

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (a): Recognition of **signs and symptoms** of mental health disorders

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	<p>Grade 6: HE.6.C.1.2; HE.6.C.1.4; HE.6.C.1.7; HE.6.B.3.3; HE.6.B.3.4; HE.6.B.4.1; HE.6.P.7.2;</p> <p>Grade 7: HE.7.C.1.1; HE.7.C.1.7; HE.7.B.3.3; HE.7.B.3.4; HE.7.B.4.1; HE.7.P.7.2;</p> <p>Grade 8: HE.8.C.1.7; HE.8.B.3.3; HE.8.B.3.4; HE.8.B.4.1; HE.8.P.7.2;</p> <p>Grades 9-12: HE.912.C.1.2; HE.912.C.1.7; HE.912.B.3.3; HE.912.B.3.4; HE.912.B.4.1; HE.912.P.7.2;</p>	<p>Breaking the Silence – Teaching the Next Generation About Mental Illness (namiqn.org/programs/for-students/)</p> <p>Canadian Mental Health & High School Curriculum Guide – Lesson 1, Understanding mental health</p> <p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p> <p>Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)</p> <p>Mental Health Awareness Quiz, Centers for Disease Control (CDC) – (www.cdc.gov/mentalhealth)</p> <p>Mental Health & High School Curriculum Guide – Module 3, Information on Specific Mental Illness and the Importance of Family Communication (teenmentalhealth.org)</p> <p>Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)</p> <p>What is Mental Health? Myths vs. Facts – (mentalhealth.gov/basics)</p> <p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline) *Link pending per DOH</p>
Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.		
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.		
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.		

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Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (b): **Prevention** of mental health disorders

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	<p>Grade 6: HE.6.C.1.4; HE.6.C.1.6; HE.6.C.1.7; HE.6.B.4.2; HE.6.B.5.2; HE.6.B.5.5; HE.6.P.7.1; HE.6.P.7.2; HE.6.P.8.1;</p> <p>Grade 7: HE.7.C.1.1; HE.7.C.1.4; HE.7.C.1.6; HE.7.C.1.7; HE.7.B.4.2; HE.7.B.5.2; HE.7.B.5.5; HE.7.P.7.1; HE.7.P.7.2; HE.7.P.8.1;</p> <p>Grade 8: HE.8.C.1.4; HE.8.C.1.6; HE.8.C.1.7; HE.8.B.4.2; HE.8.B.5.2; HE.8.B.5.5; HE.8.P.7.1; HE.8.P.7.2; HE.8.P.8.1;</p> <p>Grades 9-12: HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.B.4.2; HE.912.B.5.2; HE.912.B.5.5; HE.912.P.7.1; HE.912.P.7.2; HE.912.P.8.1;</p>	<p>Believe in You® Video Series – Empowering students to change their world (www.varsitybrands.com/believe-in-you)</p>
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.		<p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p>
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.		<p>Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)</p>
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.		<p>Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)</p>
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		<p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline) *Link pending per DOH</p>

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (c): Mental health awareness and assistance

