

Dear Parent/Guardian,

The purpose of this letter is to inform you that your child will be engaging in classroom lessons mandated by Florida legislation for the school year in the following areas: mental health education, child trafficking education, and substance use and abuse prevention. Below is more information about the mandate itself as well as topics and method of implementation during the 21-22 School Year.

Mental Health: State Mandate: 6A-1.094121

“Tallahassee, Fla., July 17, 2019 – During the State Board of Education meeting, the Board voted to require school districts to annually provide a minimum of five hours of instruction to grades 6-12 students related to youth mental health awareness and assistance.”

Child Trafficking: State Mandate: 6A-1.094123

“Tallahassee, Fla., September 30, 2019 – The State Board of Education unanimously approved a new rule requiring instruction in child trafficking prevention for students in grades K-12. With this approval, Florida will be the first state in the nation to address the need for instruction in child trafficking prevention. The new rule also establishes procedures for school districts to plan and document delivery of the required instruction.”

Substance Use and Abuse: State Mandate: 6A-1.094122

“Tallahassee, Fla., August 21, 2019 – Today, Commissioner of Education Richard Corcoran applauded the State Board of Education for requiring accountability in the delivery of age-appropriate substance use and abuse health education for students in grades K-12. This initiative builds on similar requirements for mental health education adopted by the State Board of Education last month. The new requirement takes effect this school year.”

Implementation:

Students in grades 6th – 8th will receive this through Edgenuity and the Purpose Prep Mental Health Course Platform. This includes targeted lessons from Purpose Prep’s grade level progression instructional alignment for youth mental and emotional health and meets the required components of the state-mandate. The content of the curriculum, learning objectives, and outcome criteria includes:

Lesson 1: Mental Health Basics

- Define mental health.
- List behaviors and factors that maintain and contribute to positive mental health.
- Define stress and explain how it interacts with mental health.
- Identify behaviors and factors that threaten positive mental health.
- Learn how to reflect on past decisions and situations using mindfulness and accountability.

Lesson 2 -Healthy Coping Skills

- Identify emotional, intellectual, physical, & social factors that can support/impact mental health.
- Explain how coping strategies can impact mental health.
- Identify how negative self-talk can impact mental health.
- Identify appropriate coping strategies to use to best enhance mental health.
- Increase awareness of coping strategies and the ability to apply them effectively.

Lesson 3: Recognize warning signs and know how to respond

- Identify the warning signs of mental health issues.
- Identify how to help yourself or a friend who is struggling.

- Evaluate what healthy communication and dialog can look like between parents, teachers, adults, friends, and internally and how to utilize this to create more purposeful connections with others.

Lesson 4 – Getting Help

- Identify appropriate coping strategies to use to best enhance mental health.
- Increase awareness of coping strategies and the ability to apply them effectively.
- Identify ways to minimize the stigma of mental health illness.
- Gain an understanding about what helplessness is, where it stems from, and ways to find hopefulness.
- Gather ways to balance or manage stress from school, relationships, and other obligations.

Lesson 5- Suicide Prevention

- Learn about the power of thoughts and acceptance and how one can change their life and circumstances around by accepting and thinking differently.
- Analyze self-worth, limits, and abilities and learn how to reinforce positive self-esteem about others and self.
- Articulate how acceptance can help one embrace difficult life situations.
- Recognize potential barriers to the personal wellness of self or others, and how to implement strategies to overcome them.
- Identify personality traits, gifts, abilities, and talents that can increase self-worth and self-esteem and explain the importance of knowing and loving yourself.

Lesson 6 – Substance Abuse Prevention

- Learn the implications and ramifications of substance use and abuse and build relevant refusal skills.
- Demonstrate an understanding of the various impacts of using/abusing alcohol, nicotine, and drugs, as well as different strategies for preventing or seeking treatment for substance use and abuse.
- Understand the origins and types of self-punishment and how it can contribute to other unhealthy behaviors.

Lesson 7 – Child Trafficking Prevention and Awareness

- Define human trafficking and discuss potential indicators, risk factors, and options for assistance.
- Know and understand the hazards of human trafficking and how to protect oneself from dangerous situations or predators.
- Recognize different safety dangers of social media, as well as how to protect your reputation and identity online.
- Learn the different areas of personal safety and how to identify situations that may be unhealthy or putting oneself at risk.

There is not currently a waiver to opt out for this state-mandated instruction. However, if you have concerns about your child reviewing this content, please reach out to the student services team at your child's school.

If you have any questions related to this letter, you may contact your school's administration and/or student services team.

For more information on the state mandates please visit: <http://www.fldoe.org/>