

## HEALTH EDUCATION

Students in grade levels one (1) through twelve (12) will receive, as part of their health education, instruction about personal health; food and nutrition; environmental health; safety and survival skills; consumer health; family life; human growth and development; substance abuse and non-use, including the effects of alcohol, tobacco, drugs and poisons on the human body; human sexuality; self-esteem; stress management; interpersonal relationships; emotional and social health; health resources; prevention and control of disease; communicable diseases, including sexually transmitted diseases and acquired immune deficiency syndrome; and current crucial health issues. The purpose of the health education program is to help each student protect, improve and maintain physical, emotional, and social well-being.

The areas stated above will be included in health education and the instruction will be adapted at each grade level to aid understanding by the students.

Parents/guardians who object to health education instruction in human growth and development may file a written request that the student be excused from the instruction. The written request will include a proposed alternate activity or study acceptable to the principal and teacher. The superintendent will have the final authority to determine the alternate activity or study.

Legal Reference: Iowa Code §§ 256.11; 279.8: 280.3-.14 (2005).  
281 I.A.C. 12.5.

Cross Reference: 502 Student Rights and Responsibilities  
603 Instructional Curriculum  
607 Instructional Services  
603.5E1 Human Growth and Development Student Excuse Form

**Adopted:** 02/09/1998

**Reviewed:** 05/14/2001; 11/17/2003; 12/11/2006; 02/08/2010; 05/12/2014

**Revised:** 06/11/2001; 01/12/2004; 01/08/2007; 05/27/2014