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	<p>Grade 6: HE.6.C.1.2; HE.6.C.1.4; HE.6.C.1.6; HE.6.C.1.7; HE.6.C.1.8; HE.6.B.3.1; HE.6.B.3.3; HE.6.B.3.4; HE.6.B.4.1; HE.6.B.4.2; HE.6.B.4.4; HE.6.B.5.1; HE.6.B.5.3; HE.6.B.6.1; HE.6.B.6.2; HE.6.B.6.3; HE.6.P.7.1; HE.6.P.7.2; HE.6.P.8.1; HE.6.P.8.2; HE.6.P.8.3</p> <p>Grade 7: HE.7.C.1.1; HE.7.C.1.4; HE.7.C.1.6; HE.7.C.1.7; HE.7.C.1.8; HE.7.B.3.1; HE.7.B.3.3; HE.7.B.3.4; HE.7.B.4.1; HE.7.B.4.2; HE.7.B.4.4; HE.7.B.5.1; HE.7.B.5.3; HE.7.B.6.1; HE.7.B.6.2; HE.7.B.6.3; HE.7.P.7.1; HE.7.P.7.2; HE.7.P.8.1; HE.7.P.8.2; HE.7.P.8.3</p> <p>Grade 8: HE.8.C.1.4; HE.8.C.1.6; HE.8.C.1.7; HE.8.C.1.8; HE.8.B.3.1; HE.8.B.3.2; HE.8.B.3.3; HE.8.B.3.4; HE.8.B.4.1; HE.8.B.4.2; HE.8.B.4.4; HE.8.B.5.1; HE.8.B.5.3; HE.8.B.6.1; HE.8.B.6.2; HE.8.B.6.3; HE.8.P.7.1; HE.8.P.7.2; HE.8.P.8.1; HE.8.P.8.2; HE.8.P.8.3</p> <p>Grades 9-12: HE.912.C.1.1; HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.1.8; HE.912.B.3.1; HE.912.B.3.2; HE.912.B.3.3; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.4.2; HE.912.B.4.4; HE.912.B.5.1; HE.912.B.5.3; HE.912.B.6.1; HE.912.B.6.2; HE.912.B.6.3; HE.912.P.7.1; HE.912.P.7.2; HE.912.P.8.1; HE.912.P.8.2; HE.912.P.8.3</p>	<p>Canadian Mental Health & High School Curriculum Guide – Lesson 2, Specific Mental Health Illness</p> <p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p> <p>Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)</p> <p>Making the Case, Talking Points – Mental and emotional health, school success, and academic achievement (michigan.gov/mde)</p> <p>Mental Health & High School Curriculum Guide – Module 2, Understanding Mental Health and Mental Illness; Module 5, Seeking Help and Finding Support (teenmentalhealth.org)</p> <p>Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)</p> <p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline)</p> <p>*Link pending per DOH</p>
Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.		
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.		
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health		
Standard 6: Goal Setting- Demonstrate the ability to use goal-setting skills to enhance health.		
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.		
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (d): How to reduce the stigma around mental health disorders

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	Grade 6: HE.6.C.1.2; HE.6.C.1.4; HE.6.C.2.1; HE.6.C.2.2; HE.6.C.2.3; HE.6.C.2.4; HE.6.C.2.5; HE.6.C.2.6; HE.6.C.2.7; HE.6.C.2.8; HE.6.C.2.9; HE.6.P.8.1;	Believe in You® Video Series – Empowering students to change their world (varsitybrands.com/believe-in-you)
Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Grade 7: HE.7.C.1.1; HE.7.C.2.1; HE.7.C.2.2; HE.7.C.2.3; HE.7.C.2.5; HE.7.C.2.6; HE.7.C.2.7; HE.7.C.2.8; HE.7.C.2.9; HE.7.P.8.1;	Breaking the Silence – Teaching the Next Generation About Mental Illness (namiqn.org/programs/for-students/)
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Grade 8: HE.8.C.2.1; HE.8.C.2.2; HE.8.C.2.3; HE.8.C.2.4; HE.8.C.2.5; HE.8.C.2.6; HE.8.C.2.7; HE.8.C.2.8; HE.8.C.2.9; HE.8.P.8.1;	Canadian Mental Health & High School Curriculum Guide – Lesson 4, Stigma and Mental Illness
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.	Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.2.1; HE.912.C.2.2; HE.912.C.2.3; HE.912.C.2.4; HE.912.C.2.5; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.P.8.1;	CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net) Mental Health & High School Curriculum Guide – Module 1, The Stigma of Mental Illness (teenmentalhealth.org) Understanding Stigma: First Person Experiences – teenmentalhealth.org What is Mental Health? Myths vs. Facts – (mentalhealth.gov/basics) Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline) * Link pending per DOH

