



# INDIAN TRAILS MIDDLE SCHOOL

**Ryan Andrews, Principal**  
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Dear Parents & Guardians,

The State Board of Education requires instruction in child trafficking prevention and substance abuse education for students in grades K-12. The State of Florida has provided districts with required Resiliency Education topics that **MUST** be taught to students in grades 6 - 12. These topics in the area of Civic & Character Education and Life Skills Education build confidence and support mental health to develop and prepare you to become more resilient students.

Throughout the year, your child will be learning about 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
  - 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 and addiction to alcohol, nicotine, and drugs
8. Awareness of local school and community resources and the process for accessing assistance

Since the intent of these lessons are focused on such serious, and often sensitive topics, we highly suggest that you take some time to review the lessons and materials with your child and take some time after each lesson to have an open dialogue about the topics covered with your child.

We will start this Education series on February 20th during OMG (7th period) and will continue weekly through April 8th. Please take a moment to review the curriculum that will be covered during this unit.

Please take a moment to review the curriculum that will be covered during this unit (next page).



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6th Grade Lessons	7th Grade Lessons	8th Grade Lessons
<b>Part 1: Welcome and Digital Wellness and Safety</b> ( <a href="#">Preview Video</a> ) Flagler County Schools is Here to Help Everfi- Ignition: Digital Wellness & Safety <ul style="list-style-type: none"> <li>Lesson 1: Connections and Community</li> <li>Lesson 2: Safety and Privacy</li> </ul> ( <a href="#">Preview Resources</a> )	<b>Part 1: Welcome and Digital Wellness and Safety</b> ( <a href="#">Preview Video</a> ) Flagler County Schools is Here to Help Everfi- Ignition: Digital Wellness & Safety <ul style="list-style-type: none"> <li>Lesson 3: Screen-Time vs Offline</li> <li>Lesson 4: Technology and Data</li> </ul> ( <a href="#">Preview Resources</a> )	<b>Part 1: Welcome and Digital Wellness and Safety</b> ( <a href="#">Preview Video</a> ) Flagler County Schools is Here to Help Everfi- Ignition: Digital Wellness & Safety <ul style="list-style-type: none"> <li>Lesson 5: Rights and Literacy</li> <li>Lesson 6: Evaluating Content</li> </ul> ( <a href="#">Preview Resources</a> )
<b>Part 2: Everfi: Compassion Project</b> ( <a href="#">Preview Resources</a> )	<b>Part 2: Everfi: Compassion Project</b> ( <a href="#">Preview Resources</a> )	<b>Part 2: Everfi Honor Code: Bullying Prevention</b> ( <a href="#">Preview Resources</a> )
<b>Part 3: Monique Burr Mental Health Matters Lesson 1</b> ( <a href="#">Preview Resources</a> ) ( <a href="#">Preview Video</a> )	<b>Part 3: Monique Burr Mental Health Matters Lesson 1</b> ( <a href="#">Preview Resources</a> ) ( <a href="#">Preview Video</a> )	<b>Part 3: Monique Burr Mental Health Matters Lesson 1</b> ( <a href="#">Preview Resources</a> ) ( <a href="#">Preview Video</a> )
<b>Part 4: Monique Burr Mental Health Matters Lesson 2</b> ( <a href="#">Preview Video</a> )	<b>Part 4: Monique Burr Mental Health Matters Lesson 2</b> ( <a href="#">Preview Video</a> )	<b>Part 4: Monique Burr Mental Health Matters Lesson 2</b> ( <a href="#">Preview Video</a> )
<b>Part 5: Monique Burr Mental Health Matters Lesson 3</b> ( <a href="#">Preview Video</a> )	<b>Part 5: Monique Burr Mental Health Matters Lesson 3</b> ( <a href="#">Preview Video</a> )	<b>Part 5: Monique Burr Mental Health Matters Lesson 3</b> ( <a href="#">Preview Video</a> )
<b>Part 6: Know the Law</b> ( <a href="#">Preview Video</a> )	<b>Part 6: Know the Law</b> ( <a href="#">Preview Video</a> )	<b>Part 6: Everfi - Vaping: Know the Truth</b> ( <a href="#">Preview Resources</a> )
<b>Part 7: Human Trafficking</b> <ul style="list-style-type: none"> <li>The Five Forms (<a href="#">Preview Video</a>)</li> <li>Methods, Causes, Factors (<a href="#">Preview Video</a>)</li> <li>Forced Labor (<a href="#">Preview Video</a>)</li> <li>Abolishing Human Trafficking (<a href="#">Preview Video</a>)</li> </ul>	<b>Part 7: Human Trafficking</b> <ul style="list-style-type: none"> <li>The Five Forms (<a href="#">Preview Video</a>)</li> <li>Methods, Causes, Factors (<a href="#">Preview Video</a>)</li> <li>Forced Labor (<a href="#">Preview Video</a>)</li> <li>Abolishing Human Trafficking (<a href="#">Preview Video</a>)</li> </ul>	<b>Part 7: Human Trafficking</b> <ul style="list-style-type: none"> <li>The Five Forms (<a href="#">Preview Video</a>)</li> <li>Methods, Causes, Factors (<a href="#">Preview Video</a>)</li> <li>Forced Labor (<a href="#">Preview Video</a>)</li> <li>Abolishing Human Trafficking (<a href="#">Preview Video</a>)</li> </ul>

If you have any questions about these requirements, please reach out to your child's school counselor. Alternate assignments will be provided to your student upon parent/guardian request. **The request to opt out must be communicated to the school no later than February 12th.** To request alternate assignments, please contact Kim Turner at (386)446-6732 ext. 6514.

Sincerely,

*Ryan Andrews*

Principal

Indian Trails Middle School