

Health Education TEKS Proposed Framework

Work Group A met in September 2019. The work group was charged with expanding on the framework recommended by the content advisors. Proposed deletions to the framework are shown in red font with strikethrough (~~deletion~~). Additions are shown in green font with underline (addition).

The work group was also charged with identifying where student expectations from the current TEKS would fit in the proposed framework. Work Group A completed its review of student expectations for kindergarten. The next work group will complete the remaining grade levels and courses.

[Physical Health and Hygiene](#)

[Injury and Violence Prevention and Safety](#)

[Mental Health and Wellness](#)

[Alcohol, Tobacco, and Other Drugs](#)

[Healthy Eating and Physical Activity](#)

[Reproductive and Sexual Health](#)

Physical Health and Hygiene	Substrands	Topics	Kindergarten
	Body systems	anatomy (of all 11 systems)	K.4.A, K.4.B
		physiology (of all 11 systems)	K.6.D
	Growth and development	developmental milestones	
		cognitive development (including adolescent brain development; its impact on decisionmaking abilities)	
		physical development	K.4.C
		goalsetting and decisionmaking to enhance health	K.3.A
		oral he.0035.481 1.6 (ral -3 re l)2 15 re 88A- 0 re W n BT 611.04	
Personal health and hygiene	checkups		

Health Education TEKS Proposed Framework

	Substrands	Topics	Kindergarten
Mental Health and Wellness	Emotional and mental health	mental health literacy	
		emotional development	
		socio-emotional development	K.9.B
		accessing mental health services	
	Developing a healthy self-concept	the role of social media and self-concept	
		risk and protective factors	
		strategies for developing a healthy self-concept	
		self-evaluation/assessment	
	Healthy and unhealthy relationships	relationships with family members and other adults (include different types of families/family structures)	K.8.B, K.8.C
		characteristics of healthy and unhealthy relationships	K.8.B, K.8.C
		peers, acquaintances, and friends	K.8.A, K.8.B, K.8.C
		mental, emotional, and verbal abuse with peers and family personal safety and boundaries	K.9.A

Health Education TEKS Proposed Framework

	Substrands	Topics	Kindergarten
Injury and Violence Prevention and Safety	Safety skills/unintentional Injury	first aid (including Stop the Bleed), CPR , AED, and mental health first aid	first aid
		bike safety, water safety, pedestrian safety and fire safety and using protective equipment	K.2.A, K.2.D, K.2.E
		situational awareness ("stranger danger," see something say something weather)	K.2.B, K.7.A
		accessing emergency services (getting help; calling 911)	K.2.G
		head injury and concussion prevention protocol	
		driving safety (including distracted driving, texting, and driving under the influence, including the risk for rider and driver)	the
		weapons awareness and safety (including reporting)	K.2.H
	Healthy relationships Conflict resolution skills		

