

## **Grades 9-12**

### **Selected instructional materials used**

Purpose Prep

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#### **Rationale for delivering the instruction in the courses and grades selected above**

The SDMC plan will utilize a web-based program offered by Edgenuity's Purpose Prep Comprehensive Solution for Florida's Mental Health 6-12<sup>th</sup> Grade Ruling & Requirements curriculum.

Purpose Prep curriculum will be delivered through web-based lessons. Each lesson includes a group of short videos, Check on Learning Questions, and Discussion Questions.

Mode of delivery: Six high schools will deliver lessons to entire classes with teacher facilitated class discussions. One high school will deliver lessons in an on-line format where students view videos and answered the Check on Learning and Discussion Questions.

Location of delivery: One school will deliver lessons in 4<sup>th</sup> period classes; one school in English classes; one school throughout exam weeks in during non-exam classes; one school in Physical Science and Pre-IB Inquiry Skills (9<sup>th</sup>), World History and Pre-IB Chemistry (10<sup>th</sup>), English and Pre-IB English (11<sup>th</sup>), and Government/Economics and Theory of Knowledge(12<sup>th</sup>), and three schools through advisory/homeroom.

All 9<sup>th</sup> grade classes in SDMC will implement the following Purpose Prep on-line video lessons with discussion questions to complete the requirements of the Mental and Emotional Health Education Plan: Gangs, Guns & Fighting, Adrenaline & Aggression, Learned Helplessness, Mood & Behavior Management, Overcoming Bad Memories, Choosing Between Two Realities, Cultural Implications within Family and Learned Behavior, Primary and Secondary Impact of Behavior, Hurt People ...Hurt People, Trauma & Insecurity, Being Different, Tragedy on Both Sides, Solutions to Bullying, communicating with Your Teachers, Relating with Other Adults, Your Internal Dialogue, Processing Adversity, Mindfulness, Identifying Trauma, Family Challenges Around Trauma, Emotional or Physical Trauma, How to Handle Shame, Music & Mood, Introduction to Substance Abuse, Trauma & Behavior, Breaking Through Our Hardships, Map Out Your Future, Personal Accountability

All 10<sup>th</sup> grade classes in SDMC will implement the following Purpose Prep on-line video lessons with discussion questions to complete the requirements of the Mental and Emotional Health Education Plan: Defining Identity, Different Identity Issues, Redefine Your Identity Foundation, You Are Not What You Do, Acknowledge and Embrace All of You, Human Boundaries, emotional Pain, Loss & Stress, Command Your Temper, Relationship Skills, communication Matters, Embracing Society, Meaningful Relationships, The Dream Team, Meditation, Social Awareness, Daily Affirmation Statement, Find Peace Through Stillness, Finding Solutions in Stillness, Swearing and Degrading Words, The Daily Forgiveness, Thankfulness & Confidence Exercise, Death of a Loved One, Overcoming Traumatic Memories, Vaping and JUULing, Face your Emotions, Believe in Yourself, Coping with Grief, Loss and Shame, Transactional vs Transformational Mentorship,

All 11<sup>th</sup> grade classes in SDMC will implement the following Purpose Prep on-line video lessons with discussion questions to complete the requirements of the Mental and Emotional Health Education Plan: Anxiety, Depression, Mindfulness, Learning How to Say "No", being Present, Surround Yourself with Giants, Breaking Free from My Secrets, Being a Positive Influence on Others, Diffuse the situation, Knowing Your Worth & Everyone Else's, What's at Stake, Being Observant, Creating Real Change, Competing Commitments, Get Specific & Break it Down, what is Traditional Mentoring, Gratitude, Hope in Hopelessness, Logical vs Emotional Thinking, Death of a Loved One,

Incarceration, suicide, Depression & Anxiety, Living Drug Free & Overcoming Drugs, Circumstance & Situations, Suspension & Expulsion, Self-Worth, **Why Does Purpose Matter**

All 12<sup>th</sup> grade classes in SDMC will implement the following **Purpose Prep on-line video lessons** with discussion questions to complete the requirements of the **Mental and Emotional Health Education Plan**: The Effects of Negativity, Turn Negativity into Positivity, Positivity Exercise, **Reshape Our Worlds**, The Importance of Rest, Why Compassion Matters, Born to Be Different, **Stay True, Be You**, **Racism, Embracing Diversity, Why We Need Diversity, Diversity & Inclusion**, Accepting Your Circumstances, Break It Down, **Shifting Your Perspective**, Healing Your Mind, The Freedom in Forgiveness, Tips to Mental Health, Suicide Prevention, Negative Thinking Patterns, Loved, Valuable & Accepted, Positive Reinforcement, Suicide Prevention & Education, Substance Abuse, Don't Fault People's Limitations, The consequences of Drugs, Truancy : Absenteeism & Missing School, Breaking Free of Limitations.

