

## HEALTH EDUCATION

Students in grade levels kindergarten through twelve 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; 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; and communicable diseases, including 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 are adapted at each grade level to aid understanding by the students.

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

Adopted: 10/09/90  
Revised: 06/14/04, 03/12/08  
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