



Glacier Peak Health Education

Preparing students to lead extraordinary lives



Health: .5 credits (1 sem.)

- Units covered:
- 1) Mental/emotional/social health and wellness
- 2) Nutrition
- 3) Substance abuse
- 4) First aid and CPR
- 5) Sexual health

Commonly asked questions

How many semesters of health do I have to take?

Health class is a stand-alone, 1 semester class (it is not combined with PE). Students must take 1 semester of health in order to graduate from high school. It is recommended that you take health in your 9th grade year if possible.

What are the standards for health education?

Click to see the state standards for health class: [Washington state health education standards](#).

What is taught during the sexual health unit of health class?

Click for a complete [list of the information/lessons](#) taught during the high school sexual health unit.

Does my student have to take the sexual health portion of this class?

No. Parent/guardians retain the right to waive all or part of the sexual health curriculum within this class. Click for the link to information on [opting out of the sexual health curriculum](#).