

# Board Policy

Code No. 603.5

## 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; substance abuse and nonuse, 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, including acquired immune deficiency syndrome. While the areas stated above shall be included in health education, the instruction shall be adopted at each grade level to aid understanding by the students. Beginning no later than in grade seven, characteristics of communicable disease shall include information about sexually transmitted diseases. Beginning no later than in grade nine, human growth and development will be included in the required components.

A student shall not be required to enroll in health courses if the student's parent or guardian files a written statement with the school principal that the course conflicts with the student's religious beliefs.

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 or designee. The Superintendent shall have the final authority to determine the alternate activity or study.

*Legal Reference:* Iowa Code §§ 256.11; 279.8; 280.3-.14 (2009).  
281 I.A.C. 12.5.

*Cross Reference:* 502 Maintenance of Orderly Conduct  
603 Instructional Curriculum  
604 Instructional Services

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