**High School Mental Health Required Instruction**

***6A-1.094121 Mental and Emotional Health Education:*** *School Districts must annually provide a minimum of five (5) hours of instruction to students in grades 6-12 related to youth mental health awareness and assistance, including suicide prevention and impacts of substance abuse.*

**Topics covered during instruction:**

* Recognition of signs and symptoms of mental health disorders;
* Prevention of mental health disorders;
* Mental health awareness and assistance;
* How to reduce the stigma around mental health disorders;
* Awareness of resources, including local school and community resources;
* The process for accessing treatment;
* Strategies to develop healthy coping techniques;
* Strategies to support a peer, friend, or family member with a mental health disorder;
* Prevention of suicide; and
* Prevention of the abuse of and addiction to alcohol, nicotine, and drugs

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| **Semester One** | | |
| **Date** | **Lesson Topic** | **Video Lesson Resource** |
| September 2022  Start with Hello Week  9/19/22 – 9/23/22 | Start with Hello - Say Something Anonymous Reporting System (Lesson One)\*\* | [Video Link](https://youtu.be/dlB45k3ueII)  [Exit Ticket File](https://pinellascountyschools.sharepoint.com/:b:/s/PCSBMentalHealth/EdFaq5KzYcZGusdH-dEKS3ABBD3FL5aZ1S31P2X78BK1zQ?e=9Yqbpm)  [Lesson Plan](https://pinellascountyschools.sharepoint.com/:w:/s/PCSBMentalHealth/EUXGWqhqLPtFigCJqMVN0sIBpX6d6udkl-EBNPJv2n_9iQ?e=oe0Qli) |
| 10/26/22  1st Period | **TOPIC: Vaping (Substance Abuse Prevention)\***  *Additional Lesson Options: (Schools may substitute)*   * *NOPE Presentation (Face-to-Face Assembly)* * *Prescription Drug Safety (Everfi)* * *Vaping: Know the Truth (Everfi)* * *Alcohol EDU (Everfi)* | [Video Link](https://video.link/w/XinEc)  [Exit Ticket File](https://pinellascountyschools.sharepoint.com/:b:/s/PCSBMentalHealth/EdFaq5KzYcZGusdH-dEKS3ABBD3FL5aZ1S31P2X78BK1zQ?e=9Yqbpm)  [Lesson Plan](https://pinellascountyschools.sharepoint.com/:w:/s/PCSBMentalHealth/EeOQQo9U0GJCghYxP4QWOYwBgTimS0mU22M3vAoysxTXLQ?e=w1ZEbk) |
| 12/7/22  2nd Period | **TOPIC: Bullying and Conflict Resolution**  *Additional Lesson Options: (Schools may substitute)*  *Honor Code – Bully Prevention (Everfi)* | [Video Link](https://www.youtube.com/watch?v=f0QqY9iQ0O4&feature=youtu.be)  [Exit Ticket File](https://pinellascountyschools.sharepoint.com/:b:/s/PCSBMentalHealth/EdFaq5KzYcZGusdH-dEKS3ABBD3FL5aZ1S31P2X78BK1zQ?e=9Yqbpm)  [Lesson Plan](https://pinellascountyschools.sharepoint.com/:w:/s/PCSBMentalHealth/EbaXAtO2kRVDiBeTcphFhosBUofl5S-ncbn-II9d59w9cg?e=bHeAg6) |
| 2/1/23  3rd Period | **TOPIC: Suicide Prevention** | [Video Link](https://youtu.be/bHxv7oViIcs)  [Exit Ticket File](https://pinellascountyschools.sharepoint.com/:b:/s/PCSBMentalHealth/EdFaq5KzYcZGusdH-dEKS3ABBD3FL5aZ1S31P2X78BK1zQ?e=9Yqbpm)  [Lesson Plan](https://pinellascountyschools.sharepoint.com/:w:/s/PCSBMentalHealth/Ee1P9Al3SV1IhF5gzIWFq4sBRQhYcWukYcQouqokvYRI-A?e=yE347S) |
| 3/8/23  4th Period | **TOPIC: Human Trafficking** | [Video Link](https://youtu.be/YfCCYBRIcO0)  [Exit Ticket File](https://pinellascountyschools.sharepoint.com/:b:/s/PCSBMentalHealth/EdFaq5KzYcZGusdH-dEKS3ABBD3FL5aZ1S31P2X78BK1zQ?e=9Yqbpm)  [Lesson Plan](https://pinellascountyschools.sharepoint.com/:w:/s/PCSBMentalHealth/Ee0x2DmYGehLtsuZia9VoQ0B1EJG1tA_pv3FI57G_aXZWg?e=cYSKUk) |

*\*\*Note: All students should have received the Sandy Hook Promise, Say Something Anonymous Reporting System Lesson (Lesson One) at the beginning of the year.*

**Any questions please contact:** Ashley Grimes, Specialist for Health and Physical Education [grimesa@pcsb.org](mailto:grimesa@pcsb.org) Phone: (727) 588 - 6346