



## Submit a Plan for: N5. Resiliency Education: Civic and Character Education and Life Skills Education.

### F.S. 1003.42 Required Instruction

#### Rule: 6A-1.094124 Resiliency Education: Civic and Character Education and Life Skills Education.

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.

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 using the health education standards adopted in Rule 6A-1.09401, F.A.C., Student Performance Standards. The instruction 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. Recognition of signs and symptoms of mental health concerns;
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 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.

### 1003.42 Required Instruction

Civic and character education on the qualities and responsibilities of patriotism and citizenship, including kindness; respect for authority, life, liberty, and personal property; honesty; charity; racial, ethnic, and religious tolerance; and cooperation and, for grades 11 and 12, voting using the uniform primary and general election ballot described in s. 101.151(9).

Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12



Selected grade(s) \*

K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Selected course(s) \*

5008020 - Health - Kindergarten  
 5008030 - Health - Grade 1  
 5008040 - Health - Grade 2  
 5008050 - Health - Grade 3  
 5008060 - Health - Grade 4  
 5008070 - Health - Grade 5  
 2002070 - M/J Comprehensive Science 2  
 1001380 - English Honors 3  
 1001370 - English 3  
 5021020 - Social Studies Grade K  
 5021030 - Social Studies Grade 1  
 5021040 - Social Studies Grade 2  
 5021050 - Social Studies Grade 3  
 5021060 - Social Studies Grade 4  
 5021070 - Social Studies Grade 5

2100015 - M/J United States History & Career Planning  
 2103300 - World Cultural Geography  
 2106310 - United States Government  
 2106320 - United States Government Honors  
 2109310 - World History  
 2102335 - Economics with Financial Literacy  
 2102345 - Economics with Financial Literacy Honors  
 2002040 - M/J Comprehensive Science 1  
 2002100 - M/J Comprehensive Science 3  
 2106010 - M/J Civics

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**Selected qualification(s) of the instructors for the selected courses above \***

Florida Certified Teacher  
 School Counselor  
 YMHFA

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**Selected instructional materials used \***

Glencoe Health Student Edition  
 Monique Burr Foundation Grades K-5 Child Safety Matters  
 Monique Burr Foundation - Teen Safety Matters, Grades 6-8  
 Monique Burr Foundation - Teen Safety Matters, Grades 9-12  
 Monique Burr Foundation (MBF) General - [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org)  
 5 Star Life  
 Networks Social Studies Florida, Grade K, Grade K-5  
 Networks Social Studies Florida, Grade 1, Grade K-5  
 Networks Social Studies Florida, Grade 2, Grade K-5  
 Networks Social Studies Florida, Grade 3, Grade K-5  
 Networks Social Studies Florida, Grade 4, Grade K-5  
 Networks Social Studies Florida, Grade 5, Grade K-5  
 HMH Social Studies: United States History: Beginnings to 1877, Florida Edition, Grade 6-8  
 Florida's Resiliency Toolkit and Character Education  
 HMH Social Studies: Florida Civics: Integrated Civics, Economics and Geography, Houghton Mifflin Harcourt, 1st ed.  
 Pearson Florida Magruder's American Government, Pearson Education, Inc., 1st ed.  
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**Rationale for delivering the instruction in the courses and grades selected above \***

Wakulla County Schools covers the below expectations regarding civic and character education and life skills education:

- a. Strategies specific to demonstrating resiliency, including the benefits of service to the community through volunteerism
- b. Strategies to develop healthy characteristics that reinforce positive core values such as empathy, perseverance, grit, gratitude, responsibility, critical thinking, problem-solving, self-awareness, self-management, citizenship and honesty.
- c. Civic education with a focus on the responsibilities of patriotism and citizenship, including kindness, respect for authority, life, liberty, and personal property.
- d. Character education with a focus on honesty; charity; racial, ethnic, and religious tolerance; cooperation.

Instruction is provided in social studies based courses and curriculum across grade levels and school sites. Additionally, Florida's Resiliency Toolkit and Character Education resources housed on cPalms are used to support instruction around resiliency characteristics. Wakulla County schools also uses curriculum through CASEL, 5 STAR Life, and the Monique Burr Foundation.

Wakulla County Schools covers the below expectations regarding youth mental health first-aid:

- a. Recognition of signs and symptoms of mental health disorders;
- b. Prevention of mental health disorders;
- c. Mental health awareness and assistance;
- d. How to reduce the stigma around mental health disorders;
- e. Awareness of resources, including local school and community resources;
- f. The process for accessing treatment;
- g. Strategies to develop healthy coping techniques;
- h. Strategies to support a peer, friend, or family member with a mental health disorder;
- i. Prevention of suicide; and

j. Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.

Instruction is provided in core academic courses and through the use of community based experts and curriculum across grade levels and school sites. In addition, instructional personnel at each school site have been trained in youth mental health first aid and facilitate 5 hours of mental health and coping skills instruction at each school site. Wakulla County schools also uses curriculum through CASEL, 5 Star Life, and the Monique Burr Foundation. Additionally, we partner with community based experts to facilitate presentations and seminars on the dangers of substance abuse and dependence.

Edit

You can specify different implementation plans for grades and courses. To get started, click on the "Add New Section". You can add a separate section for each grade or grade band so you can provide specific rationale for each at a time.

+ Add New Section

Click this when this topic is ready to submit

Back to Plan