



SHAC Health & Wellness Curriculum Recommendations Human Sexuality & Hygiene

Requirements:

- During the 87th Texas Legislation, a new bill ([Texas House Bill 1525](#)) was adopted that requires parents or legal guardians to opt-in their students to participate in Human Sexuality curriculum. This consent request must be sent separately from other notices at least 14 days before instruction begins.
- Abstinence-focused: Instruction must present abstinence from sexual activity as the preferred choice for unmarried people and devote more attention to it than to any other behavior.
- Abstinence and contraception: If contraception and condoms are taught, the curriculum must include information on human-use reality rates, not theoretical rates, and emphasize that abstinence is the only 100% effective method to prevent pregnancy, STIs, and HIV.
- TEKS alignment: All materials must align with the Texas Essential Knowledge and Skills (TEKS) for Health Education, which have been updated to include topics like anatomy, puberty, STIs, and healthy relationships.
- Abuse prevention: Instruction must also cover the prevention of child abuse, family violence, dating violence, and sex trafficking.

High School and Junior High-Resources

The Source

[Parent Preview](#)

[The Source TEKS Review](#)

Other information about The Source:

- Lessons cover the full Health TEKS for human sexuality for grades 6–9. Our delivery model is flexible. Most districts opt for a two-day format in which students are divided by sex and each group receives two half-days of instruction.
- The curriculum is funded by Title V, and is free of charge! We do, however, require attendance data and other documentation in order to meet our grant reporting requirements.
- Teacher workshops are available to help staff understand what to expect during the implementation and how our curriculum aligns with district requirements. While many districts do not choose this option, it is available upon request.



Elementary Resources:

CATCH for 3rd & 4th Grades

The Coordinated Approach to Child Health (CATCH) is an evidence-based program created in 1988 through a National Institutes of Health study, designed to prevent childhood obesity by improving nutrition, increasing physical activity, and supporting the physical, mental, and emotional well-being of youth through a Mind-Heart-Body approach. Specifically, instruction on personal hygiene using CATCH is being recommended for adoption.

- [Hygiene](#)

Meet the New You - 4th Grade

"Meet the New You" is a 4th grade puberty education program produced by MarshMedia, offered in separate versions for boys and girls, that prepares students for the physical, emotional, and social changes of puberty. The program covers topics including physical development (growth spurts, body changes, and reproductive health), hygiene practices, the importance of nutrition, exercise, and sleep, as well as emotional topics like self-esteem, body image, managing mood changes, and navigating peer pressure.

- [4th Grade Girls Study Guide - Meet the New You](#)
- [4th Grade Boys Study Guide-Meet the New You](#)
- [Video Information Link](#)

Growing Up - 5th Grade

"Growing Up!" is a 5th grade puberty education video program produced by MarshMedia, offered in separate versions for boys and girls, that provides students with accurate, age-appropriate information about the physical and psychological changes of puberty. The girls' version covers the female reproductive system, emotional and physical development, hygiene, nutrition, positive body image, and personal self-worth, while encouraging girls to look realistically at the responsibilities of growing up and to seek guidance from trusted adults. The boys' version addresses the physical and psychological changes of puberty with a focus on building self-confidence, taking pride in individuality, practicing good health and grooming habits, and embracing new responsibilities.

- [5th Grade Girls - "Growing Up" \(video\)](#)
- [5th Grade Boys - "Growing Up" \(video\)](#)