

# 2024 SESSION

ENROLLED

## VIRGINIA ACTS OF ASSEMBLY — CHAPTER

*An Act to amend and reenact § 22.1-207 of the Code of Virginia, relating to health education; menstrual education instruction permitted.*

[H 1221]

Approved

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

**1. That § 22.1-207 of the Code of Virginia is amended and reenacted 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. *Each school board may provide, as a part of such health instruction offered at such grade level in grades four through eight as the school board deems appropriate, a program of instruction on menstrual education.*

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