

Evolution Suite 360: Mental Health Suggested Calendar 21-22

Month	Lesson Title	Description	FL DOE Rule
September	#StopTheStigma: The Truth About Mental Health Disorders	Students learn about some of the more common mental health disorders, how they are treated, and specific action steps they can take to prevent stigma.	6A-1.094121 Mental and Emotional Health Education (a) Recognition of signs and symptoms of mental health disorders (d) How to reduce the stigma around mental health disorders
October *National Substance Abuse Prevention Month*	Substance Abuse Prevention	Students learn about the dangers of substance abuse, including the misuse of prescription and over-the-counter drugs.	6A-1.094121 Mental and Emotional Health Education (j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs 6A-1094123 Child Trafficking Prevention Education (b) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs 6A-1.094122 Substance Use and Abuse Health Education
November	Mental Health Awareness & Assistance	Students learn how to care for and talk about their mental health and how to seek help for themselves and others.	6A-1.094121 Mental and Emotional Health Education (b) Prevention of mental health disorders (c) Mental health awareness and assistance
December	Healthy Coping Tools for Teens	Students learn about thinking traps and specific coping tools they can use, including coping with trauma, loss, sadness, anxiety, and anger.	6A-1.094121 Mental and Emotional Health Education (g) Strategies to develop healthy coping techniques
January *National Human Trafficking Prevention Month*	Human Trafficking Prevention	Students learn what trafficking is and common ways that traffickers groom their victims. Students are provided with steps they can take to protect themselves from this crime and information about how to seek help for themselves or others if needed.	6A-1094123 Child Trafficking Prevention Education (a) Recognition of the signs of human trafficking (b) Awareness of resources, including national, state, and local resources (d) Information on the prevalence, nature, and strategies to reduce the risk of human trafficking, techniques to set healthy boundaries, and how to safely seek assistance (e) Information on how social media and mobile device applications are used for human trafficking
February	You Can HELP: Supporting Someone with a Mental Health Disorder	Students learn strategies they can use to support someone with a mental health disorder.	6A-1.094121 Mental and Emotional Health Education (h) Strategies to support a peer, friend, or family member with a mental health disorder
March	Prevention of Self-Harming and Suicide	Students learn the warning signs of self-harming and suicide and how they can seek help for themselves or others if needed.	6A-1.094121 Mental and Emotional Health Education (i) Prevention of suicide
April	Awareness of Resources and the Process for Accessing Treatment	Students learn about mental health resources available to them and what to expect if they seek help for a mental health issue.	6A-1.094121 Mental and Emotional Health Education (e) Awareness of resources, including local school and community resources (f) The process for accessing treatment 6A-1094123 Child Trafficking Prevention Education (b) Awareness of resources, including national, state, and local resources