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (e): Awareness of **resources**, including local, school, and community resources

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.	Grade 6: HE.6.B.3.1; HE.6.B.3.3; HE.6.B.4.4; HE.6.B.6.3; HE.6.B.6.4; HE.6.P.7.2; HE.6.P.8.1; HE.6.P.8.2; HE.6.P.8.3; HE.6.P.8.4	CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Grade 7: HE.7.B.3.1; HE.7.B.3.3; HE.7.B.4.4; HE.7.B.6.3; HE.7.B.6.4; HE.7.P.7.2; HE.7.P.8.1; HE.7.P.8.2; HE.7.P.8.3; HE.7.P.8.4	Cultivating Students' Community Awareness – CASEL School Guide, Focus Area 3, Promote SEL for Students (casel.org)
Standard 6: Goal Setting- Demonstrate the ability to use goal-setting skills to enhance health.	Grade 8: HE.8.B.3.1; HE.8.B.3.2; HE.8.B.3.3; HE.8.B.4.4; HE.8.B.6.3; HE.8.B.6.4; HE.8.P.7.2; HE.8.P.8.1; HE.8.P.8.2; HE.8.P.8.3; HE.8.P.8.4	Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.	Grades 9-12: HE.912.B.3.1; HE.912.B.3.2; HE.912.B.3.3; HE.912.B.4.4; HE.912.B.6.3; HE.912.B.6.4; HE.912.P.7.2; HE.912.P.8.1; HE.912.P.8.2; HE.912.P.8.3; HE.912.P.8.4	Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		School Mental Health Toolkit – The Colorado model (mentalhealthcolorado.org) Suicide Prevention Lifeline – Resources for youth (suicidepreventionlifeline.org) Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline) *Link pending per DOH

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (f): The process for **accessing** information

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
<p>Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>	<p>Grade 6: HE.6.C.2.3; HE.6.C.2.6; HE.6.B.3.1; HE.6.B.3.3; HE.6.B.3.4; HE.6.B.5.1; HE.6.B.5.2; HE.6.B.6.3; HE.6.P.7.2; HE.6.P.8.1;</p>	<p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p>
<p>Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.</p>	<p>Grade 7: HE.7.C.2.3; HE.7.C.2.6; HE.7.B.3.1; HE.7.B.3.3; HE.7.B.3.4; HE.7.B.5.1; HE.7.B.5.2; HE.7.B.6.3; HE.7.P.7.2; HE.7.P.8.1;</p>	<p>Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)</p>
<p>Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.</p>	<p>Grade 8: HE.8.C.2.3; HE.8.C.2.6; HE.8.B.3.1; HE.8.B.3.2; HE.8.B.3.3; HE.8.B.3.4; HE.8.B.5.1; HE.8.B.5.2; HE.8.B.6.3; HE.8.P.7.2; HE.8.P.8.1;</p>	<p>Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)</p>
<p>Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.</p>		
<p>Standard 6: Goal Setting- Demonstrate the ability to use goal-setting skills to enhance health.</p>		
<p>Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.</p>	<p>Grades 9-12: HE.912.C.2.3; HE.912.C.2.6; HE.912.B.3.1; HE.912.B.3.2; HE.912.B.3.3; HE.912.B.3.4; HE.912.B.5.1; HE.912.B.5.2; HE.912.B.6.3; HE.912.P.7.2; HE.912.P.8.1;</p>	<p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline)</p>
<p>Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.</p>		<p>*Link pending per DOH</p>

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (g): Strategies to develop healthy coping techniques

