

Substance Use and Abuse Health Education Implementation Plan



State Board of Education Rule:	6A-1.094122 Substance Use and Abuse Health Education
Name of the School District	Polk
Superintendent of the School District	Jacqueline Byrd
Implementation Period: (MM/YY – MM/YY)	October 2019 – May 2020
Submission Date to the Commissioner	On 11/21/19 sent to SubstanceAbusePrevention@fldoe.org
Direct URL to the Implementation Plan as posted on the school district website	https://polkschoolsfl.com/policiesandforms
School District Contact(s) for this Plan <i>(name and email address)</i>	Dr. Michael Akes – Michael.akes@polk-fl.net

Select the specific subject area(s) of the courses in which instruction will be delivered:			
<input checked="" type="checkbox"/> Art – Visual Arts	<input type="checkbox"/> Experimental Education	<input type="checkbox"/> Peer Counseling	<input checked="" type="checkbox"/> World Languages
<input checked="" type="checkbox"/> Computer Education	<input checked="" type="checkbox"/> Health Education	<input checked="" type="checkbox"/> Physical Education	<input checked="" type="checkbox"/> Other
<input checked="" type="checkbox"/> Dance	<input checked="" type="checkbox"/> Library Media	<input checked="" type="checkbox"/> Research/Critical Thinking	
<input checked="" type="checkbox"/> Drama – Theatre Arts	<input checked="" type="checkbox"/> Mathematics	<input checked="" type="checkbox"/> Science	
<input checked="" type="checkbox"/> English/Language Arts	<input checked="" type="checkbox"/> Music Education	<input checked="" type="checkbox"/> Social Studies	
Select the qualification(s) of the instructors for the above courses:			
<input checked="" type="checkbox"/> Florida Certified Teacher <input type="checkbox"/> Community-based Expert <input type="checkbox"/> School Nurse <input checked="" type="checkbox"/> School Counselor <input type="checkbox"/> School Psychologist <input type="checkbox"/> Other			
Please explain the rationale for delivering the instruction in the courses selected above for each grade level.			
<p>Rationale:</p> <p>All K-12 classroom teachers will deliver developmentally appropriate substance abuse prevention material to students each year. Having all classroom teachers deliver drug prevention material instills buy-in of the entire staff and ensures that all students receive the instruction. Understanding the dangers of substance use and misuse is important, and every teacher should have the knowledge to support their students and be familiar with the information that has been presented to them. In addition, this delivery method ensures good coverage of the topic, while not overburdening any one subject area.</p>			
Please describe the methods for delivering the instruction for each grade level.			
<p>Methods of Delivery:</p> <p>District-provided substance abuse education for all elementary and middle school students has occurred since 2010 and will continue using the following teacher-led model: elementary instruction will be delivered by K-5 classroom teachers during Red Ribbon Week, and middle school instruction in substance abuse will be delivered by all teachers on one specific “Drug Prevention Health Day” in October. High school instruction will be expanded from the currently existing teacher-led model utilized for high school bullying prevention instruction to include an additional “Health” Day that will address both mental health and drug prevention information. The high school Mental Health Day will occur during the month of January 2020.</p>			

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Grades K-5

All elementary classes across the district will participate in Red Ribbon Week, with one district-provided lesson to be facilitated by teachers each day for four days. A four-day lesson week allows for schools to accommodate other Red Ribbon activities and speakers to ensure a fun-filled learning experience. To ensure consistency of delivery across the district, the K-12 content will be district-developed, and all lesson plans, PowerPoints, videos, handouts, and activities will be provided to teachers.

Grades 6-8:

All middle school classes across the district will participate in three Health Days, one of which is devoted solely to Drug Prevention. The Drug Prevention Health Day consists of 6, 50-minute lessons. Students will follow their normal schedule and the classroom teacher will facilitate the lessons. Lesson 1 will be taught 1st period, lesson 2 will be taught 2nd period, and so forth. Each school teaches Drug Prevention in October. Although there are target dates, schools have the flexibility of the date they choose to provide the lessons within the month outlined above. To ensure consistency of delivery across the district, the K-12 content will be district-developed, and all lesson plans, PowerPoints, videos, handouts, and activities will be provided to teachers.

Grades 9-12:

All high school classes across the district will participate in one Mental Health Day, during which two 50-minute lessons will address Drug Prevention topics. Students will follow their normal schedule and the classroom teacher will facilitate the lesson. Lesson 1 will be taught 1st period, lesson 2 will be taught 2nd period, and so forth. Schools have the flexibility of the date they choose to teacher the lessons with the parameters of the lessons must be taught in one day in January of 2020 and the lessons cannot be taught on an early release day or on a Friday. To ensure consistency of delivery across the district, the K-12 content will be district-developed, and all lesson plans, PowerPoints, videos, handouts, and activities will be provided to teachers.

