

Dates,Times & Grade Levels	Alignment with Health Education Standards	Benchmarks	Objectives:	Materials:
<p>All 9th-12th grade Classes 10/17/19 50 minutes 7:45-8:45 10th 8:50-9:50 12th 9:55-10:55 11th 12:30-1:30 9th</p>	<p>Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health. Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 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.</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; HE.912.C.1.1; HE.912.C.1.4; HE.912.C.1.6; HE.912.C.1.8; HE.912.B.3.1; HE.912.B.3.2; HE.912.B.4.2; HE.912.B.5.3; HE.912.B.6.1; HE.912.B.6.2; HE.912.B.6.3; HE.912.P.8.3 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; 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>a) Recognition of signs and symptoms of mental health disorders f) The process for accessing treatment d) How to reduce the stigma around mental health disorders; h) Strategies to support a peer, friend, or family member with a mental health disorder g) Strategies to develop healthy coping techniques</p>	<p>Keith Deltano: Professional Speaker dontbullyonline.com 50 minute assemblies with each grade level and an anti-bullying curriculum provided on DVDs.</p>
<p>All 9th-12th grade Classes/1st period 11/5/19 45 minutes</p>	<p>Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health. Standard 3: Accessing Information- Demonstrate the ability to access valid health information,</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; HE.912.C.1.1; HE.912.C.1.4;</p>	<p>a) Recognition of signs and symptoms of mental health disorders c)Mental health awareness and assistance e) Awareness of resources, including local school and community resources f) The process for accessing treatment</p>	<p>PowerPoint: Mental Health- There's Hope and Help! Breaking the Silence: Pages 3-8</p>

	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.	HE.912.C.1.6; HE.912.C.1.8; HE.912.B.3.1; HE.912.B.3.2; 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.8.1; HE.912.P.8.2; HE.912.P.8.3		
All 9th-12th grade Classes/2nd period 12/10/19 45 minutes	Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health. Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 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 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.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;	d) How to reduce the stigma around mental health disorders;	PowerPoint: Stomp out Stigma! Breaking the Silence: Pages 9-12

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All 9th-12th grade Classes/3rd period	Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.	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;	h) Strategies to support a peer, friend, or family member with a mental health disorder	PowerPoint: Hear Their Stories Mental Health High School Curriculum-Module 4

<p>1/13/19 45 minutes</p>	<p>Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 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 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.</p>	<p>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>The manual asks that you divide students into 4 groups and have each group watch a video and complete one copy of the video discussion sheet (page 115). If you are not able to do that, make 4 copies of page 115 for each student, show the 4 videos from the PowerPoint, pausing between each to have a class discussion based on their notes.</p>
<p>All 9th-12th grade Classes/4th period 2/4/19 45 minutes</p>	<p>Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health. 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 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.</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>g) Strategies to develop healthy coping techniques</p>	<p>Stress and What You Can Do About It-Created by the FDDC fddc.org</p>

	Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.			
All 9 th -12 th Grade Classes 5 th period March 10 th 45 min	Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health. Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. 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 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.	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;	i) Prevention of suicide	PowerPoint: Suicide Awareness and Prevention Wellcast Life-Saver Worksheet
All 9 th -12 th Grade Classes April 29 th 60 min. Assembly Times TBD	Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health. Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Standard 3: Accessing Information- Demonstrate	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;	j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.	Night Vision Anti-Drug Program by the Florida National Guard Counterdrug Program (Assembly Times TBD)

	<p>the ability to access valid health information, products, and services to enhance health.</p> <p>Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal communication to enhance health and avoid or reduce health risks.</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>Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.</p>	<p>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>		
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