

# Substance Use and Abuse Health Education Implementation Plan HCPS v1



<b>State Board of Education Rule:</b>	<a href="#">6A-1.094122</a> Substance Use and Abuse Health Education
Name of the School District	Hillsborough County Public Schools
Superintendent of the School District	Jeff Eakins
Implementation Period: (MM/YY – MM/YY)	08/19 – 05/20
Submission Date to the Commissioner	On 11/25/19 sent to SubstanceAbusePrevention@fldoe.org
Direct URL to the Implementation Plan as posted on the school district website	<a href="https://www.sdhc.k12.fl.us/doc/2435">https://www.sdhc.k12.fl.us/doc/2435</a>
School District Contact(s) for this Plan <i>(name and email address)</i>	Amy Zilbar, Grade K-5: amy.zilbar@sdhc.k12.fl.us Janet Spence, Grades 6-8: janet.spence@sdhc.k12.fl.us Leslie Granich, Grades 9-12: leslie.granich@sdhc.k12.fl.us

Select the specific subject area(s) of the courses in which instruction will be delivered:			
<input type="checkbox"/> Art – Visual Arts	<input type="checkbox"/> Experimental Education	<input type="checkbox"/> Peer Counseling	<input type="checkbox"/> World Languages
<input type="checkbox"/> Computer Education	<input checked="" type="checkbox"/> Health Education	<input checked="" type="checkbox"/> Physical Education	<input type="checkbox"/> Other:
<input type="checkbox"/> Dance	<input type="checkbox"/> Library Media	<input checked="" type="checkbox"/> Research/Critical Thinking	
<input type="checkbox"/> Drama – Theatre Arts	<input type="checkbox"/> Mathematics	<input type="checkbox"/> Science	
<input checked="" type="checkbox"/> English/Language Arts	<input type="checkbox"/> Music Education	<input type="checkbox"/> Social Studies	
Select the qualification(s) of the instructors for the above courses:			
<input checked="" type="checkbox"/> Florida Certified Teacher			
<input checked="" type="checkbox"/> Community-based Expert			
<input type="checkbox"/> School Nurse			
<input type="checkbox"/> School Counselor			
<input type="checkbox"/> School Psychologist			
<input type="checkbox"/> Other			
<b>Please explain the rationale for delivering the instruction in the courses selected above for each grade level.</b>			
<b><u>K-5 Physical Education</u></b>			
Substance abuse prevention instruction is aligned with the health education standards included in this course.			
<b><u>6 M/J Career Research and Decision Making</u></b>			
Substance abuse prevention instruction is aligned with the health education standards included in this course.			
<b><u>7 Physical Education</u></b>			
Substance abuse prevention instruction is aligned with the health education standards included in this course.			
<b><u>8 Physical Education &amp; Social Studies</u></b>			
Substance abuse prevention instruction is aligned to health education standards included in the physical education course and is an extension of the health education standards included in the social studies course. The social studies classroom logistics provides an appropriate environment for the curriculum design.			
<b><u>9 Health Opportunities Through Physical Education (HOPE)</u></b>			
Substance abuse prevention instruction is aligned with the health education standards included in this course.			

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## **9-12 English**

Substance abuse prevention instruction is an extension of the health education standards included in the English course. Enrollment in this course sequence is more consistent by grade level than other high school course options.

**Please describe the methods for delivering the instruction for each grade level.**

## **K-5 Physical Education**

The Kids Health lessons are facilitated by a certified teacher with specific curriculum training. Lessons include direct instruction, class discussion, and student activities.

## **6 M/J Career Research and Decision Making**

The Botvin, LifeSkills lessons are facilitated by a certified teacher with specific curriculum training. Lessons include direct instruction, class discussion, and student activities.

## **7-8 Physical Education**

The Botvin, LifeSkills lessons are facilitated by a certified teacher with specific curriculum training. Lessons include direct instruction, class discussion, and student activities.

## **8 Social Studies (schools may implement the instruction through another core course)**

The Mendez Too Good for Drugs lessons are facilitated by a trained instructor provided through the Mendez Foundation. Lessons include direct instruction, class discussion, and student activities.

