

Fixing Stillwater Schools, et al

Revised Proposed Permanent Rules Relating to K-12 Academic Standards in Health

(January 28, 2026)

3501.1500 HEALTH EDUCATION STANDARDS.

Subpart 1. **Purpose and application.** The purpose of these standards is to establish statewide standards for health that govern instruction of students in kindergarten through grade 12 so learning can be applied in their homes in concert with students' parents and guardians and in their adult lives. Individual students will not be subjected to invasive disclosure surveys to be viewed by peers or adults other than the student's parents or guardians. Parents have primary responsibility and authority to educate their children on these matters without burdensome bureaucratic impediments or burdensome costs of time or money. Instruction will emphasize individual agency, initiative and responsibility for their health outcomes rather than the student's identity group(s) or the identity groups of others.

Subp. 2. **Functional health.** The student will obtain functional health knowledge listed in Subpart 10, items A through I

Subp. 3. **Analyze influences.** The student will analyze influences that affect the health topics addressed.

Subp. 4. **Access valid and reliable information.** The student will access valid and reliable information, products, and services related to the topics addressed.

Subp. 5. **Communication skills.** The student will demonstrate interpersonal communication skills to enhance application of the health topic addressed.

Subp. 6. **Decision making.** The student will demonstrate critical thinking decision-making skills to form a question, gather observations and data, and apply deductive reasoning to reach logical conclusions regarding the topics addressed.

Subp. 7. **Goal setting.** The student will demonstrate goal-setting skills to enhance application of the health topic addressed.

Subp. 8. **Practices and behaviors.** The student will demonstrate practices and behaviors to enhance application of the health topic addressed.

Subp. 9. **Promote health knowledge.** The student will promote the knowledge addressed in Subpart 10.

Subp. 10. **Apply knowledge and skills.** The student will combine content knowledge with practical skill development, as indicated by subpart 2, and apply what they learn to real-world health situations, as indicated in subparts 3 to 9, on the following health-related topics:

- A. The maturation of male and female bodies; how conception occurs, fetal development and the means to lessen the likelihood of conceiving children until desired; the prevention and reduction of sexually transmitted infections and diseases. (See Minn. Stat. 121A.23)
- B. Personal hygiene, personal sanitation, and fundamental first aid.
- C. The body's need for: nutrition (food qualities and proper quantity), daily exercise (for cardiovascular fitness, strength, flexibility and balance), and sleep (quality and amount).
- D. Management of one's emotions, non-violent relationships and the identification and treatment of mental illness. Mental health education for students in grades 4 through 12 will include prevention of suicide or self-harm.
- E. Critical thinking skills that presume objective reality (versus subjective reality) and teach these steps: define the question, gather related observations and data, apply deductive reasoning process, and make a logical conclusion.
- F. Safe firearm storage, transportation and handling to ensure one is aware of a safe and unsafe circumstance.
- G. Cardiopulmonary resuscitation and automatic external defibrillator education that allows districts to provide instruction to students in grades 7 through 12 in accordance with Minnesota Statutes, section 120B.236.
- H. Vaping awareness and prevention education that allows districts to provide instruction to students in grades 6 through 8 in accordance with Minnesota Statutes, section 120B.238, subdivision 3.
- I. Dangers of addictive intoxicants, including alcohol, tobacco, cannabis, opioids, etc, including impairment, short-term and long-term behavioral changes, mental illness and anxiety, etc. Cannabis use and substance use education that allows districts to provide instruction to students in grades 6 through 12 in accordance with Minnesota Statutes, section 120B.215.

Subp. 12. **Implementation.** These standards must be implemented by school districts by the beginning of the 2028-2029 school year.