

## Submit a Plan for: N5. Mental and emotional health

### 6A-1.094121 Mental and Emotional Health Education

Using the health education standards adopted in Rule 6A-1.09401, F.A.C., Student Performance Standards, the instruction for youth mental and emotional health will advance each year through developmentally appropriate instruction and skill building and must address, at a minimum, the following topics:

1.
  - a. Recognition of signs and symptoms of mental health disorders;
  - b. Prevention of mental health disorders;
  - c. Mental health awareness and assistance;
  - d. How to reduce the stigma around mental health disorders;
  - e. Awareness of resources, including local school and community resources;
  - f. The process for accessing treatment;
  - g. Strategies to develop healthy coping techniques;
  - h. Strategies to support a peer, friend, or family member with a mental health disorder;
  - i. Prevention of suicide; and
  - j. Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.

**Grades 6, 7, 8, 9, 10, 11, 12**

#### **Selected grade(s)**

6, 7, 8, 9, 10, 11, 12

#### **Selected course(s)**

1001010 - M/J Language Arts 1  
1001020 - M/J Language Arts 1 Advanced  
1001040 - M/J Language Arts 2  
1001050 - M/J Language Arts 2 Advanced  
1001070 - M/J Language Arts 3  
1001080 - M/J Language Arts 3 Advanced  
1001310 - English 1  
1001340 - English 2  
1001370 - English 3  
1001400 - English 4  
7810011 - Access M/J Language Arts 1  
7810012 - Access M/J Language Arts 2  
7810013 - Access M/J Language Arts 3  
1001420 - Advanced Placement English Language and Composition  
1001430 - Advanced Placement English Literature and Composition  
1001550 - Cambridge AICE English Language AS Level  
1001560 - Cambridge Pre-AICE English Language IGCSE Level  
1001320 - English Honors 1  
1001350 - English Honors 2  
1001380 - English Honors 3  
1001410 - English Honors 4  
1001025 - M/J English 1 Cambridge Lower Secondary  
1001055 - M/J English 2 Cambridge Lower Secondary  
1001085 - M/J English 3 Cambridge Lower Secondary  
1000010 - M/J Intensive Reading (MC)  
1205030 - M/J Mathematics 1 Cambridge Lower Secondary  
1205040 - M/J Grade 7 Mathematics  
1205070 - M/J Grade 8 Pre-Algebra  
1205055 - M/J Mathematics 2 Cambridge Lower Secondary

2002040 - M/J Comprehensive Science 1  
2105020 - M/J World Cultures  
2002070 - M/J Comprehensive Science 2  
2002100 - M/J Comprehensive Science 3  
2105030 - M/J Advanced World Cultures  
2106010 - M/J Civics  
2100015 - M/J United States History & Career Planning  
1508070 - M/J Comprehensive Physical Education Grade 7/8  
0200010 - M/J Computer Science Discoveries 1  
0101010 - M/J Two-Dimensional Studio Art 1  
0101020 - M/J Two-Dimensional Studio Art 2  
0101026 - M/J Two-Dimensional Studio Art 3  
8600010 - Introduction to Technology  
8600060 - Exploration of Engineering Technology  
8600090 - Exploration of Technical Design Technology  
1302010 - M/J Band 2  
1302020 - M/J Band 3  
1204000 - M/J Intensive Mathematics (MC)  
1700000 - M/J Research 1  
1700010 - M/J Research 2  
1700020 - M/J Research 3  
1700500 - Advanced Placement Capstone Seminar  
1001415 - Pre-Advanced Placement English 1  
1200370 - Algebra 1-A  
1206310 - Geometry  
2000310 - Biology 1  
2001340 - Environmental Science  
2106390 - Court Procedures  
2109415 - Pre-Advanced Placement World History and Geography  
2106350 - Law Studies  
2100310 - United States History  
8106810 - Agriscience Foundations 1  
8212110 - Administrative Office Technology 1  
8212120 - Business Software Applications 1  
8209510 - Digital Design 1  
8417100 - Health Science Anatomy & Physiology  
9200210 - Advanced Manufacturing Technology 1  
9204410 - Welding Technology Fundamentals 1  
9504110 - Automotive Maintenance and Light Repair 1  
1506320 - HOPE-Physical Education Variation  
0708340 - Spanish 1  
0108370 - Digital Art Imaging 1  
1700390 - Advancement Via Individual Determination 1  
1700400 - Advancement Via Individual Determination 2  
1700410 - Advancement Via Individual Determination 3  
2400300 - Leadership Skills Development  
1200387 - Financial Algebra

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**Selected qualification(s) of the instructors for the selected courses above**

Florida Certified Teacher  
School Counselor

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**Selected instructional materials used**

Mental Wellness Basics - EverFi course  
Ripple Effects

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**Rationale for delivering the instruction in the courses and grades selected above**

Mental Wellness Basics is a free digital resource that introduces middle and high school students to mental health education. These resources are designed to equip educators with the tools to nurture skills like compassion,

leadership, conflict resolution, self-awareness and resilience. The mental wellness activities and lessons in this digital program focus on supporting students in identifying threats to mental health early, and taking measures to increase factors that protect mental health, introducing students to the experiences of others in order to develop awareness and empathy, reduce stigma, and provide facts on the prevalence and symptoms of mental health conditions, and fostering a mental health mindset to help students develop feelings of self-efficacy and skills that promote and model advocacy for self and others. This course covers self-awareness, self-management, relationship skills, social awareness, and responsible decision making.

