




## Mandated Resiliency Education-Family Connection [High School]

### 1<sup>st</sup> Semester Topics

It takes a community to support mental well-being and build resilience. Families, we invite you to collaborate and access valuable information to support your child at home. Parents/Guardians, please click on the images or text to view the resources.

MONTH WHEN LESSON IS BEING TAUGHT	9 <sup>TH</sup> GRADE	10 <sup>TH</sup> GRADE	11 <sup>TH</sup> GRADE	12 <sup>TH</sup> GRADE
<b>SEPTEMBER</b> 	<a href="#">Rethink Lesson: Trauma- Resiliency</a> <hr/> <a href="#">Rethink Lesson: Risk of Suicide</a>	<a href="#">Rethink Lesson: Trauma - Resiliency</a> <hr/> <a href="#">Rethink Lesson: Risk of Suicide</a>	<a href="#">Rethink Lesson: Trauma - Resiliency</a> <hr/> <a href="#">Rethink Lesson: Risk of Suicide</a>	<a href="#">Rethink Lesson: Trauma - Resiliency</a> <hr/> <a href="#">Rethink Lesson: Risk of Suicide</a>
<b>OCTOBER</b> 	<a href="#">Rethink Lesson: Mental Health</a> <hr/> <a href="#">Rethink Lesson: Substance Misuse</a>	<a href="#">Rethink Lesson: Mental Health</a> <hr/> <a href="#">Rethink Lesson: Substance Misuse</a>	<a href="#">Rethink Lesson: Mental Health</a> <hr/> <a href="#">Rethink Lesson: Substance Misuse</a>	<a href="#">Rethink Lesson: Mental Health</a> <hr/> <a href="#">Rethink Lesson: Substance Misuse</a>
<b>NOVEMBER</b> 	<a href="#">Rethink Lesson: Anxiety</a> <hr/> <a href="#">Rethink Lesson: Online Safety</a>	<a href="#">Rethink Lesson: Anxiety</a> <hr/> <a href="#">Rethink Lesson: Online Safety</a>	<a href="#">Rethink Lesson: Anxiety</a> <hr/> <a href="#">Rethink Lesson: Online Safety</a>	<a href="#">Rethink Lesson: Anxiety</a> <hr/> <a href="#">Rethink Lesson: Online Safety</a>

The Florida Department of Education Administrative established [Rule 6A-1.094124](#). This rule requires establishes annually a minimum of five hours of required instruction related to Resiliency Education: Civic and Character Education and Life Skills Education for students in grades 6-12. substance use and misuse health education, child trafficking prevention education, and internet safety prevention education. Ensure that appropriate lessons are assigned to students, as all lessons are grade-level-specific. In addition the rule requires that all students in grade K - 12 receive required instruction in [Substance Use and Abuse Health Education](#)., [Child Trafficking Education](#)., and [Internet Safety Prevention Education](#).