

#### **6A-1.094124 Required Instruction Planning and Reporting.**

(1) through (2) No change.

(3) As provided in Section 1003.42(2), F.S., members of instructional staff in public schools must teach the required instruction topics efficiently and faithfully, using materials that meet the highest standards of professionalism and historical accuracy.

(a) Efficient and faithful teaching of the required topics must be consistent with the state academic ~~Next Generation Sunshine State~~ Standards and the Benchmarks for Excellent Student Thinking (B.E.S.T.) Standards.

(b) No change.

(c) Efficient and faithful teaching further means that any discussion is appropriate for the age and maturity level of the students, and teachers serve as facilitators for student discussion and do not share their personal views or attempt to indoctrinate or persuade students to a particular point of view that is inconsistent with the state academic ~~Next Generation Sunshine State~~ Standards and the Benchmarks for Excellent Student Thinking (B.E.S.T.) Standards.

(4) Resiliency Education: Civic and Character ~~Mental and Emotional Health~~ Education and Life Skills Education.

(a) Civic and character education, and life skills education that builds confidence and supports mental health, are combined to develop and prepare more resilient students. The purpose of aligning these two components of statutorily required instruction is to initiate a first in the nation approach to connecting the concepts of students' readiness, resiliency and, when necessary, response and recovery.

(b) ~~(a)~~ School districts must annually provide a minimum of five (5) hours of data-driven instruction to students in grades 6-12 related to civic and character education and life skills education through resiliency education ~~youth mental health awareness and assistance, including suicide prevention and the impacts of substance abuse.~~

~~(b)~~ 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:

1. Strategies specific to demonstrating resiliency through adversity, including the benefits of service to the community through volunteerism;

2. Strategies to develop healthy characteristics that reinforce positive core values and foster resiliency such as:

a. Empathy, perseverance, grit, gratitude and responsibility;

b. Critical thinking, problem solving and responsible decision-making;

c. Self-awareness and self-management;

d. Mentorship and citizenship; and

e. Honesty.

~~3. 1. Recognition of signs and symptoms of mental health concerns disorders;~~

~~2. Prevention of mental health disorders;~~

~~3. Mental health awareness and assistance;~~

4. Promotion of resiliency to empower youth to persevere and reverse ~~How to reduce~~ the harmful stigma of mental health by reframing the approach from ~~around~~ mental health education to resiliency education disorders;

~~5. Awareness of resources, including local school and community resources;~~

~~6. The process for accessing treatment;~~

~~7. Strategies to develop healthy coping techniques;~~

~~5. 8. Strategies to support a peer, friend, or family member through adversity with a mental health disorder;~~

~~6. 9. Prevention of suicide; and~~

~~7. 10. Prevention of the abuse of and addiction to alcohol, nicotine, and drugs; and-~~

8. Awareness of local school and community resources and the process for accessing assistance.

(5) through (9) No change.

*Rulemaking Authority 1001.02(2)(n), 1003.42(2) FS. Law Implemented 1003.42 FS. History—New 10-24-19, Amended 12-22-20,*

*7-26-21.*