Mental and Emotional Health Education Implementation Plan

State Board of Education Rule 6A-1.094121.F.A.C. Mental & Emotional Health Education

<table>
<thead>
<tr>
<th>School District</th>
<th>Gadsden County School District</th>
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<tr>
<td>Superintendent of Schools</td>
<td>Roger P. Milton</td>
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<tr>
<td>Implementation Period</td>
<td>November 2019 – May 2020</td>
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<td>District URL for Posted Implementation Plan</td>
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<td>District Contact(s) for The Plan</td>
<td>Tammy McGriff Farlin (<a href="mailto:mcgriff@gcpsmail.com">mcgriff@gcpsmail.com</a>) Dr. Sylvia Jackson (<a href="mailto:jacksons@gcpsmail.com">jacksons@gcpsmail.com</a>)</td>
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Specific course in which instruction will be delivered
- Physical Education

Professional qualifications of persons delivering instruction
- Florida certified teacher
- School Counselor

Description of materials and resources utilized to deliver instruction

The Gadsden County School District will utilize the Purpose Prep Social Emotional Learning curriculum, developed by Edgenuity to deliver instruction. The curriculum is a dynamic model that utilizes evidence-based models and standards, national best practices and strategies to support learners. Content will be delivered using direct instruction, online instruction, and peer interaction. Occasionally, students may be assigned work that involves interviewing their parent.
guardian, caregiver or mentor. These activities give students a chance to practice their communication skills and to experience the benefits of investing in healthy relationships. Each day, the Purpose Prep Pledge will be read over the school’s intercom system. This practice will set the tone for the day and will help to institutionalize the concept of mental and emotional wellness. Course coverage includes:

Grade 6:
**SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS**
- How to Protect Yourself on Social Media
- Cyberbullying
- How Not to Become Anti-Social with Social Media
- Mastering Your Emotions
- Derailed from Purpose

**FRAME YOUR WORLD**
- Thoughts Shape Beliefs
- Belief Shape Actions
- Visualize

**EFFECTS OF BULLYING**
- Bullying: Dehumanizing the Victim
- Bullying: Effects on the Bullied
- Bullying: Effects on the Bully
- Bullying: Effects on the Bystanders
- Bullying: Effects on Culture

**AWARENESS OF RESOURCES**
- Teachers
- Parents/Guardians
- School Groups
- Quality Peers
- Mentors

**SUICIDE PREVENTION**
- Finding Safety
- A Safety Net for Others
- Positive Speaking & Reflective Writing
- Build Around Your Uniqueness
- Finding Safe Leaders

**SUBSTANCE ABUSE PREVENTION**
- Drugs and the Body and Mind
- Limits and Abilities
- Manage Stress
- Is There a Higher Purpose?
- Why Are You Here?

**VALUE**
- Appreciate the Value in Others
- Stop Expecting, Start Appreciating
- Healthy Self-Esteem
Grade 7

OVERCOMING BULLYING: REAL STORIES
- Tricks & Tips to Overcome
- Standing Up the Right Way
- Forgiveness
- Techniques to Overcome Bullying
- Finding Your Tribe

MENTAL HEALTH AWARENESS
- The Feeling of Hopelessness
- How Choices Affect Our Thinking
- Words Shape Thought

COMPASSION AND STILLNESS
- Why Compassion Matters
- The Secret of Purpose
- People Matter
- The Importance of Community
- Loyalty & Trust Lead to Vulnerability

RESILIENCY
- Defining Resiliency
- Elasticity
- The End Isn’t the End
- Coping Skills
- Creating Your Team

SUICIDE PREVENTION
- Inspiration from a Mentor
- The Importance of Mentorship
- How to Get Unstuck
- Dealing with Divorce and Separation
- Confusion, Pain and Identity

SUBSTANCE ABUSE PREVENTION
- Marijuana, Nicotine, Tobacco and Cigarettes
- Identifying My Needs
- We All Have Needs
- Overcoming Peer Pressure
- The Power of Connection

KEEPING YOURSELF SAFE
- Digital Citizenship & Safety
- Sexual Abuse
- See the Value in Yourself

Grade 8

IT’S NOT YOUR FAULT
- Divorce & Separation
- Physical Abuse
- Emotional Abuse
- Physical and Emotional Neglect
Sexual Abuse

THOUGHTS AND ACCEPTANCE
- Changing Our Thought Patterns
- Overcoming Sad Feelings
- Motivated by Positive Feelings

REDUCING THE STIGMA AROUND MENTAL HEALTH DISORDERS
- Emotional Differences
- Helping Those in Need
- Inclusion
- Mantra and Verbal Reinforcements
- Dynamic Empathy

ANGER MANAGEMENT
- Defining Anger Management
- Angry Outcomes
- Types of Anger
- Handling Anger
- Overcoming Anger

BELONGING
- Get the Support You Need
- Find Your Tribe
- Acceptance = Freedom
- The Power of Love
- Find Where You Belong

SUBSTANCE ABUSE PREVENTION
- Stimulants and Depressants
- Coping with Loss and Separation
- Self-Esteem in Tough Situations
- Our Most Essential Need
- See Yourself

KEEPING YOURSELF SAFE
- Self-Harm and Staying Safe
- Restoring Yourself and Others
- Are Your Relationships Safe?

