

K-6 Health Education Curriculum Legislated Requirements

The Ohio Revised Code (ORC) [3313.60](#) states that the board of each cooperative education school district shall prescribe a curriculum for all schools under its control for health education. The health education curriculum must include:

- 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;
- The harmful effects of and legal restrictions against the use of drugs of abuse, alcoholic beverages, and tobacco;
- In grades kindergarten through six, instruction in personal safety and assault prevention, except that upon written request of the student's parent or guardian, a student shall be excused from taking instruction in personal safety and assault prevention;
- 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.

Furthermore, Governor's Cabinet Opiate Action Team has provided [recommendations](#) for instruction in prescription opioid abuse prevention.

*The district should consider age-appropriate content and develop their own curriculum based on the needs of their students and community.