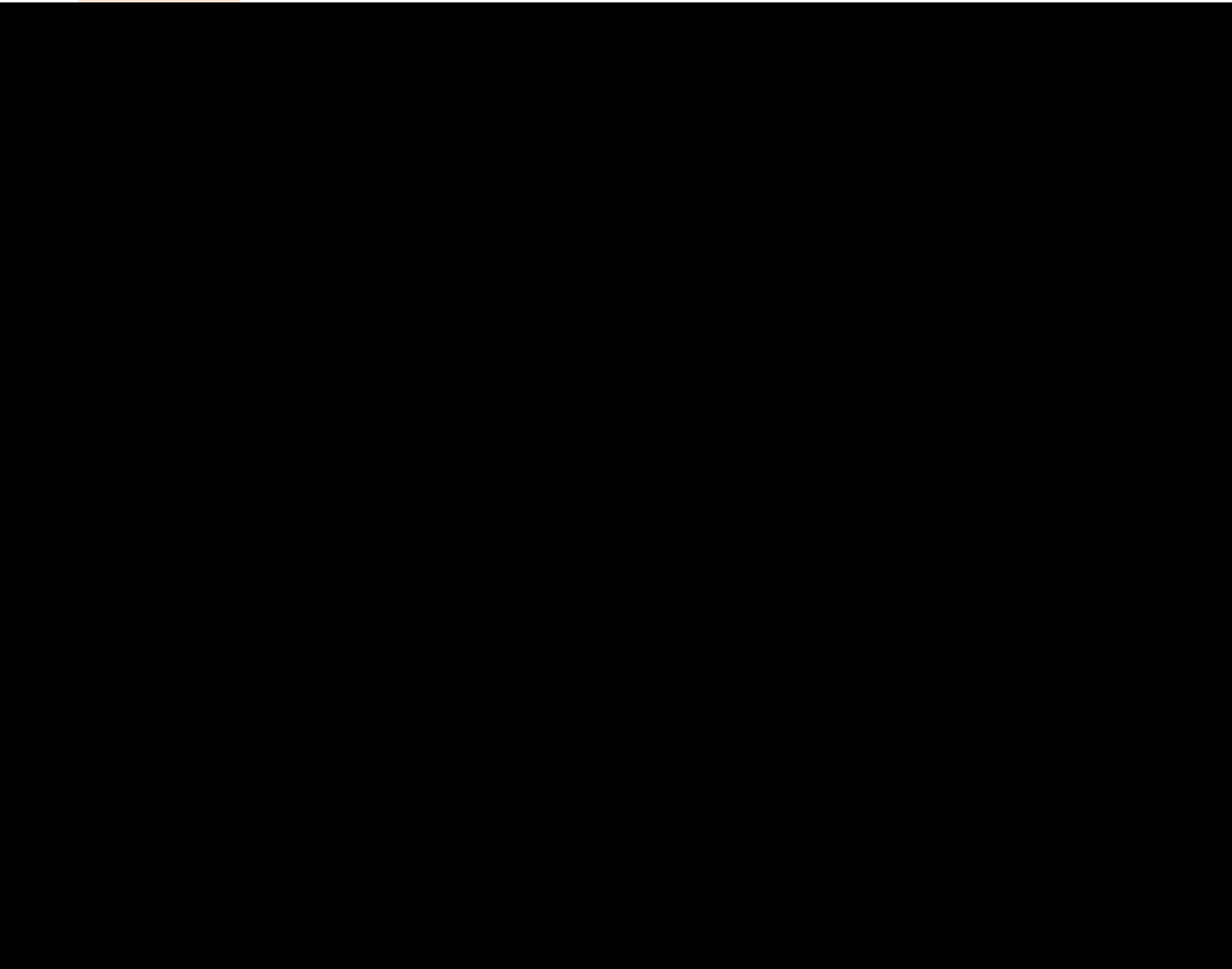
Health Education TEKS Proposed Framework

	Substrands	Topics	Kindergarten
Alcohol, Tobacco, and Other Drugs	Prevention	refusal skills	
		reporting	
		recognition and avoidance	K.2.C
		short and long term consequences (legal, social, financial, and medic	
		benefits of abstinence and delayed use	
		emotional regulation and coping skills	
	Risk and protective factors	peer influence (positive or negative)	
		heredity and genetics (family history)	
		environmental (safe havens and where to go for help, accessibility)	
		socio-cultural factors	

Use **and** misuse **and physiological effects**

[Rationale: decision misRat96.76 7 (n)2.3 (.2 (ale)7k 0.48 re f 3 ()16 (.8 (:) 3 ()1 Td ()6 (u)3.TD2.3 (ral faa6.6 (r)0.6 (m)- 3 ((w)-3.4 (h)2.2 (e

Reproductive
and
Sexual



Health Education TEKS Proposed Framework

	Substrands	Topics	Kindergarten
Reproductive and Sexual Health, cont.	Legal issues regarding sexual health	child support	
		pregnancy-related	
		disclosure (such as STD status to partner)	
		sexting and digital pornography	
		sexual abuse and harassment (rape, incest)	
		criminal versus civil litigation	
		age of consent	

Work group A agrees with the content advisors' statement, "The standards should promote safety and healthy behavior for all students (As include those in federal protected classes.)"