Ripple Effects is an online program that give students the opportunity to explore a variety of social and emotional topics freely. Teachers/Counselors create an account for each student to use within a class period. The student is then assigned a social/emotional topic to discover and complete. Topics range from resilience and social competence to foster self-efficacy and a positive identity. Student are then given the time and opportunity to explore other social/emotional topics on their free time or when they complete the assigned courses. The program addresses over 100 strength-building tutorials like suicide awareness and supports, addiction and removing the stigma of mental health. The courses guide students to seek additional support from school counselors to a trusted adult or family member. Evidence shows a link to positive outcomes, including better school attendance, higher academic performance, healthier peer and adult interactions, improved decision making abilities, and less substance use and risky behavior.

**Submit a Plan for: N7. Internet safety**

6A-1.094123 Child Trafficking Prevention Education

Using the health education standards adopted in Rule 6A-1.09401, F.A.C., Student Performance Standards, the instruction for child trafficking prevention will advance each year through developmentally appropriate instruction and skill building.

Age-appropriate elements of effective and evidence-based programs and instruction to students in grades K-12 related to child trafficking prevention and awareness and must address, at a minimum, the following topics:

1.
  - a. Recognition of signs of human trafficking;
  - b. Awareness of resources, including national, state and local resources;
  - c. Prevention of the abuse of and addiction to alcohol, nicotine, and drugs;
  - d. Information on the prevalence, nature, and strategies to reduce the risk of human trafficking, techniques to set healthy boundaries, and how to safely seek assistance; and
  - e. Information on how social media and mobile device applications are used for human trafficking.

**Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12**

**Selected grade(s)**

K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

**Selected course(s)**

2100010 - M/J United States History  
2100020 - M/J United States History Advanced  
2100030 - M/J Florida History  
2103010 - M/J World Geography  
2105020 - M/J World Cultures  
2106010 - M/J Civics  
2106020 - M/J Civics, Advanced  
2109010 - M/J World History  
1001320 - English Honors 1  
1001350 - English Honors 2  
1001380 - English Honors 3  
1001410 - English Honors 4  
1001420 - Advanced Placement English Language and Composition  
1001430 - Advanced Placement English Literature and Composition  
1001550 - Cambridge AICE English Language AS Level  
1001560 - Cambridge Pre-AICE English Language IGCSE Level  
1001310 - English 1  
1001340 - English 2  
1001370 - English 3  
1001400 - English 4  
5010041 - Language Arts - Kindergarten  
5010042 - Language Arts - Grade One  
5010043 - Language Arts - Grade Two  
5010044 - Language Arts - Grade Three  
5010045 - Language Arts - Grade Four  
5010046 - Language Arts - Grade Five  
1001555 - Cambridge AICE English Language and Literature AS Level  
1205010 - M/J Grade 6 Mathematics  
1205040 - M/J Grade 7 Mathematics  
1205070 - M/J Grade 8 Pre-Algebra

