

## HEALTH EDUCATION

Students in grade levels one through twelve shall receive, as part of their health education, instruction about personal health; food and nutrition; environmental health; safety and survival skills; consumer health; family life; age-appropriate, research-based 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; 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 shall be included in health education and the instruction shall be adapted at each grade level in compliance with relevant laws to aid understanding by the students.

Parents 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 shall include a proposed alternate activity or study acceptable to the Superintendent. The Superintendent shall have the final authority to determine the alternate activity or study.

Legal Ref.: Iowa Code §§ 256.11; 279.8; 80; 280.3-.14.  
281 I.A.C. 12.5.

Cross Ref.: 603.01 Basic Instructional Program

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