



MENTAL WELLNESS LESSONS

Students across Florida will be receiving lessons and instruction, beginning this year, in several areas that the State Board of Education has identified as required topics. For students in grades K-12 this includes child trafficking/stranger danger and substance abuse. Students in grades 6-12 are also required to receive five hours of mental health instruction that covers ten different topics.

These lessons will be delivered through Schoology in classroom settings appropriate to each grade level. If your child is in grades 6-12 you will see on your child's schedule in Skyward an extra period appear labeled with your child's school. This has no impact on your child's grades, credits, or actual schedule. This period is simply the location for the Schoology lessons to be housed, where students will access them throughout the spring in the classes identified within the school day by each school.

We encourage parents to look through these lessons with your child so that you may be a part of this important conversation. You can access the lessons with your son or daughter through their Schoology account.

The required topics included in the Emotional and Mental Wellness lessons are:

- Recognition of signs and symptoms of mental health disorders
- Prevention of mental health disorders
- Mental health awareness and assistance
- How to reduce the stigma around mental health disorders
- Awareness of resources, including local school and community resources
- The process of accessing treatment
- Strategies to develop healthy coping techniques
- Strategies to support a peer, friend, or family member with a mental health disorder
- Prevention of Suicide
- Prevention of abuse of and addiction to alcohol, nicotine, and drugs