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	<p>Grade 6: HE.6.C.1.2; HE.6.C.1.6; HE.6.B.3.4; HE.6.B.4.3; HE.6.B.4.4; HE.6.B.5.4; HE.6.B.5.5; HE.6.B.6.2; HE.6.B.6.3; HE.6.P.7.1;</p> <p>Grade 7: HE.7.C.1.1; HE.7.C.1.2; HE.7.C.1.6; HE.7.B.3.4; HE.7.B.4.3; HE.7.B.4.4; HE.7.B.5.4; HE.7.B.5.5; HE.7.B.6.2; HE.7.B.6.3; HE.7.P.7.1;</p> <p>Grade 8: HE.8.C.1.2; HE.8.C.1.6; HE.8.B.3.4; HE.8.B.4.3; HE.8.B.4.4; HE.8.B.5.4; HE.8.B.5.5; HE.8.B.6.2; HE.8.B.6.3; HE.8.P.7.1;</p> <p>Grades 9-12: HE.912.C.1.2; HE.912.C.1.3; HE.912.C.1.6; HE.912.B.3.4; HE.912.B.4.3; HE.912.B.4.4; HE.912.B.5.4; HE.912.B.5.5; HE.912.B.6.2; HE.912.B.6.3; HE.912.P.7.1;</p>	<p>Believe in You® Video Series – Empowering students to change their world (www.varsitybrands.com/believe-in-you)</p>
Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.		<p>Canadian Mental Health & High School Curriculum Guide – Lesson 6, Positive Mental Health</p>
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.		<p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p>
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.		<p>Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)</p>
Standard 6: Goal Setting- Demonstrate the ability to use goal-setting skills to enhance health.		<p>Mental Health & High School Curriculum Guide – Module 6, The Importance of Positive Mental Health (teenmentalhealth.org)</p>
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.		<p>Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)</p>
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		<p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline)</p> <p>*Link pending per DOH</p>

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (h): Strategies to support a peer, friend, or family member with a mental health disorder

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	<p>Grade 6: HE.6.C.1.2; HE.6.C.1.4; HE.6.B.4.1; HE.6.B.4.2; HE.6.B.4.3; HE.6.B.4.4; HE.6.B.5.1; HE.6.B.5.2; HE.6.B.5.4; HE.6.B.5.5; HE.6.P.7.2; HE.6.P.8.1; HE.6.P.8.2; HE.6.P.8.3; HE.6.P.8.4</p> <p>Grade 7: HE.7.C.1.1; HE.7.C.1.2; HE.7.C.2.3; HE.7.B.4.1; HE.7.B.4.2; HE.7.B.4.3; HE.7.B.4.4; HE.7.B.5.1; HE.7.B.5.2; HE.7.B.5.4; HE.7.B.5.5; HE.7.P.7.2; HE.7.P.8.1; HE.7.P.8.2; HE.7.P.8.3; HE.7.P.8.4</p> <p>Grade 8: HE.8.C.1.2; HE.8.C.2.3; HE.8.B.3.2; HE.8.B.4.1; HE.8.B.4.2; HE.8.B.4.3; HE.8.B.4.4; HE.8.B.5.1; HE.8.B.5.2; HE.8.B.5.4; HE.8.B.5.5; HE.8.P.7.2; HE.8.P.8.1; HE.8.P.8.2; HE.8.P.8.3; HE.8.P.8.4</p> <p>Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.2.3; HE.912.B.3.2; HE.912.B.4.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.B.4.4; HE.912.B.5.1; HE.912.B.5.2; HE.912.B.5.4; HE.912.B.5.5; HE.912.P.7.2; HE.912.P.8.1; HE.912.P.8.2; HE.912.P.8.3; HE.912.P.8.4</p>	<p>Believe in You® Video Series – Empowering students to change their world (varsitybrands.com/believe-in-you)</p>
Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		<p>Canadian Mental Health & High School Curriculum Guide – Lessons 3 and 5, Experiences and Seeking Help and Support</p>
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.		<p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p>
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.		<p>Everfi Critical Skills Development Courses</p>
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.		<p>– Mental Wellness Basics course, online and interactive, registration is required (everfi.net)</p>
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		<p>Mental Health & High School Curriculum Guide – Module 4, Experiences of Mental Illness and the Importance of Family Communication (teenmentalhealth.org)</p> <p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline)</p> <p>*Link pending per DOH</p>

