

Students in grade levels one (1) through twelve (12) 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; human growth and development; substance use 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, including characteristics of communicable diseases, as required by Iowa law. The purpose of the health education program is to help each student protect, improve and maintain physical, emotional and social well-being.

Health education instruction is adapted at each grade level to be age-appropriate and 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 pupil be excused from the instruction. The written request shall include a proposed alternate activity or study acceptable to the superintendent. The superintendent shall be the final authority to determine the alternate activity or study.

Approved: 4/24/89

Reviewed and Amended: 12/17/90; 4/13/93; 10/26/99; 09/25/06; 12/22/08; 2/24/14; 2/26/18