

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; age-appropriate and researched-based 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, and communicable diseases. 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 in compliance with relevant laws 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.

Note: This a mandatory policy and reflects the educational standards.

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; 10/23/23; 1/22/24; 8/25/25