

Dates, Times & Grade Levels	Alignment with Health Education Standards	Benchmarks	Objectives:	Materials:
<p>All 6th-8th grade Classes 10/16/19 WMS 10/18/19 RMS 45 minutes</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><b>Grade 6:</b> 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; HE.6.C.1.6; HE.6.C.1.8; HE.6.B.3.1; 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.8.1; HE.6.P.8.2; HE.6.P.8.3 HE.6.B.3.3; HE.6.B.6.4 HE.6.P.8.4 <b>Grade 7:</b> 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; HE.7.C.1.4; HE.7.C.1.6; HE.7.C.1.8; HE.7.B.3.1; 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.8.1; HE.7.P.8.2; HE.7.P.8.3 HE.7.B.6.4; HE.7.P.8.4 <b>Grade 8:</b> 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>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 45 minute assemblies at each school with each grade level and an anti-bullying curriculum provided on DVDs.</p>

		<p>HE.8.C.1.4;  HE.8.C.1.6;  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.8.1;  HE.8.P.8.2;  HE.8.P.8.3  HE.8.B.3.1;  HE.8.B.6.4;  HE.8.P.7.2;</p>		
<p>All 6<sup>th</sup>-8<sup>th</sup>  grade  Classes  Nov. 22  45 min.</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 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><b>Grade 6:</b>  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;  HE.6.C.1.6;  HE.6.C.1.8;  HE.6.B.3.1;  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.8.1;  HE.6.P.8.2;  HE.6.P.8.3  HE.6.B.3.3;  HE.6.B.6.4  HE.6.P.8.4  <b>Grade 7:</b>  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;  HE.7.C.1.4;  HE.7.C.1.6;  HE.7.C.1.8;  HE.7.B.3.1;  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;</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><a href="#">PowerPoint: Mental Health-  There's Hope and Help!</a>   Breaking the Silence: Pages 3-8  <a href="#">Discussion Questions: A Mother's  Day Gift</a></p>

		HE.7.B.6.2; HE.7.B.6.3; HE.7.P.7.1; HE.7.P.8.1; HE.7.P.8.2; HE.7.P.8.3 HE.7.B.6.4; HE.7.P.8.4 <b>Grade 8:</b> 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; HE.8.C.1.4; HE.8.C.1.6; 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.8.1; HE.8.P.8.2; HE.8.P.8.3 HE.8.B.3.1; HE.8.B.6.4; HE.8.P.7.2;		
All 6 <sup>th</sup> -8 <sup>th</sup> grade Classes Nov. 22 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 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.	<b>Grade 6:</b> 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; <b>Grade 7:</b> 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; <b>Grade 8:</b> HE.8.C.2.1; HE.8.C.2.2;	(d) How to reduce the stigma around mental health disorders;	<a href="#">PowerPoint: Stomp out Stigma!</a>  <a href="#">Breaking the Silence: Pages 9-12</a>  <a href="#">Poems Handout</a> <a href="#">Discussion Questions PowerPoint</a>

		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;		
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All 6 <sup>th</sup> -8 <sup>th</sup> grade Classes Nov. 22 45 min.	<p>Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 4: Interpersonal Communication- Demonstrate the ability to use interpersonal-communication skills 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 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><b>Grade 6:</b> 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><b>Grade 7:</b> 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><b>Grade 8:</b> 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;</p>	(h) Strategies to support a peer, friend, or family member with a mental health disorder	<p><a href="#">PowerPoint: Listen to Their Stories</a></p> <p><a href="#">Mental Health High School Curriculum-Module 4</a></p>

		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		
All 6th-8th grade Classes Dec. 20 <sup>th</sup> 45 min.	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. Standard 8: Advocacy- Demonstrate the ability to advocate for individual, peer, school, family, and community health.	<b>Grade 6:</b> 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; <b>Grade 7:</b> 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; <b>Grade 8:</b> 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;	(g) Strategies to develop healthy coping techniques	<a href="#">Stress and What You Can Do About It</a> -Created by the FDDC <a href="http://fddc.org">fddc.org</a>
All 6th-8th grade Classes Dec. 20 <sup>th</sup> 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.	<b>Grade 6:</b> 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;	(i) Prevention of suicide	<a href="#">Suicide Awareness and Prevention</a>

	<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><b>Grade 7:</b> 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;</p> <p><b>Grade 8:</b> 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;</p>		
<p>All 6th-8th grade Classes Dec. 20<sup>th</sup> 60 min.</p>	<p>Standard 1: Core Concepts- Comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>Standard 2: Internal and External Influence- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p> <p>Standard 3: Accessing Information- Demonstrate 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><b>Grade 6:</b> 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><b>Grade 7:</b> 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;</p>	<p>(j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.</p>	<p>Night Vision Anti-Drug Program by the Florida National Guard Counterdrug Program (10/21/19 Assembly Times TBD)</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.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; <b>Grade 8:</b> 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>		
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