



Dear Families,

This letter is to inform you about three Florida State Board of Education rules related to required instruction in health education topics affecting middle and high school students (grades 6 to 12) that were recently approved. These rules are [Rule 6A-1094121, F.A.C. – Mental and Emotional Health Education](#), [Rule 6A-1.094122 F.A.C. - Substance Use and Abuse Prevention Education](#) and [Rule 6A-1.094123. F.A.C. – Child Trafficking Prevention Education](#).

Licensed mental health professionals, along with BPS staff certified in health education, physical education, school psychology, school counseling, and school social work, have developed lessons consisting of basic instruction aligned with Florida's Health Education Standards. Resources used include: KidsHealth, Teenmentalhealth.org, Teen NIDA, Erika's Lighthouse, Everfi, Brevard Public Schools' Healthy Body Systems curriculum, KidsHealth, Nemours Foundation, National Institute of Health, National Institute on Drug Abuse, Florida Department of Juvenile Justice, teenhealth.org, KidsHealth, Youth Toolkit on Human Trafficking, and Devereux Advanced Behavioral Health Florida. This curriculum will include the following topics:

- (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 and addition to alcohol, nicotine, and drugs.*

*It is important to note and reiterate that this requirement is mandated by the Florida State Board of Education.* Parents may review Everfi lessons from their child's Launchpad. Also, the parent portal on Erika's Lighthouse may be accessed at <https://www.erikaslighthouse.org/parents/>.

BPS lessons are currently being developed and will be available for review as schools post lessons to their websites a week prior to the implementation. Should you have questions about the curriculum, please contact the principal at your child's school.

Please see [Florida Department of Education's FAQ](#) on this topic or visit the [Florida Department of Education Comprehensive Health Education](#)

Thank you,

Brevard Public Schools