

# Health and Wellness Education



## Mental and Emotional Health Education

In alignment with State Board Ruling [6A.1.094121](#), students enrolled in grades 6 through 12 will receive five (5) hours of instruction on mental and emotional health education during the 2019-2020 school year.

All instruction is in alignment with the Florida State Statute 1003.42(2)(n) which states, *“Comprehensive health education that addresses concepts of community health; consumer health; environmental health; family life, including an awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy; mental and emotional health; injury prevention and safety; Internet safety; nutrition; personal health; prevention and control of disease; and substance use and abuse. The health education curriculum for students in grades 7 through 12 shall include a teen dating violence and abuse component that includes, but is not limited to, the definition of dating violence and abuse, the warning signs of dating violence and abusive behavior, the characteristics of healthy relationships, measures to prevent and stop dating violence and abuse, and community resources available to victims of dating violence and abuse.”*

Lessons are developed by licensed mental health professionals and district staff certified in health education, physical education, school psychology, school counseling, and school social work, and consist of basic instruction aligned with Florida’s Health Education Standards. Resources used include, but are not limited to: KidsHealth, Teenmentalhealth.org, Teen NIDA, Erika’s Lighthouse, and Everfi.

For more information on the First Lady DeSantis’ “Hope for Healing Florida” initiative, visit <http://hopeforhealingfl.com>

## Substance Use and Abuse Health Education

In alignment with State Board Ruling [6A.1.094122](#), students enrolled in grades Kindergarten - 12 will receive annual instruction related to youth Substance Use and Abuse Health education.

To ensure all K-12 students participate in the Substance Use and Abuse Education lessons, Brevard Public Schools provided principals with flexibility of the implementation of the instruction based on the needs of the school and master schedule. The district will collect implementation information by May to report to the state by June 30, 2019.

Lessons were developed by licensed mental health professionals and district staff certified in health education, physical education, school psychology, school counseling, and school social work and consist of basic instruction aligned with Florida's Health Education Standards.

Resources used include, but are not limited to: Brevard Public School's Healthy Body Systems curriculum, KidsHealth, Nemours Foundation, Brain Power lessons from the National Institute of Health, and the National Institute on Drug Abuse.

## Child Trafficking Prevention and Awareness Education

In alignment with State Board Ruling [6A.1.094123](#), students enrolled in grades Kindergarten - 12 will receive annual instruction related to Child Trafficking prevention and awareness.

To ensure all K-12 students participate in the Child Trafficking Prevention and Awareness instruction, BPS provided principals with flexibility of the implementation of the instruction based on the needs of the school and master schedule. The district will collect implementation information by May to report to the state by June 30, 2019.

Lessons were developed by licensed mental health professionals, certified teachers, and district staff certified in school counseling and school social work. Lessons consist of basic instruction aligned with Florida's Health Education Standards. Resources used include, but are not limited to: Monique Burr Foundation, Florida Department of Juvenile Justice, teenhealth.org, KidsHealth, Youth Toolkit on Human Trafficking, and Devereux Advanced Behavioral Health Florida.

Resources on the [Hope for Healing Florida](#) site:

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