

## **Health Education**

All students 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, and substance use and nonuse, including the effects of alcohol, tobacco, drugs and poisons on the human body. The program will also address human sexuality, self-esteem, stress management, interpersonal relationships, emotional and social health, health resources, prevention and control of disease, and characteristics of communicable diseases including Acquired Immune Deficiency/Human Immunodeficiency Virus (AIDS/HIV). While the areas stated above will be included in health education, the instruction will follow Iowa Code and be adapted at each grade level to aid understanding by the students. Beginning no later than in grade seven, characteristics of communicable diseases will include information about sexually transmitted diseases.

Annually, parents are notified of the human growth and development objectives. Parents may file a written request that a student be excused from human growth and development instruction in the health education program. If the student is excused, an alternate activity will be designated by the principal.

Legal Reference: Iowa Code §§ 256.11, 279.8, 280.3-14

Iowa Administrative Code: 670.3, 281.12.5 (s) (e), .5(4) (e), .5(5) (e)

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