### **Grades 6-8**

#### **Selected instructional materials used**

Imagine Learning **Purpose Prep**

#### **Rationale for delivering the instruction in the courses and grades selected above**

The SDMC plan will utilize a web-based program offered by Edgenuity's **Purpose Prep Comprehensive Solution for Florida's Mental Health 6-12<sup>th</sup> Grade Ruling & Requirements curriculum**.

Purpose Prep curriculum will be delivered through web-based lessons. Each lesson includes a group of short videos, Check on Learning Questions, and Discussion Questions.

All middle schools will deliver lessons to entire classes with teacher facilitated class discussions.

Location of delivery: One school will deliver lessons in ELA classes; one school on various chosen days through various classes; one school through social study classes; one school through science classes; one school through social skills classes, one school alternating between science, ELA, math, and social study classes; and six schools through advisory/homeroom.

All 6<sup>th</sup> grade classes in SDMC delivered the following **Purpose Prep on-line video lessons** with discussion questions to complete the requirements of the **Mental and Emotional Health Education Plan**: How to Protect Yourself on Social Media, Cyberbullying, How Not to Become Ant-Social with Social Media, Mastering Your Emotions, Derailed from Purpose, Thoughts Shape Beliefs, Belief Shape Actions, Visualize Your World, Dehumanizing the Victim, Effects on the Bullied, Effect on the Bully, Effects on the Bystanders, **Effects on Culture**, Teachers, Parents/Guardian, School Groups, Quality Peers, Mentors, A Safety Net for Others, Positive Speaking & Reflective Writing, **Build Around Your Uniqueness**, Finding Safe Leaders, Drugs and the Body and Mind, Limits, and Abilities, Manage Stress, **Is There a Higher Purpose, Why Are You Here**.

All 7<sup>th</sup> grade classes in SDMC delivered the following **Purpose Prep on-line video lessons** with discussion questions to complete the requirements of the **Mental and Emotional Health Education Plan**: Ticks & Tips to Overcome, **Standing Up the Right Way**, Forgiveness, Techniques to Overcome Bullying, **Finding Your Tribe**, The Feeling of Hopelessness, How Choices Effect Our Thinking, Words Shape Thought, Why Compassion Matters, **The Secret Purpose**, People Matter, The Importance of Community, Loyalty & Trust Lead to Vulnerability, Defining Resiliency, Elasticity, **The End Isn't the**

End, Coping Skills, **Creating Your Team**, Inspiration from a Mentor, The Importance of Mentorship, How to Get Unstuck, Dealing with Divorce and Separation, Confusion, Pain & Identity, Marijuana, Nicotine, Tobacco and Cigarettes, Identifying My Needs, We All Have Needs Overcoming Peer Pressure, The Power of Connection.

All 8<sup>th</sup> grade classes in SDMC delivered the following **Purpose Prep on-line video lessons** with discussion questions to complete the requirements of the **Mental and Emotional Health Education Plan**: Divorce & Separation, Physical Abuse, Emotional Abuse, Physical and Emotional Neglect, **Changing Our Thought Patterns**, Overcoming Sad Feeling, Motivated by Positive Feelings, Emotional Differences, Helping Those in Need, Inclusion, Mantra and Verbal Reinforcements, Dynamic Empathy, Defining Anger Management, Angry Outcomes, Types of Anger, Handling Anger, Overcoming Anger, Get the Support You Need, **Find Your Tribe**, Acceptance & Freedom, **The Power of Love Find Where You Belong**, Stimulants Depressants, Coping with Loss and Separation, Self-Esteem in Tough Situations, Our Most Essential Need, See Yourself.