1205055 - M/J Mathematics 2 Cambridge Lower Secondary  
2002040 - M/J Comprehensive Science 1  
2002100 - M/J Comprehensive Science 3  
1508070 - M/J Comprehensive Physical Education Grade 7/8  
0200010 - M/J Computer Science Discoveries 1  
0101010 - M/J Two-Dimensional Studio Art 1  
0101020 - M/J Two-Dimensional Studio Art 2  
0101026 - M/J Two-Dimensional Studio Art 3  
8600010 - Introduction to Technology  
8600060 - Exploration of Engineering Technology  
8600090 - Exploration of Technical Design Technology  
1302010 - M/J Band 2  
1302020 - M/J Band 3  
1204000 - M/J Intensive Mathematics (MC)  
1700000 - M/J Research 1  
1700010 - M/J Research 2  
1700020 - M/J Research 3  
1700500 - Advanced Placement Capstone Seminar  
1001415 - Pre-Advanced Placement English 1  
1200370 - Algebra 1-A  
1206310 - Geometry  
2000310 - Biology 1  
2001340 - Environmental Science  
2106390 - Court Procedures  
2109415 - Pre-Advanced Placement World History and Geography  
2106350 - Law Studies  
2100310 - United States History  
8106810 - Agriscience Foundations 1  
8212110 - Administrative Office Technology 1  
8212120 - Business Software Applications 1  
8209510 - Digital Design 1  
8417100 - Health Science Anatomy & Physiology  
9200210 - Advanced Manufacturing Technology 1  
9204410 - Welding Technology Fundamentals 1  
9504110 - Automotive Maintenance and Light Repair 1  
1506320 - HOPE-Physical Education Variation  
0708340 - Spanish 1  
0108370 - Digital Art Imaging 1  
1700390 - Advancement Via Individual Determination 1  
1700400 - Advancement Via Individual Determination 2  
1700410 - Advancement Via Individual Determination 3  
1700420 - Advancement Via Individual Determination 4  
2400300 - Leadership Skills Development  
1200387 - Financial Algebra  
5010030 - Functional Basic Skills in Communications-Elementary  
5021020 - Social Studies Grade K  
5021030 - Social Studies Grade 1  
5021040 - Social Studies Grade 2  
5021050 - Social Studies Grade 3  
5021060 - Social Studies Grade 4  
5021070 - Social Studies Grade 5  
5010010 - English for Speakers of Other Languages-Elementary  
5010020 - Functional Basic Skills in Reading-Elementary  
5012020 - Mathematics - Grade Kindergarten  
5012030 - Mathematics - Grade One  
5012040 - Mathematics - Grade Two  
5012050 - Mathematics - Grade Three  
5012060 - Mathematics - Grade Four  
5012070 - Mathematics - Grade Five

5020010 - Science - Grade K  
5020020 - Science Grade One  
5020030 - Science - Grade Two  
5020040 - Science - Grade Three  
5020050 - Science - Grade Four  
5020060 - Science - Grade Five

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**Selected qualification(s) of the instructors for the selected courses above**

Florida Certified Teacher  
School Counselor

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**Selected method(s) of delivering instruction**

Oral

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**Selected instructional materials used**

Lauren's Kids  
Safer Smarter Kids  
Safer Smarter Teens  
Safer Smarter Families

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**Rationale for delivering the instruction in the courses and grades selected above**

Lauren's Kids is an evidence-based prevention and personal safety curriculum series for grades PK-12. The resources provided focus on personal safety information, empowering children with tools that are not only protective from abuse, but also important esteem and safety issues and empowerment. It addresses "safe" and "unsafe" situations, people, and issues adolescents face in relationships with peers and adults, such as the balance of power, enforcing boundaries and the grooming process.

**Submit a Plan for: N11. Substance use and abuse**

**6A-1.094122 Substance Use and Abuse Health Education**

1. School districts must annually provide instruction to students in grades K-12 related to youth substance use and abuse health education.
2. Using the health education standards adopted in Rule 6A-1.09401, F.A.C., Student Performance Standards, the instruction for substance use and abuse education will advance each year through developmentally appropriate instruction and skill building.

**Grades K, 1, 2, 3, 4**

**Selected grade(s)**

K, 1, 2, 3, 4

**Selected course(s)**

7715025 - Access Physical Education Grade 1  
7715045 - Access Physical Education Grade 5  
7715040 - Access Physical Education Grade 4  
7715020 - Access Physical Education Grade Kindergarten  
7715030 - Access Physical Education Grade 2  
7915020 - Access Personal Fitness  
5015040 - Physical Education - Grade 2  
5015050 - Physical Education - Grade 3  
5015060 - Physical Education - Grade 4  
5010030 - Functional Basic Skills in Communications-Elementary  
5010010 - English for Speakers of Other Languages-Elementary  
5010020 - Functional Basic Skills in Reading-Elementary  
5010041 - Language Arts - Kindergarten  
5010042 - Language Arts - Grade One  
5010043 - Language Arts - Grade Two  
5010044 - Language Arts - Grade Three  
5010045 - Language Arts - Grade Four  
5012020 - Mathematics - Grade Kindergarten  
5012030 - Mathematics - Grade One  
5012040 - Mathematics - Grade Two  
5012050 - Mathematics - Grade Three  
5012060 - Mathematics - Grade Four  
5020010 - Science - Grade K  
5020020 - Science Grade One  
5020030 - Science - Grade Two  
5020040 - Science - Grade Three  
5020050 - Science - Grade Four  
5021020 - Social Studies Grade K  
5021030 - Social Studies Grade 1  
5021040 - Social Studies Grade 2  
5021050 - Social Studies Grade 3  
5021060 - Social Studies Grade 4

**Selected qualification(s) of the instructors for the selected courses above**

Florida Certified Teacher  
School Counselor

**Selected instructional materials used**

Caring School Community

**Rationale for delivering the instruction in the courses and grades selected above**

In grades K-4 the Putnam County School district uses the Caring School Community SEL curriculum. This is a universal family and school intervention to reduce risk factors and bolster protective factors among children making the transition to elementary school. The program focuses on strengthening students' sense of community, or connection to school, which research has shown to be pivotal in reducing drug use, violence, and mental health problems and promoting academic motivation and achievement. The program consists of a set of classroom, school, and family involvement approaches that reinforce students making good healthy choices and the development of other valuable skills across contexts. These promote positive peer, teacher-student, and home-school relationships and the development of social, emotional and character-related skills. The program provides detailed instructional, implementation and staff development materials.