## **9 HOPE**

The Human Kinetics and Everfi lessons are facilitated by a certified teacher with specific curriculum training in partnership with DACCO experts. The curriculum includes online, adaptive instruction in addition to direct instruction, class discussion, and student activities.

## **9-12 English**

The Everfi lessons are facilitated by a certified teacher with specific curriculum training. This curriculum includes online, adaptive instruction in addition to direct instruction, class discussion, and student activities. Substance abuse instruction is extended through the Narcotics Overdose Prevention Education (NOPE) program in 12<sup>th</sup> grade. This program is delivered through a high impact, multimedia presentation and is facilitated by community-based experts who present personal and real-life examples about the destructive effects and consequences of substance abuse.

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

### **K-5 Physical Education, KidsHealth in the Classroom**

The Kids Health in the Classroom lessons, provided by Nemours (kidshealth.org), are aligned with National Health Education Standards and doctor reviewed. This developmentally appropriate curriculum includes lessons designed to increase awareness of dangers related to alcohol, drugs, alcohol, and smoking; equip students with advocacy skills and prevention/avoidance strategies. The K-2 the lessons focus on identifying trusted adults, identifying how alcohol impacts the body, knowing how and when to get help. The 3-5 lessons focus on awareness of influences, strategies for responding to peer pressure, researching how alcohol moves through the body and how organs are effected, understanding a drug-free lifestyle, and identifying health risks of smoking.

### **6 M/J Career Research and Decision Making, Botvin LifeSkills Foundations Level 1**

The Botvin LifeSkills Training Middle School curriculum is an evidence-based substance abuse and violence prevention program. LifeSkills Training is designed to promote mental health and positive youth development. In addition to helping kids resist drug, alcohol, and tobacco use, the LifeSkills Training Middle School program also promotes the reduction of violence and other high-risk behaviors. Program objectives include developing self-management skills, social skills and drug resistance skills.

### **7-8 Physical Education Botvin LifeSkills Booster Level 2 and 3**

The Botvin LifeSkills Training Middle School curriculum is an evidence-based substance abuse and violence prevention program. LifeSkills Training is designed to promote mental health and positive youth development. In addition to helping kids resist drug, alcohol, and tobacco use, the LifeSkills Training Middle School program also promotes the reduction of violence and other high-risk behaviors. Program objectives include developing self-management skills, social skills and drug resistance skills.

### **8 Social Studies, Mendez Too Good Program**

The Mendez Too Good curriculum is an evidence-based drug prevention education program designed to introduce and develop social and emotional skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence. The curriculum informs students of the effects of alcohol, nicotine, marijuana, and prescription and over the counter drugs on the developing teenage body and brain. Lessons provide scenarios and interactive activities for students to apply social and emotional skills to make healthy choices.

### **9 HOPE Human Kinetics HOPE Text and Everfi Alcohol EDU and Prescription Drug Safety**

The Human Kinetics Health Opportunities Through Physical Education text and resources are designed to support student development and enhancement of healthy behaviors and skills that influence their lifestyle choices, health, and fitness. The content ranges from the foundational skills of adopting a healthy lifestyle and self-management skills to the prevention strategies for avoiding destructive habits.

The Everfi AlcoholEdu® for High School and Prescription Drug Safety are digital courses with interactive scenarios and self-guided activities that focus on high school students, equipping them with the knowledge and tools to make healthy, informed decisions. The AlcoholEdu® for High School curriculum takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience. The Prescription Drug Safety curriculum topics include the science of

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addiction, how to properly use and dispose of prescription drugs, and how to intervene when faced with a situation involving drug misuse.

## **9-12 English Everfi Alcohol EDU and Prescription Drug Safety and NOPE Presentation**

Everfi AlcoholEdu® for High School and Prescription Drug Safety are digital courses with interactive scenarios and self-guided activities that focus on high school students, equipping them with the knowledge and tools to make healthy, informed decisions. The AlcoholEdu® for High School curriculum takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience. The Prescription Drug Safety curriculum topics include the science of addiction, how to properly use and dispose of prescription drugs, and how to intervene when faced with a situation involving drug misuse.

The Narcotics Overdose Prevention Education (NOPE) program is delivered through a research-based, high impact presentation and is based on personal and real-life examples about the destructive effects and consequences of substance abuse (12<sup>th</sup> grade).