

HOUSE BILL NO. 1221

AMENDMENT IN THE NATURE OF A SUBSTITUTE

(Proposed by the House Committee on Education

on \_\_\_\_\_)

(Patron Prior to Substitute--Delegate Seibold)

A BILL to amend and reenact § 22.1-207 of the Code of Virginia and to amend the Code of Virginia by adding a section numbered 22.1-207.1:2, relating to Board of Education; Standards of Learning; health education; menstrual education curriculum guidelines and instruction.

**Be it enacted by the General Assembly of Virginia:**

**1. That § 22.1-207 of the Code of Virginia is amended and reenacted and that the Code of Virginia is amended by adding a section number 22.1-207.1:2 as follows:**

**§ 22.1-207. Physical and health education.**

Physical and health education shall be emphasized throughout the public school curriculum by lessons, drills, and physical exercises, and all pupils in the public elementary, middle, and high schools shall receive as part of the educational program such health instruction and physical training as shall be prescribed by the Board of Education and approved by the State Board of Health. Such health instruction shall incorporate standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being, and human dignity. Such health instruction may include an age-appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is consistent with curriculum guidelines developed by the Board and approved by the State Board of Health. Any such health instruction offered to students in grades four through eight shall incorporate a program of instruction on menstrual education pursuant to the provisions of § 22.1-207.1:2.

**§ 22.1-207.1:2. Instruction on menstrual education.**

A. The Board shall develop Standards of Learning objectives and accompanying curriculum guidelines for instruction on menstrual education to be provided as a part of any health education program

27 offered to students at grade levels four through eight, pursuant to § 22.1-207. Such Standards of Learning  
28 objectives and accompanying curriculum guidelines shall include, at such grade levels as the Board deems  
29 appropriate, instruction on:

30 1. The biological processes and functions of the menstrual cycle, including the menstrual cycle at  
31 different stages of human development, from puberty to menopause;

32 2. Information on symptoms and side effects of the menstrual cycle, including premenstrual  
33 syndrome, menstrual cramps and safe pain management, menstrual cycle management, menstrual  
34 disorders, and menstrual irregularities;

35 3. Societal and cultural attitudes toward the menstrual cycle, including awareness of the impacts  
36 of stigmas surrounding the menstrual cycle on health and the behavior of individuals and the importance  
37 of destigmatizing the menstrual cycle; and

38 4. Other topics relating to the menstrual cycle.

39 B. Each school board shall, in accordance with the provisions of subsection A, provide as a part  
40 of any health education program offered at grade levels four through eight instruction on menstrual  
41 education, consistent with the Standards of Learning objectives and accompanying curriculum guidelines  
42 developed by the Board pursuant to subsection A. Each school board shall provide such instruction on  
43 menstrual education to each student at each grade level, four through eight, regardless of gender, provided  
44 that the parent of each such student shall have the right to excuse his child from participation in such  
45 instruction. Each school board shall adopt policies and procedures providing for the timely notification of  
46 each parent of any student in grade levels four through eight of such parent's right to excuse his child from  
47 participation in such instruction on menstrual education and the process by which such parent may  
48 exercise such right.

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