



# TEXAS IS READY

## HEALTH EDUCATION TEKS

For the first time in more than 20 years, Texas leaders have updated the minimum curriculum standards for health education and sex education in public schools.

**Now, school boards across the state are updating health education curriculum -- including sex education -- to meet these new standards.**

### WHY

is this important?

Sexual health education can provide critical information on topics such as prevention of unintended pregnancy and sexually transmitted infections, and well as support youth in developing healthy relationships now and in the future. Youth deserve medically accurate information about how their body works -- and that includes fact-based sex education.

### HOW

is health education taught?

It varies. Some schools may have designated Health instructors, or may have science or PE teachers deliver health content. Other schools bring in outside organizations for some parts, including sex education.

### WHAT

are TEKS?

The Texas Essential Knowledge and Skills (or TEKS for short) are the minimum curriculum standards that school districts must teach to students. TEKS are the floor, not the ceiling, and districts can always "teach beyond the TEKS" if they choose to.

The Health Education TEKS are part of the enrichment curriculum. Health TEKS must be provided to students at the elementary and middle school level, but are elective at the high school level.

### WHAT

do the new TEKS include?

- Age-appropriate information biology, puberty, and menstruation
- Human reproduction
- The importance of abstinence
- Contraception
- Prevention, screening, and treatment of sexually transmitted infections
- Healthy friendships, relationships, and marriage
- Preventing and recognizing abuse, sexual assault, sexual harassment, and sex trafficking
- Setting boundaries and respecting the boundaries of other people
- TEKS also include extensive content around other topics such as physical and mental health, injury and violence prevention, nutrition, drug and alcohol, etc.

#### What now?

District leaders and community members can support the adoption of high-quality health education curriculum that meets or exceeds the new TEKS. Find out how you can advocate at [TexasIsReady.org](http://TexasIsReady.org)

#### Learn More

Read the full Health Education TEKS here



#### Stay Connected

Visit [www.TexasIsReady.org](http://www.TexasIsReady.org) to stay up to date on sex ed.

