

**18 DE Reg. 369 (11/01/14)**

**23 DE Reg. 756 (03/01/20)**