

# Health & Wellness Curriculum



# HEALTH & WELLNESS: HUMAN SEXUALITY CURRICULUM REVIEW

## SHAC ROLE

During the 2025-26 school year, the School Health Advisory Committee (SHAC) reviewed and discussed community and committee feedback on the Health & Wellness curriculum.

- Human Sexuality
- Hygiene

## DISCUSSION & FEEDBACK

Open discussion among SHAC members on concerns, recommendations, and next steps.

Two public viewing opportunities were provided.

SHAC approved the Human Sexuality/Hygiene Curriculum recommendations.

## ACTION ITEMS

Recommendations for the Human Sexuality/Hygiene Curriculum includes:

The Source for grades 6-9, a Title V-funded curriculum available to the district at no cost, and

CATCH: 3rd-4th grade

Meet the New You: 4th grade

Growing Up: 5th grade

# Requirements of HB 1525

- 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.
- Instruction in hygiene does not require parental consent.

# HEALTH & WELLNESS: HUMAN SEXUALITY CURRICULUM REVIEW

## **The Source-Grades 6-9**

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.

## **CATCH & Meet the New You**

Curriculum addresses basic hygiene of teeth brushing, washing face, and bathing.

"Meet the New You" is a 4th grade puberty education program, offered in separate versions for boys and girls, that prepares students for the physical, emotional, and social changes of puberty.

## **Growing Up - Grade 5**

"Growing Up!" is a 5th grade puberty education offered in separate versions for boys and girls, & provides students with accurate, age-appropriate information about the physical and psychological changes of puberty.