

Human Growth and Development Instruction

2018-19 | Grades 9-12

The following courses offered at Valley High School contain elements of material defined as human growth and development. You are encouraged to review the curriculum handbook for more complete course descriptions. Families with questions regarding course content may contact the building principal. A request that a student not participate in instruction involving human growth and development may be made in writing to the building principal.

Child Development

This course covers growth and development from conception to age 4, human reproduction, birth control, pregnancy, prenatal development, and birth.

Personal and Family Living

This course covers the interrelationships of personality, values, and communication within peer groups and families. Students will study dating, partner selection, teenage marriage, engagement, weddings, marriage adjustments, stress management, parenting, and divorce.

General Biology

This course covers a general knowledge of living things and their interrelationships. Students will study conditions for life, requirements of living things, the genetic and chemical similarities of all living things, reproduction, embryology, and birth. In addition, the course covers birth control, reproductive system, diseases, sexually transmitted diseases including Acquired Immune Deficiency Syndrome (AIDS), abortion, and the effects of drugs on an unborn child.

Human Anatomy & Physiology

This course is an in-depth study of the human body, including the structure and function of all body systems.

Psychology

This course is a general introduction to some facets of human behavior, including workings of the mind, learning behavior, human relations, group behavior, social attitudes, personality formation, and abnormal behavior.

Sociology

This course is a study of society's groups. Students will study the basic structure, functions, and processes in our society; the problems of American society; and values in terms of our pluralistic society.

Health

This course includes personal health, food and nutrition, environmental health, safety and survival skills, consumer health, family health, substance abuse and nonuse, emotional and social health, health resources, and prevention and control of disease including sexually transmitted diseases.

Peer Helper Program

This course is designed for students interested in learning skills to effectively manage their own lives and reach out to other students in a supportive, meaningful way. Topics of emphasis include the concept of helping, attentive listening, facilitative feedback, decision-making, family and peer concerns, drug issues, and death and dying.

Physical Education/Health and Fitness

This course covers decision-making, personal responsibility, goal setting, and stress management. In addition, AIDS is covered in ninth grade.

Counseling

Counselors work with students individually and in small groups to assist them in accepting responsibility for choosing wisely from the alternatives presented to them in society. The counseling program is designed to assist students in identifying their problems, securing the information essential to deal with their problems, and considering and solving their problems using empathy.



In 1988, the Iowa Legislature enacted legislation mandating instruction in the area of human growth and development for grades K-12. The legislation states:

“Each school board shall provide instruction in human growth and development including instruction regarding human sexuality, self-esteem, stress management, interpersonal relations, and acquired immune deficiency syndrome in grades one through twelve.”

Section 279.50
1989 Code of Iowa

Additional copies of this flyer are available from each school building’s principal and from:

Curriculum Director Shane Scott
Teaching & Learning Service Department
West Des Moines Community Schools
Learning Resource Center
3550 Mills Civic Parkway
West Des Moines, Iowa 50265

Specific questions concerning the curriculum may be addressed to Shane Scott at 515-633-5056.

In November 1988, the West Des Moines Community Schools Board of Education appointed a human growth and development resource committee in accordance with state law. The committee is comprised of parents/guardians, teachers, administrators, clergy, business persons, and members of the community. The committee reviewed the human growth and development curriculum in grades K-12 and made recommendations to the Board regarding the curriculum and materials in the fall of 1989. The district is implementing those recommendations.



3550 Mills Civic Parkway | West Des Moines, IA 50265

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