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**Grades 5, 6, 7, 8, 9, 10, 11, 12**

**Selected grade(s)**

5, 6, 7, 8, 9, 10, 11, 12

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**Selected course(s)**

7815010 - M/J Access Physical Education: 6-8  
7915015 - Access Health Opportunities Through Physical Education 9-12  
7915020 - Access Personal Fitness  
1508020 - M/J Team Sports - Grade 7  
1508070 - M/J Comprehensive Physical Education Grade 7/8  
1501300 - Personal Fitness  
1503350 - Team Sports 1  
1700000 - M/J Research 1  
1700010 - M/J Research 2  
1700020 - M/J Research 3  
1204000 - M/J Intensive Mathematics (MC)  
1302010 - M/J Band 2  
1302020 - M/J Band 3  
8600010 - Introduction to Technology  
8600060 - Exploration of Engineering Technology  
8600090 - Exploration of Technical Design Technology  
0101020 - M/J Two-Dimensional Studio Art 2  
0101026 - M/J Two-Dimensional Studio Art 3  
0101010 - M/J Two-Dimensional Studio Art 1  
0200000 - M/J Computer Science Discoveries  
0200010 - M/J Computer Science Discoveries 1  
2100015 - M/J United States History & Career Planning  
2106010 - M/J Civics  
2105030 - M/J Advanced World Cultures  
2002100 - M/J Comprehensive Science 3  
2002070 - M/J Comprehensive Science 2  
2105020 - M/J World Cultures  
2002040 - M/J Comprehensive Science 1  
1205055 - M/J Mathematics 2 Cambridge Lower Secondary  
1205070 - M/J Grade 8 Pre-Algebra  
1205040 - M/J Grade 7 Mathematics  
1205010 - M/J Grade 6 Mathematics  
1205020 - M/J Grade 6 Mathematics Advanced  
1700500 - Advanced Placement Capstone Seminar  
1001415 - Pre-Advanced Placement English 1  
1200370 - Algebra 1-A  
1206310 - Geometry  
2000310 - Biology 1



2001340 - Environmental Science  
2106390 - Court Procedures  
2109415 - Pre-Advanced Placement World History and Geography  
2106350 - Law Studies  
2100310 - United States History  
8106810 - Agriscience Foundations 1  
8212110 - Administrative Office Technology 1  
8212120 - Business Software Applications 1  
8209510 - Digital Design 1  
8417100 - Health Science Anatomy & Physiology  
9200210 - Advanced Manufacturing Technology 1  
9204410 - Welding Technology Fundamentals 1  
9504110 - Automotive Maintenance and Light Repair 1  
1506320 - HOPE-Physical Education Variation  
0708340 - Spanish 1  
0108370 - Digital Art Imaging 1  
1700390 - Advancement Via Individual Determination 1  
1700400 - Advancement Via Individual Determination 2  
1700410 - Advancement Via Individual Determination 3  
1700420 - Advancement Via Individual Determination 4  
2400300 - Leadership Skills Development  
1200387 - Financial Algebra  
5010046 - Language Arts - Grade Five  
5012070 - Mathematics - Grade Five  
5020060 - Science - Grade Five  
5021070 - Social Studies Grade 5

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**Selected qualification(s) of the instructors for the selected courses above**

School Counselor  
Stuart Marchman Counselor

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**Selected instructional materials used**

Truth About Drugs

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**Rationale for delivering the instruction in the courses and grades selected above**

The Putnam County School District is using Narconon's Truth About Drugs curriculum delivered by experts in substance abuse education and mental health. The interactive curriculum imparts science-based information from fields as diverse as toxicology, forensic science, nutrition, marketing, pharmacology, and many others. Program materials include audiovisual support and clear lesson plans that are to be delivered in their entirety combined with quality management tools such as anonymous student questionnaires for each session and a facilitator's log sheet to list any session problems and/or questions. Facilitator training emphasizes the importance of effective communication as well as creating an environment in which students may ask question, discuss personal situations, and actively participate.

Effects of the Narconon's Truth About Drugs education curriculum on drug use compared with sites that have not yet received the curriculum. Students in the drug education program, but not the control group, had moved toward less drug use for virtually all of the drug use types. Given the similarities of group drug use behavior measured at baseline, this pattern alone supports the reliability of the differences created by the drug education curriculum.