Parent Information Sheet

Florida legislation (6A-1.094124) requires all students, grades 6th -12th, to receive instruction in resiliency education, mental health, child trafficking prevention, and substance abuse. In Volusia County schools, students will plan to receive this instruction through a developmentally appropriate lesson on a selected bell schedule day.

This Parent Information Sheet provides you the information on lesson topics as well as resources that you may want to discuss or review with your students at home.

Introduction to Mental Health, Physical Health & Wellbeing	General understanding to help reduce stigma
Coping Skills	Healthy ways to manage and reduce stress and challenges
Signs of Mental Illness	Understand how to recognize the signs and how to seek help for themselves and their friends, if needed
Seeking Help	Who to reach out to for help, in terms of a trusted adult or helping professional, and about local and national resources that can be accessed when help is needed
Resiliency Standards	Character education and life skills education discussing empathy, perseverance, grit, gratitude and responsibility; critical thinking, problem solving and responsible decision making; self-awareness and self-management; mentorship and citizenship; and honesty.
Safety & Substance Abuse	How to recognize and respond to bullying/cyberbullying, abuse, digital dangers, and substance abuse. It teaches that adults are responsible for their safety but there are things they can do to help adults keep them safe

The program used again for this year is Monique Burr Foundation's *Teen Safety Matters*® Program, which has been reviewed and endorsed by national experts and implemented in districts throughout the State of Florida.
You can learn more about this program at www.mbfpreventioneducation.org.

When teens are taught safety information, rules to keep them safe, and better understand their own wellness, they perform better in school and enjoy healthier, happier, and safer lives.

RESOURCES TO LEARN MORE:

www.IROC2.org
www.kidshealth.org/en/teens/internet-safety.html
www.nteens.org
www.mbfpreventioneducation.org
www.safersmarterteens.org
www.drugabuse.gov
www.pacer.org/bullying/resources/parents/
www.kidshealth.org/en/parents/child-abuse.html
www.polarisproject.org/human-trafficking
www.loveisrespect.org
www.OK2TALK.org
www.suicidepreventionlifeline.org