

# Houston ISD

## Adolescent Health

Parents and guardians are the first and most important educators in a young person's life. A majority of Texas parents agree that abstinence-plus sexual health education in schools is one way to keep their children both safer and healthier.

This school district adolescent health fact sheet can be used by parents, school districts, and communities to assess the needs of students. It also identifies opportunities for parents and schools to work together to support access to health education and resources, better preparing young Texans and their families to make well-informed decisions about their sexual and reproductive health.

### District Information

**County:** Harris

**Enrollment:** 189,934

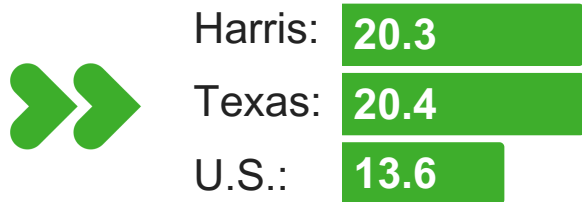
**Number of Campuses:** 274

**Economically Disadvantaged\*:** 79.2%

Students from economically disadvantaged backgrounds generally face more academic difficulties and health disparities, which result in higher dropout rates and significant impacts to students' overall achievements.

\*Students eligible for free or reduced-price lunch or other public assistance

### Harris County Teen Birth Rate per 1,000 teens aged 15-19



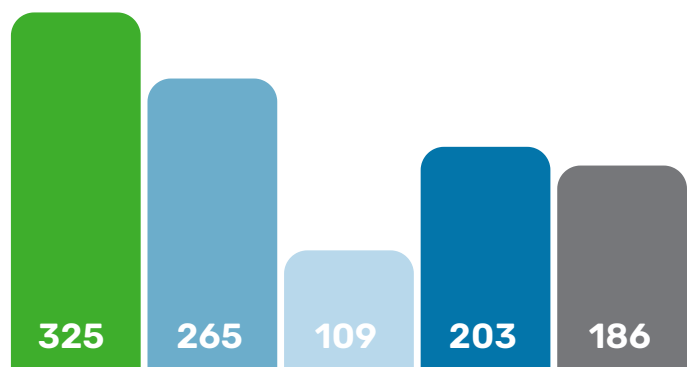
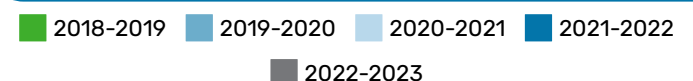
**16%** of teen births in Harris County are repeat births.

With 3,385 teen births in **2022**, a baby was born to a teen mom in Harris County once **every 3 hours**.

In Texas, the rates of teen pregnancy vary greatly based on many determinants, particularly race. In Texas, Hispanic and Black youth have higher rates of teen pregnancy than White or Asian youth.

Factors such as access to **health care, information, and economic opportunity** can lead to disparities in teen birth rates.

### Number of Students Receiving Pregnancy Related Services\* by School Year



In the 2022-2023 school year, **186 students** in Houston ISD received pregnancy-related services. This number may not include students who dropped out of school, did not disclose their pregnancy, or declined services.

\*Support services that a pregnant student receives during the pregnancy, prenatal and postpartum periods

# School Health Advisory Councils (SHACs)

A School Health Advisory Council, or SHAC, is a group appointed by the school district to serve at the district level. Members of the SHAC come from different areas of the community and from within the school district. The **majority of members must be parents** who are not employed by the district.

SHACs assist the districts in ensuring that local community values are reflected in health education instruction and play an important role in strengthening the connection between health and learning. One of the key SHAC duties is recommending a sexual health education curriculum to the school board for adoption. Additionally, SHACs help parents and community stakeholders reinforce the knowledge and skills children need to stay healthy for a lifetime.

**Texas law requires the establishment of a SHAC** for every school district. Additionally, Districts are required by state law to post SHAC meeting minutes, agendas, and recordings on the district website.

## Houston ISD SHAC Compliance for 2023-2024

- ✔ District has established SHAC
- ✔ Meeting minutes and agenda are posted on district website
- ✔ Meeting recordings are posted on district website



<https://bit.ly/4auKO6c>

Scan the QR code  
to learn more about SHAC  
duties and responsibilities.

## Sexual Health Education in Texas

Health Education is required in Texas elementary and middle schools but is an elective in high school. In 2022, Texas implemented updates to Texas Essential Knowledge and Skills (TEKS), the minimum curriculum standards for Health Education that bring basic, age appropriate sexual health education into the middle school levels, when all students have the opportunity to receive the instruction.

Texas state law requires sexual health education to focus on abstinence as the best and safest choice, but schools must also provide important information on “abstinence-plus” topics such as contraception, prevention and treatment of sexually transmitted infections, and healthy relationships. These topics are all included in the new TEKS. Texas law also requires high schools to include a parenting and paternity awareness curriculum in their elective health courses.

Research shows that medically accurate sexual health education is an important tool to help keep students safe and healthy. Most parents agree. According to a recent public opinion poll, 75% of Texas voters support abstinence-plus sex education for young people.

### Houston ISD Human Sexuality Curricula as of 2022-2023

#### Quaver HealthPE

Grade Levels: 4th & 5th

#### Goodheart-Willcox

Grade Levels: 6th- 12th

#### Parenting and Paternity Awareness (P.A.P.A.)

Grade Levels: 9th- 12th

### New Texas Health TEKS

- Anatomy, puberty, and reproduction
- Contraception, condoms, prevention, screening, treatment of STIs
- The importance of abstinence
- Healthy relationships, communication, and respecting the boundaries of others



<https://bit.ly/4awtcXw>

Scan the QR code  
to learn more about  
Health TEKS