

**6A-1.094121 Mental and Emotional Health Education**

- (1) 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 the impacts of substance abuse.
- (2) Using the health education standards adopted in Rule 6A-1.09401, F.A.C., Student Performance Standards, the instruction for youth mental and emotional health will advance each year through developmentally appropriate instruction and skill building and must address, at a minimum, the following topics:

<b>Topic</b>	<b>Middle School Lessons*</b>	<b>High School Lessons*</b>
(a) Recognition of signs and symptoms of mental health disorders	EMH – 8 (anxiety, depression) NPA – 13 (eating disorders)	EMH – 15, 16 NPA – 15 (eating disorders) VIP – 16 (suicide thoughts)
(b) Prevention of mental health disorders	EMH – 3, 5, 6, 10, 11	EMH – 2, 3, 4, 5, 6, 10
(c) Mental health awareness and assistance	EMH – 3, 6, 8, 9, 11, 12 NPA – 13	EMH – 2, 6, 10, 15, 16, 17
(d) How to reduce the stigma around mental health disorders	EMH – 8	EMH – 15 VIP – 16
(e) Awareness of resources, including local school and community resources	EMH – 8 NPA – 13	EMH – 16, 17 VIP – 16
(f) The process for accessing treatment	EMH – 8 (focus is on getting adult help) NPA – 13	EMH – 16, 17 VIP – 16
(g) Strategies to develop healthy coping techniques	EMH – 5, 6, 7, 10, 11, 12	EMH – 3, 5, 6, 7, 9, 10, 12
(h) Strategies to support a peer, friend, or family member with a mental health disorder	EMH – 8 NPA – 13	EMH – 16, 17 NPA – 15 VIP – 16 (suicide thoughts)
(i) Prevention of suicide	EMH – 8 (not explicitly covered until High School)	EMH – 16 VIP – 16
(j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	TAOD – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17	TAOD – 1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16

\*HealthSmart Unit Key

EMH = Emotional & Mental Health  
 NPA = Nutrition & Physical Activity  
 VIP = Violence & Injury Prevention