Virtual School:

In addition, middle and high students who participate in virtual school, will have access to a 5-hour online Wellness module that will address both mental health and drug prevention information. 1.5 hours of the training will address the dangers of juuling/vaping and correct use and misuse of prescription medications, including Opioids.

Please describe the materials and resources that will be utilized to deliver the instruction for each grade level.

To ensure consistency of delivery across the district, the K-12 content will be district-developed, and all lesson plans, PowerPoints, videos, handouts, and activities will be provided to teachers.

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ELEMENTARY SCHOOL

All elementary school classes across the district will participate in one Drug Prevention Health Week, completed during Red Ribbon Week.

Resources for these lessons include, but are not limited to:

- Botvin, G. J. *LifeSkills Training*. Princeton Health Press, Inc. Princeton, NJ, 1979- 2000. (Grade Level 6).
- <https://www.camh.ca/en/health-info/guides-and-publications/primary-education-resources-for-teachers> (We utilize concepts and adapted portions of a drug lessons that have since been updated.)
- www.healthteacher.com
- <https://www.ncjrs.gov/pdffiles1/Digitization/130978NCJRS.pdf> (American Council for Drug Education)
- <https://www.fda.gov/drugs/understanding-over-counter-medicines/medicines-my-home-mimh>
- <https://www.uen.org/preventiondimensions/lessons.shtml> (Utah Education Network).
- Information from both the American Lung Association and the American Heart Association

Grades K-3

The K-3 Drug Prevention Week will consist of four 30-minute lessons in the areas of medication safety, tobacco and alcohol prevention, and refusal skills. Each grade level will have a different set of developmentally appropriate lessons in these areas.

Grades 4-5

The 4-5 Drug Prevention Week will consist of four 45-minute lessons in the areas of tobacco, alcohol, and marijuana prevention, as well as peer pressure/refusal skills. Each grade level will have a different set of developmentally appropriate lessons in these areas.

MIDDLE SCHOOL

Resources for these lessons include, but are not limited to:

- Botvin, G. J. *LifeSkills Training*. Princeton Health Press, Inc. Princeton, NJ, 1979- 2000. (Grade Level 6-8).
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- <https://teens.drugabuse.gov/teachers/mind-matters>
- <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- www.cdc.gov/marijuana
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes

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- <http://www.panmn.org/teachers> (Physician Advocacy Network, vaping)
- <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/marijuana/resources/index.html> (Above the Influence)
- https://tobaccofreeflorida.com/tobacco_free/florida
- <https://www.uen.org/preventiondimensions/lessons.shtml> (Utah Education Network).
- Information from both the American Lung Association and the American Heart Association

Grade 6

Six, 50-minute lessons will address tobacco, alcohol, and marijuana prevention, medication safety and prescription drug abuse prevention, resistance skills, and tobacco/alcohol advertising techniques.

Grade 7

Six, 50-minute lessons will address tobacco prevention, alcohol damage to the teen brain, alcohol addiction, marijuana prevention (2 lessons), and refusal skills.

Grade 8

Six, 50-minute lessons will address decision making skills (2 lessons), nicotine addiction, alcohol and marijuana prevention, and vaping.

HIGH SCHOOL

Resources for these lessons include, but are not limited to:

- <https://everfi.com> (Prescription Drug Safety)
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- www.cdc.gov/marijuana
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
- <http://www.panmn.org/teachers> (Physician Advocacy Network, vaping)
- <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/marijuana/resources/index.html>
- https://tobaccofreeflorida.com/tobacco_free/florida
- <https://www.justthinktwice.gov/facts>

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Grades 9-12

All high school students will receive six Mental Health and Substance Abuse lessons in January 2020. Of the six lessons in the high school unit, two 50-minute lessons will address the dangers of juuling/vaping and prescription drug abuse prevention, including Opioids.

VIRTUAL SCHOOL

Resources for these lessons include, but are not limited to:

- <https://everfi.com> (Prescription Drug Safety)
- <https://teens.drugabuse.gov/teachers/lessonplans> (NIDA)
- <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>
- www.cdc.gov/marijuana
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
- <http://www.panmn.org/teachers> (Physician Advocacy Network, vaping)
- https://tobaccofreeflorida.com/tobacco_free/florida
- <https://www.justthinktwice.gov/facts>

Grades 6-12

Middle and high students who participate in virtual school, will have access to a 5-hour online Wellness module that will address both mental health and drug prevention information. Drug prevention topics will address the dangers of juuling/vaping and prescription drug abuse prevention, including Opioids.