

HB 1221

Health Education; Menstrual Education Instruction Permitted



Bill Patron: Delegate Holly M. Seibold

WHAT THE BILL DOES:

Permits each school board to provide a program of instruction on menstrual education as a part of any health education instruction offered at such grade level in grades 4 through 8 as the school board deems appropriate.

HOW DOES THIS IMPACT SCHOOL DIVISIONS?

School divisions may amend their local education agency (LEA) health curriculum for grades four through eight to include a program of instruction on menstrual education as deemed age appropriate.

WHAT RESOURCES ARE AVAILABLE?

- [Health Education Standards of Learning](#)

WHAT ADDITIONAL ITEMS WILL BE RELEASED?

- VDOE reviews and updates the Standards of Learning on a regular 7-year review cycle. The Health Education SOL is due for a review by the Board of Education again in 2027.

SCHOOL DIVISION NEXT STEPS:

School boards that opt to provide instruction on menstrual education as a part of their health education program of instruction for students in grades four through eight should:

1. Discuss the inclusion of menstrual education with instructional leaders, school nurses, and health teachers, including researching the appropriate grade levels to include instruction.
2. Hold community listening sessions to determine the importance of instruction in the community and with parents.
3. Use curricula informed by the latest research and best practices and update local education agency (LEA) curriculum documents as deemed appropriate.
4. Develop a communication plan with parents to seek input, inform them of curriculum updates, and provide parents options for opt-out for this content.
5. Provide professional development for teachers to effectively teach this topic.
6. Review, evaluate, and update curricula on a regular cycle to keep it relevant and effective to empower students to make informed decisions about their health and well-being.

WHO IS THE VDOE CONTACT:

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