



Code No. 603.5

## HEALTH EDUCATION

Students in grade levels kindergarten through six may receive, instruction which may include 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. 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 are included in health education and the instruction shall be provided through human growth and development, classroom guidance, and health and science classes.

Parents who object to human growth and development instruction 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 administration. The administration will have the final authority to determine the alternate activity or study.

Legal Reference: Iowa Code §§ 256.11; 279.8; 280.3-.14 (2007).  
281 I.A.C. 12.5.

Cross Reference: 502 Student Rights and Responsibilities  
603 Instructional Curriculum  
607 Instructional Services

Approved Date	Reviewed Date	Revised Date
March 11, 1999	11/20/2019	11/20/2019