

**Dear Parent/Guardian,**

**The purpose of this letter is to inform you that your child will be engaging in classroom lessons mandated by Florida legislation for the remainder of the school year in the following areas: mental health education, child trafficking education, and substance use and abuse prevention.**

### **Mental Health**

**“Tallahassee, Fla, July 17, 2019– During the State Board of Education meeting, the Board voted to require school districts to annually provide a minimum of five hours of instruction to grades 6-12 students related to youth mental health awareness and assistance.”**

**Students in grades six will receive all of the mandated education through the M/J Grade 6-7<sup>th</sup> and 8<sup>th</sup> grade students will receive this through my Learning Mental Health Course which includes targeted lessons from Everfi Mental Wellness Basics curriculum which is in alignment with the required components of the state mandate. The content of the curriculum includes:**

**Lesson 1: Mental Health Basics**

- Define mental health**
- List behaviors and factors that maintain and contribute to positive mental health**