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (i): Prevention of suicide

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	Grade 6: HE.6.C.1.2; HE.6.C.1.4; HE.6.C.1.6; HE.6.C.1.7; HE.6.C.2.4; HE.6.C.2.6; HE.6.C.2.7; HE.6.C.2.8; HE.6.C.2.9; HE.6.B.3.4; HE.6.B.4.1; HE.6.B.5.1; HE.6.B.5.3; HE.6.B.6.3; HE.6.P.7.1; HE.6.P.7.2;	CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)
Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Grade 7: HE.7.C.1.1; HE.7.C.1.2; HE.7.C.1.4; HE.7.C.1.6; HE.7.C.1.7; HE.7.C.2.6; HE.7.C.2.7; HE.7.C.2.8; HE.7.C.2.9; HE.7.B.3.4; HE.7.B.4.1; HE.7.B.5.1; HE.7.B.5.3; HE.7.B.6.3; HE.7.P.7.1; HE.7.P.7.2;	Everfi Critical Skills Development Courses – Mental Wellness Basics course, online and interactive, registration is required (everfi.net)
Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.	Grade 8: HE.8.C.1.2; HE.8.C.1.4; HE.8.C.1.6; HE.8.C.1.7; HE.8.C.2.4; HE.8.C.2.6; HE.8.C.2.7; HE.8.C.2.8; HE.8.C.2.9; HE.8.B.3.2; HE.8.B.3.4; HE.8.B.4.1; HE.8.B.5.1; HE.8.B.5.3; HE.8.B.6.3; HE.8.P.7.1; HE.8.P.7.2;	Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.	Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.2.4; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.2; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.5.1; HE.912.B.5.3; HE.912.B.6.3; HE.912.P.7.1; HE.912.P.7.2;	Suicide Prevention Lifeline – Resources for youth (suicidepreventionlifeline.org)
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.	Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.2.4; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.2; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.5.1; HE.912.B.5.3; HE.912.B.6.3; HE.912.P.7.1; HE.912.P.7.2;	Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline)
Standard 6: Goal Setting- Demonstrate the ability to use goal-setting skills to enhance health.	Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.2.4; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.2; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.5.1; HE.912.B.5.3; HE.912.B.6.3; HE.912.P.7.1; HE.912.P.7.2;	*Link pending per DOH
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.	Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.2.4; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.2; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.5.1; HE.912.B.5.3; HE.912.B.6.3; HE.912.P.7.1; HE.912.P.7.2;	*Link pending per DOH
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.2.4; HE.912.C.2.6; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.2; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.5.1; HE.912.B.5.3; HE.912.B.6.3; HE.912.P.7.1; HE.912.P.7.2;	*Link pending per DOH

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C
September 2019



Topic (j): Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.

