

## **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; 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; domestic abuse; emotional and social health; health resources; prevention and control of disease; communicable diseases, including sexually transmitted diseases and acquired immune deficiency syndrome; and current crucial health issues.

The purpose of the health education program is to help each student protect, improve and maintain physical, emotional and social well-being. The health/human growth and development instruction shall be research-based, which means that the curriculum is verified or supported by the weight of the research conducted in compliance with accepted scientific professional organizations and agencies with relevant expertise in the field.

The areas stated above shall be included in health education and the instruction shall be adapted at each grade level to aid understanding by the students. Elementary parents shall be notified annually in written form of the general dates of instruction in human growth and development.

Parents who object to health education instruction in human growth and development may file a written request that the student be excused from the instruction. The written request shall include a proposed alternate activity or study acceptable to the superintendent. The superintendent shall have the final authority to determine the alternate activity or study.

Approved: October 19, 1998

Revised: September 29, 2015