Grade 9

CRISIS MANAGEMENT
- Gangs, Guns and Fighting
- Adrenaline and Aggression
- Learned Helplessness
- Mood and Behavior Management
- Overcoming Bad Memories

MENTAL HEALTH AWARENESS
- Choosing Between Two Realities
- Cultural Implications within Family and Learned Behavior
- Primary and Secondary Impacts of Behavior

UNDERSTANDING BULLYING
Bullying: Hurt People…. Hurt People
Trauma and Insecurity
Bullying and Being Different
Bullying: A Tragedy on Both Sides
Solutions to Bullying

COMMUNICATION SKILLS
Communicating with Your Teachers
Relating with Other Adults
Your Internal Dialogue
Processing Adversity
Mindfulness

DEALING WITH TRAUMA
Identifying Trauma
Family Changes and Trauma
Emotional or Physical Trauma
How to Handle Shame
Music & Mood

SUBSTANCE ABUSE PREVENTION
The Impact of Drugs on Your Relationships
Trauma and Behavior
Breaking Through Our Hardships
Map Out Your Future
Personal Accountability

KEEPING YOURSELF SAFE
Avoiding Exploitation (Human Trafficking)
Teen Pregnancy
Build Self-Confidence

Grade 10

OVERCOME IDENTITY ISSUES
Defining Identity
Different Identity Issues
Redefine Your Identity Foundation
You Are Not What You Do
Acknowledge and Embrace All of You

SOCIAL AND EMOTIONAL HEALTH
Human Boundaries
Emotional Pain, Loss & Stress
Command Your Temper

HEALTHY RELATIONSHIPS
Relationship Skills
Communication Matters
Embracing Society
Meaningful Relationships
The Dream Team

AWARENESS OF RESOURCES
Meditation
Social Awareness
Daily Affirmation Statement
Find Peace Through Stillness
Finding Solutions in Stillness

SUICIDE PREVENTION
Swearing and Degrading Words
The Daily Forgiveness, Thankfulness & Confidence Exercise
Death of a Loved One
Pornography and Guilt
Overcoming Traumatic Memories

SUBSTANCE ABUSE PREVENTION
Vaping and JUULing
Face Your Emotions
Believe in Yourself
Coping with Grief, Loss and Shame
Transactional vs. Transformational Mentorship

KEEPING YOURSELF SAFE
Setting Realistic Boundaries
Practice Examples of Self-Esteem
Communication with Your Friends

Grade 11
MENTAL WELLNESS
Anxiety
Depression
Mindfulness
Learn How to Say “No”
Being Present

DON’T STAY SILENT
Surround Yourself With Giants
Breaking Free from My Secrets
Being a Positive Influence on Others

BEING A CHAMPION
Diffuse the Situation
Knowing Your Worth and Everyone Else’s
What’s at Stake
Being Observant
Creating Real Change

AWARENESS OF RESOURCES
Competing Commitments
Get Specific & Break it Down
What is Traditional Mentoring?
Gratitude
Hope in Hopelessness

FAMILY CHALLENGES
Logical vs. Emotional Thinking
Death of a Loved One
Incarceration
Suicide
Depression & Anxiety

**SUBSTANCE ABUSE PREVENTION**
Living Drug Free and Overcoming Drugs
Circumstance and Situations
Suspension and Expulsion
Self-Worth
Why Does Purpose Matter?

**KEEPING YOURSELF SAFE**
Connecting with Your Parents
Sex Safety, Education and Boundaries
Mindfulness

**Grade 12**

**POSITIVE AND NEGATIVE**
The Effects of Negativity
Turn Negativity into Positivity
Positivity Exercise
Reshape Our Worlds
The Importance of Rest

**MENTAL HEALTH AWARENESS**
Why Compassion Matters
Born to Be Different
Stay True, Be You

**DIVERSITY AND INCLUSION**
Racism
Embracing Diversity
Why We Need Diversity
Diversity and Inclusion
Accepting Your Circumstances

**MENTAL HEALTH**
Break it Down
Shifting Your Perspective
Healing Your Mind
The Freedom in Forgiveness
Tips to Mental Health

**SUICIDE PREVENTION**
Suicide Prevention
Negative Thinking Patterns
Loved, Valued, and Accepted
Positive Reinforcement
Suicide Prevention and Education

**SUBSTANCE ABUSE PREVENTION**
Substance Abuse
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<td>The Consequences of Drugs</td>
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