Alignment with Health Education Standards	HE Benchmark Correlations	No-cost Resources
Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	<p>Grade 6: HE.6.C.1.2; HE.6.C.1.4; HE.6.C.1.6; HE.6.C.1.7; HE.6.C.2.4; HE.6.C.2.7; HE.6.C.2.8; HE.6.C.2.9; HE.6.B.3.4; HE.6.B.4.1; HE.6.B.4.2; HE.6.B.5.1; HE.6.B.5.2; HE.6.B.5.3; HE.6.B.6.3; HE.6.B.6.4; HE.6.P.7.1; HE.6.P.7.2;</p> <p>Grade 7: HE.7.C.1.1; HE.7.C.1.2; HE.7.C.1.4; HE.7.C.1.6; HE.7.C.1.7; HE.7.C.2.7; HE.7.C.2.8; HE.7.C.2.9; HE.7.B.3.4; HE.7.B.4.1; HE.7.B.4.2; HE.7.B.5.1; HE.7.B.5.2; HE.7.B.5.3; HE.7.B.6.3; HE.7.B.6.4; HE.7.P.7.1; HE.7.P.7.2;</p> <p>Grade 8: HE.8.C.1.2; HE.8.C.1.4; HE.8.C.1.6; HE.8.C.1.7; HE.8.C.2.4; HE.8.C.2.7; HE.8.C.2.8; HE.8.C.2.9; HE.8.B.3.2; HE.8.B.3.4; HE.8.B.4.1; HE.8.B.4.2; HE.8.B.5.1; HE.8.B.5.2; HE.8.B.5.3; HE.8.B.6.3; HE.8.B.6.4; HE.8.P.7.1; HE.8.P.7.2;</p> <p>Grades 9-12: HE.912.C.1.2; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.7; HE.912.C.2.4; HE.912.C.2.7; HE.912.C.2.8; HE.912.C.2.9; HE.912.B.3.2; HE.912.B.3.4; HE.912.B.4.1; HE.912.B.4.2; HE.912.B.5.1; HE.912.B.5.2; HE.912.B.5.3; HE.912.B.6.3; HE.912.B.6.4; HE.912.P.7.1; HE.912.P.7.2;</p>	<p>Breaking the Silence – Teaching the Next Generation About Mental Illness (namiqn.org/programs/for-students/)</p>
Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		<p>CASEL SEL 3 Signature Practices Playbook – Simple ways that teachers can build the foundation for social and emotional learning (schoolguide.casel.org)</p>
Standard 3: Accessing Information- Demonstrate the ability to access valid health information, products, and services to enhance health.		<p>Catch My Breath – Youth E-Cigarette and Juul Prevention Program (catchinfo.org)</p>
Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.		<p>Everfi Critical Skills Development Courses – K12 Prescription Drug Safety course, online and interactive, registration is required (everfi.net)</p>
Standard 5: Decision Making- Demonstrate the ability to use goal-setting skills to enhance health.		<p>Florida National Guard – Night Vision Counterdrug Program</p>
Standard 6: Goal Setting- Demonstrate the ability to use goal-setting skills to enhance health.		<p>Sanford Inspire – Research-based, classroom-tested professional development modules to support social emotional learning (modules.sanfordinspire.org/)</p>
Standard 7: Self-Management- Demonstrate the ability to practice advocacy, health-enhancing behaviors and avoidance or reduction of health risks for oneself.		<p>SmokeScreen – Yale Center for Health & Learning Games (smokescreengame.org)</p>
Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.		<p>Youth Risk Behavior Survey (YRBS) Lesson Plans – Engage students with data reported by students (nccd.cdc.gov/youthonline)</p>
		<p>*Link pending per DOH</p>

Standards Alignment & No-Cost Resources

Mental & Emotional Health Education, Rule 6A-1.094121, F.A.C

August 30, 2019



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org

Additional Mental Health Resources

American Association of Suicidology

- <https://www.suicidology.org/>

American Foundation for Suicide Prevention

- <https://afsp.org/>

Educator Resources: FDOE [Student Support Services](#)

Equality Florida: LGBTQ+ Resources

- <https://www.thetrevorproject.org/>; [Suicide Prevention](#)

MentalHealth.gov *Let's Talk About It*

- <https://www.mentalhealth.gov/>

Mental Health America

- www.mentalhealthamerica.net

National Alliance on Mental Illness

- <https://www.nami.org/Blogs/NAMI-Blog/September-2017/Learning-More-About-Suicidal-Ideation>

National Institute on Mental Health

- <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

Substance Abuse and Mental Health Services Administration

- <https://www.samhsa.gov/>

Suicide Prevention Resource Center

- <https://www.sprc.org/resources-programs/sos-signs-suicide>

Suicide Prevention Resource Center

- <https://www.sprc.org/>

The CDC: Mental Health

- <https://www.cdc.gov/mentalhealth/>