



# 2023 Oregon Health Education Standards: What's New?

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The [2023 Oregon K-12 Health Education Standards](#) reflect updated [National Health Education Standards](#), [National Sexuality Education Standards](#), research on best practices in health education, newly passed Oregon laws, and adolescent health data from [student health surveys](#). In response to years of feedback, these standards were also made more concise and more readily accessible for schools and educators to use. Schools will have until the 2025-26 school year to fully implement the new standards.

## Topic and Subtopic Areas

Oregon's 2023 Health Education Standards are organized into 8 topic areas that allow students to gain knowledge and skills in core health topics, helping educators to develop units of learning experiences. These topics are divided into subtopics (see [Appendix A](#)) that are vertically aligned throughout the K-12 grade level standards to ensure a progression of learning. This helps build and advance student understanding from the fundamentals to more in-depth knowledge and skill proficiency to be used throughout their lifetime.

### Topics

- Wellness and Health Promotion (WHP)
- Safety and First Aid (SFA)
- Substance Use, Misuse, and Abuse (SUB)
- Food, Nutrition, and Physical Activity (FNP)
- Social, Emotional, and Mental Health (SEM)
- Healthy Relationships and Violence/Abuse Prevention (HRVP)
- Growth and Development (GD)
- Sexual and Reproductive Health (SRH)

### New Subtopics

These 8 topic areas are mostly unchanged from the 2016 Standards, however, there are several **new or expanded subtopics integrated throughout the topics**: protecting vision, hearing, and teeth, health equity, mental health challenges (including stress, anxiety, depression, social isolation, and eating disorders), online safety, firearm safety, synthetic opioid overdose prevention and response, menstruation and self-care, trafficking prevention, parenthood, and reproductive justice (see [Appendix A](#)).

## K-12 Learning Progressions

Compared to the 2016 Oregon Health Standards, the 2023 Standards scaffold knowledge and skills across grades with less repetition, allowing students to engage in a progression of learning with new language, application, connections, and practice to increase student engagement and

mastery. This approach allows educators to build and deepen student knowledge from the fundamentals to more advanced, in-depth knowledge and skill proficiency across grades K-12.

Below, for example, is a comparison of the learning progression for the subtopics of ‘consent’ and ‘personal boundaries’ reflected in the 2016 and 2023 standards:

**Table 1:** Example 2023 Health Education Standards Learning Progression

*Consent and Personal Boundaries (2023)*

Kindergarten	3rd Grade	5th Grade	7th Grade	High School
<p><b>K.HRVP.8</b> Understand that it is never okay to touch someone without their permission.</p>	<p><b>3.HRVP.4</b> Demonstrate effective ways to verbally and nonverbally communicate personal boundaries and show respect for the boundaries of others.</p>	<p><b>5.HRVP.4</b> Explain the relationship between consent, personal boundaries, and bodily autonomy</p>	<p><b>7.HRVP.2</b> Discuss the right of all people to decide if, when and, with whom to be in a relationship.</p>	<p><b>HS.HRVP.4</b> Examine the impact of power differences within relationships and other factors that can affect the ability to give or perceive consent, including in sexual activity.</p>

**Table 2:** Example 2016 Health Education Standards Learning Progression

*Consent and Personal Boundaries (2016)*

Kindergarten	3rd Grade	5th Grade	7th Grade	High School
<p><b>HE.1.K.15</b> <i>Define consent as it relates to personal boundaries.</i></p>	<p><b>HE.1.3.19</b> <i>Define consent as it relates to personal boundaries.</i></p>	<p><b>HE.1.5.21</b> <i>Practice how consent relates to personal boundaries.</i></p>	<p><b>HE.1.7.44</b> <i>Discuss how affirmative consent mitigates confusion within a sexual relationship.</i></p>	<p><b>HE.1.12.37</b> <i>Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure.</i></p>

## Grade Level Skill Focus

The 2023 Oregon Health Standards reflect the [National Health Education Standards](#) and the [National Sexuality Education Standards](#), which interweave knowledge **and** skill development throughout grades K-12. The 2023 Standards do this in two ways: by integrating skills within the grade-level standards throughout the topic areas and by naming specific skill focus areas for in-depth practice and application throughout the year.

For example, in Kindergarten teachers will focus on the skills *analyzing influences (Skill 2)* and *demonstrating effective interpersonal communication skills (Skill 4)* across health topics for the

whole year. Grade Level Skill Focus boxes are imbedded in the health standards document at the top of each grade, such as the one in Kindergarten shown below:

Image 1: Example Grade Level Skill Focus

### Kindergarten

Grade Level Skill Focus	<p>→ Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors. <i>(Skill 2)</i></p> <p>→ Students demonstrate effective interpersonal communication skills to enhance health. <i>(Skill 4)</i></p>
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## Integrated Transformative Social Emotional Learning (TSEL) Standards

The 2023 Health Education Standards integrate [Oregon's Transformational Social Emotional Learning \(TSEL\) Standards](#). At each grade level, select Transformative SEL Practices are mapped to connect with health topics. Each **Transformative SEL Practice** is labeled throughout the health standards document and has its own corresponding growth indicators that provide guidance on what learning opportunities can look like in practice.

Image 2: Example of integrated Transformative SEL Practices

<b>K.SEM.1</b>	<b>Social, Emotional, and Mental Health (SEM)</b> <b>TSEL Practice 4B</b> Demonstrate empathy and affirm other's perspectives during teamwork and collaborative problem solving.
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## Health Education Instructional Materials

In January 2024, the Oregon State Board of Education approved the [2023 Adoption Criteria for K-12 Health Education Instructional Materials](#) for the evaluation and adoption of K-12 health education instructional materials. Future adoptions at the state and local level are required to use this criteria. The Health IM Criteria and Instructional Materials Evaluation Tool (IMET) will inform ODE's adoption of instructional materials in the Fall of 2024.

### For more information

Please sign up for the [Sexuality Education Newsletter](#) and the [Health and Physical Education Newsletter](#) for more information and opportunities.