



FLORIDA DEPARTMENT OF
EDUCATION
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**Approval of Amendment to
Rule 6A-1.094124, F.A.C.,
Required Instruction Planning and Reporting**

**State Board of Education
October 20, 2022**

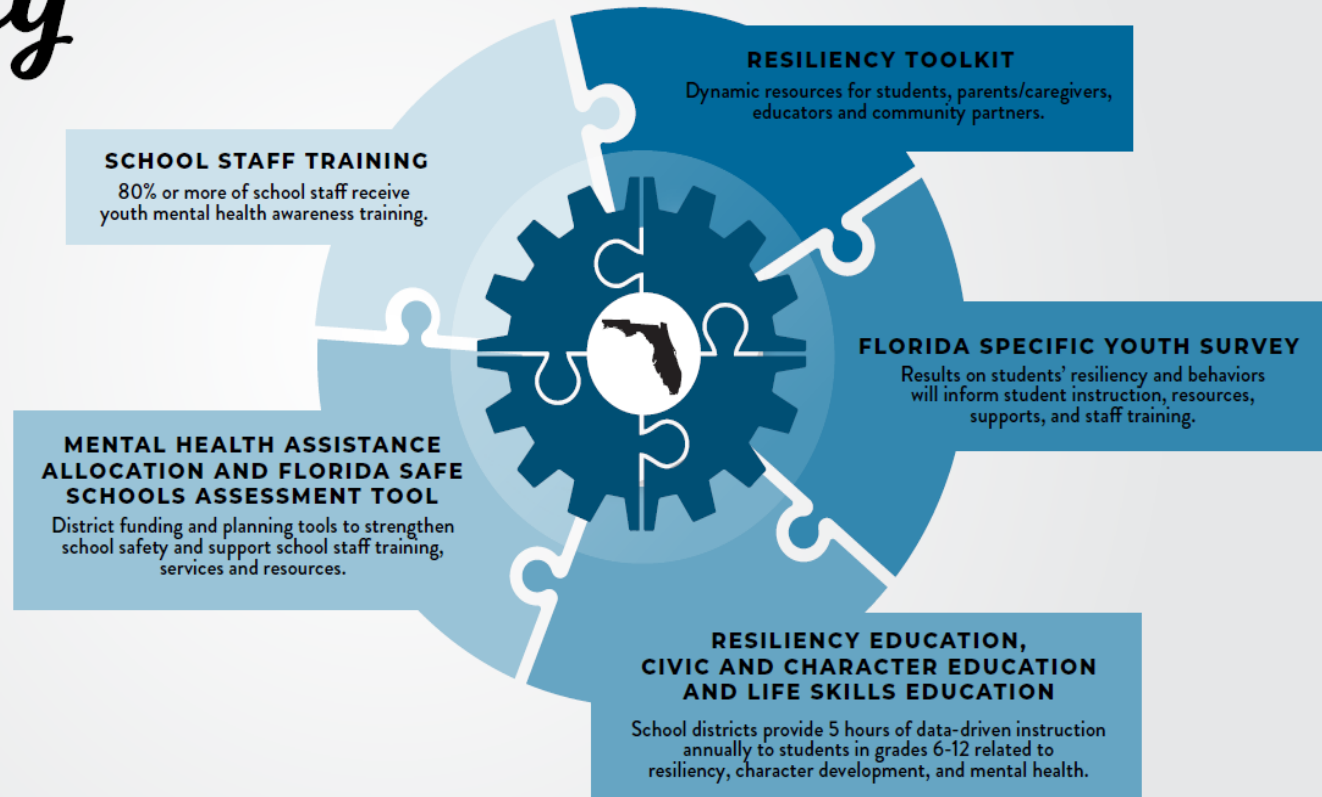


BUILDING *Resiliency*

CHARACTERISTICS OF RESILIENCE ALIGNED WITH RULE 6A-1.094124, F.A.C.*

- ✓ Empathy
- ✓ Perseverance
- ✓ Grit and Gratitude
- ✓ Responsibility
- ✓ Critical Thinking
- ✓ Problem Solving
- ✓ Responsible Decision-Making
- ✓ Self-Awareness and Self-Management
- ✓ Mentorship and Citizenship
- ✓ Honesty

*proposed updates



Rule 6A-1.094124, F.A.C.

- The amendment updates the mental health education and character education components of required instruction.
- 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.

Resiliency Education: Civic and Character Education and Life Skills Education Five Hours of Instruction Required for Grades 6-12

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. Recognition of signs and symptoms of mental health concerns.

Resiliency Education: Civic and Character Education and Life Skills Education Five Hours of Instruction Required for Grades 6-12 (cont.)

4. Promotion of resiliency to empower youth to persevere and reverse the harmful stigma of mental health by reframing the approach from mental health education to resiliency education.
5. Strategies to support a peer, friend, or family member through adversity.
6. Prevention of suicide.
7. Prevention of abuse of and addiction to alcohol, nicotine, and drugs.
8. Awareness of local school and community resources and the process for accessing assistance.



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