**Middle 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.*Instruction shall be provided through 6th Grade Fitness and 8th Grade Wellness Education Courses. Students that are not enrolled in Physical Education courses in 6th and 8th Grade due to Waiver shall receive the instruction via an alternative course identified by the school administrator. 7th Grade Students will meet the requirement through the M/J Health 5 Course that all students are required to take. Student Services Team should be aware of administration dates to assist in reviewing Exit Tickets and assisting students in need.

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| **Semester One** | | | **Semester Two** | | |
| Date | Lesson Topic | Video Lesson Resource | Date | Lesson Topic | Video Lesson Resource |
| September 2022 | 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) | January 2022 | Bullying/Conflict Resolution  *Teachers may also use the alternative lesson through Everfi to meet the requirement (access via Clever):*  *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) |
| October 2022 | Substance Abuse Prevention  *Teachers may also use the alternative lesson through Everfi to meet the requirement (access via Clever):*  *Vaping: Know the Truth (Everfi) OR Schedule a NOPE Presentation* | [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) | February 2022 | 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) |
| November 2022 | Bully Prevention/Conflict Resolution  *Teachers may also use the alternative lesson through Everfi to meet the requirement (access via Clever):*  *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) | March 2022 | 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) |
| 1st Week of Dec  2022 | 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) | April 2022 | Substance Abuse Prevention  *Teachers may also use the alternative lesson through Everfi to meet the requirement (access via Clever):*  *Vaping: Know the Truth (Everfi) OR Schedule a NOPE Presentation* | [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) |
| December 2022 | 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