



THE SCHOOL BOARD OF GADSDEN COUNTY

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Roger P. Milton
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“Putting Children First”

Mental and Emotional Health Education Implementation Plan

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

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| School District | Gadsden County School District |
| Superintendent of Schools | Roger P. Milton |
| Implementation Period | November 2019 – May 2020 |
| District URL for Posted Implementation Plan | |
| District Contact(s) for The Plan | Tammy McGriff Farlin (mcgriff@gcpsmail.com) Dr. Sylvia Jackson (jacksons@gcpsmail.com) |

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| Specific course in which instruction will be delivered | <ul style="list-style-type: none"> Physical Education |
| Professional qualifications of persons delivering instruction | <ul style="list-style-type: none"> 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, |

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| Audrey Lewis DISTRICT NO. 1 HAVANA, FL 32333 MIDWAY, FL 32343 | Steve Scott DISTRICT NO. 2 QUINCY, FL 32351 HAVANA, FL 32333 | Leroy McMillan DISTRICT NO. 3 CHATTAHOOCHEE, FL 32324 GREENSBORO, FL 32330 | Charlie D. Frost DISTRICT NO. 4 GRETNA, FL 32332 QUINCY, FL 32352 | Tyrone D. Smith DISTRICT NO. 5 QUINCY, FL 32351 |
|---|--|--|---|--|

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

Don't Fault People's Limitations

The Consequences of Drugs

Truancy: Absenteeism and Missing School

Breaking Free of Limitations

DEALING WITH TRAUMA

The Pain of Rejection

Trauma with Sexual Abuse and Molestation

Sexual Pressure