

SY 24/25 FLDOE Resiliency Education Curriculum Guide

The Florida Department of Education Administrative [Rule 6A-1.094124](#) requires annual mandatory instruction related to resiliency education, 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.

Content Warning: Some material may evoke strong or difficult emotions in some students. Therefore, your school must have a plan in place to support students who may require assistance. The staff delivering the lessons should be aware and inform students of the mental health support available at the school, which can include school counselors, social workers, school psychologists, and other mental health staff.

Secondary 6 - 12			
Month	Character Trait	Resilience Topic	Duration of Lesson
August	N/A	Mandatory Annual Anti-Bullying Policy 5900 Training	1 Hour
		Mandatory Annual Dating Violence Prevention Policy 5010 Training	1 Hour
September	Cooperation	Rethink: Trauma: Resilience	45 Minutes
		Rethink: Risk of Suicide	45 Minutes
October	Responsibility	Rethink: Substance Use and Misuse	45 Minutes
		Rethink: Mental Health	45 Minutes
November	Citizenship	Rethink: Online Safety	45 Minutes
		Rethink: Anxiety	45 Minutes
December	Kindness	Make-up Month	N/A
January	Respect	Rethink: Human Trafficking	45 Minutes
		Rethink: Support Systems	45 Minutes
February	Honesty	Rethink: Emotions	45 Minutes
		Rethink: Preventing Violence	45 Minutes
March	Self-Control	Rethink: Stress Management	45 Minutes
		Rethink: Depression	45 Minutes
April	Tolerance	Make-up Month	N/A