



2019-2020 Brevard Public Schools
Required Instruction Topical Overview ** DRAFT

Lesson Topics: Mental and Emotional Health Education (Grades 6 – 12)

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10
6 th	Understanding Mental Health, Stigma, strategies	The importance of positive mental health	Understanding emotions	Supporting families and peers, compassion and empathy	Building emotional resilience through empathy, compassion	Coping skills	Stigmas of mental health challenges	Signs and symptoms of mental health challenges	Substance use and abuse prevention, community and school resources	Substance Use and Abuse prevention
7 th – 8 th	Everfi Analyzing Influences & Resolving Conflict	Everfi Understanding and Managing Emotions	Everfi Communicating Effectively and Stepping In	Everfi Making Decisions	Signs and Symptoms of Mental Health Disorders	Erika's Lighthouse: Depression	Stigmas of mental health challenges, Coping Skills	Suicide Awareness and Prevention	Substance Use and Abuse Prevention	Community and School Resources
9 th – 12 th	Everfi Intro to Mental Health	Everfi Understanding Mental Health Disorders	Everfi Health Coping Skills	Erika's Lighthouse: Depression	Everfi Seeking Help	Prevention of Substance Use	Importance of Positive Mental Health	Suicide Awareness and Prevention	Community and School resources	How to support friends, peers, and family members

Lesson Topics: Child Trafficking Prevention Education (Grades K – 12)

K – 5	Monique Burr: Safety, shared responsibility, safe adults, types of abuse, safety rules							
6	District Developed Lessons: Does Slavery Exist in the Modern World							
7 - 12	Lesson 1: PSA: Human trafficking Awareness, Help stop human trafficking, social media, raising awareness		Lesson 2: PSA: Steps to Staying Safe, Signs of human trafficking in children.		Lesson 3: PSA: Stay safe online, warning signs		Lesson 4: PSA: Awareness month, Human trafficking hotline	Lesson 5: PSA: Recognize Red Flags, Tips for cyber safety.

Lesson Topics: Substance Use and Abuse Education (Grades K – 12)

Note: Schools Can Choose Any of the Options Below

K – 2	BPS Healthy Body Systems Curriculum: Building Refusal Skills	<i>And/or</i>	School Choice: Red Ribbon Week Instruction	
3 - 5	BPS Healthy Body Systems Curriculum: Building Refusal Skills	<i>And/or</i>	School Choice: Red Ribbon Week Instruction	
6 – 12	Included in 5 hours of Mental and Emotional Health Education			