

Parents and Guardians,

The State Board of Education is requiring every Florida school district provide instruction about human trafficking, mental health, sexual health (7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grades), and substance abuse. Aligned to our goals for fostering a safe and nurturing learning environment, this requirement ensures positive support for our students' social, emotional, and physical health.

Teachers will provide parent notification prior to beginning instruction on these topics. Currently, the only opt-out option for parents is sexual health education. The other topics listed do not have an opt-out option as this instruction is required by the State of Florida. If you have questions related to this content, please contact your child's principal.

The following tables provide an overview for each of the required instructional components:

<b>Child Trafficking Prevention Education (Rule: 6A-1.094123)</b>	
Description	<p>School districts must provide annual instruction to students in grades K-12 related to child trafficking prevention and awareness. Florida is third in the nation for the number of reported cases of human trafficking. The average age of trafficked youth is 11 to 13 years old. In 2018, there were 767 human trafficking cases reported in Florida. Of those cases, 149 were minors.</p> <p>The child trafficking prevention education will advance each year through developmentally appropriate instruction and skill-building using the adopted health education standards found at <a href="http://www.cpalms.org">www.cpalms.org</a>.</p>
Grade Levels	<p>This instruction will be covered during the following courses:</p> <ul style="list-style-type: none"><li>• K-8th grade Physical Education</li><li>• 9th grade HOPE (Health Opportunities through Physical Education)</li><li>• 10-12th grade Social Studies</li></ul>

<b>Mental and Emotional Health Education (Rule: Rule: 6A-1.094121)</b>	
Description	<p>The State Board of Education requires a minimum of five hours of instruction related to mental and emotional health education for students in grades 6 -12. Approximately 1 in 5 youth in Florida, and across the nation, experience mental health disorders prior to turning age 25.</p> <p>Previously, health education requirements included mental and emotional health but did not include an instructional time requirement or assurances verifying the mental and emotional health instruction was delivered. Those assurances are now part of the procedures.</p> <p>Topics will include recognizing signs and symptoms of mental health disorders, how to reduce the stigma around mental health disorders, and strategies to support a peer, friend, or family member suffering from a mental health disorder.</p>
Grade Levels	<p>This instruction will be covered during the following courses:</p> <ul style="list-style-type: none"><li>• 6th-12th grade English Language Arts (ELA)</li><li>• 9th grade HOPE (Health Opportunities through Physical Education)</li></ul>

<b>Substance Use and Abuse Health Education (Rule 6A-1.094122)</b>
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Description	<p>For decades, Comprehensive Health Education has included substance use and abuse as part of required instruction through section 1003.42 (2)(n), Florida Statutes, but now requires districts to verify that instruction was delivered.</p> <p>According to federal reports, one person dies every 12.5 minutes from an opioid overdose. Also, youth vaping has been declared an epidemic of great concern. Statistics from 2012-2018 in Florida indicate electronic vaping increased among youth 11-17 years old by over 500%.</p> <p>Education on the prevention of substance use and abuse provides the knowledge, tools, and skills to help prevent drug addiction.</p>
Grade Levels	<p>This instruction will be covered during the following courses:</p> <ul style="list-style-type: none"> <li>• K-5th grade Physical Education</li> <li>• 6th-8th grade Physical Education &amp; Career Research and Decision-Making (CRDM)</li> <li>• 9<sup>th</sup> grade HOPE (Health Opportunities through Physical Education)</li> <li>• 9th-12th grade English Language Arts (ELA)</li> </ul>

### Sexual Health Education (F.S. 1003.42)

Description	<p>Comprehensive Health Education is part of the required instruction pursuant to Florida State Statutes, 1003.42(n). Comprehensive Health Education that addresses concepts of community health; consumer health; environmental health; family life, including an awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy; mental and emotional health; injury prevention and safety; internet safety; nutrition; personal health; prevention and control of disease; and substance use and abuse. The health education curriculum for student in grades 7-12 shall include teen dating violence and abusive behavior, the characteristics of healthy relationships, measures to prevent and stop dating violence and abuse, and community resources available to victims of dating violence and abuse (additional information <a href="#">here</a>).</p>
Grade Levels	<p>This instruction will be covered during the following courses:</p> <ul style="list-style-type: none"> <li>• 7<sup>th</sup> grade science</li> <li>• 8<sup>th</sup> grade physical education</li> <li>• 9<sup>th</sup> grade HOPE (Health Opportunities Through Physical Education)</li> </ul>
Parents Rights	<p>Hillsborough County Public Schools sexual health education opt-out process is in compliance with Florida Statue F.S. 1003.46 and House Bill 545, which allows parents to choose if their child receives sexual health education. Opt-out forms are sent to parents via the classroom teacher 14-days prior to instruction. Any student whose parents makes a written request via the opt-out from shall be exempted from the teaching of reproductive health or any disease, including HIV/AIDS, its symptoms, development, and treatment, A student exempted will not be penalized by any reason of that exemption.</p> <p>Parents have access to view the curriculum and understand the opt-out procedures by clicking <a href="#">here</a>. The information can also be found on our district website at the bottom, under “reproductive health and disease prevention.”</p>

### Cardiopulmonary Resuscitation (CPR)

Description	<p>House Bill 157 (CPR First Aid Training in Public Schools)</p> <p>The bill requires school districts to provide basic training in first aid, including cardiopulmonary resuscitation (CPR) instruction, for public school students in grades 9 and 11. The bill encourages school districts to provide basic first aid training, including CPR instruction, to students in grades 6 and 8.</p>
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Grade Levels	This instruction will be covered during the following courses: <ul style="list-style-type: none"> <li>6<sup>th</sup>-8<sup>th</sup> grade physical education</li> <li>9<sup>th</sup> grade HOPE (Health Opportunities Through Physical Education)</li> <li>11<sup>th</sup> Grade (schools will schedule assembly style trainings through our BayCare partnership)</li> </ul>
<b>Water Safety</b>	
Description	Florida Statutes 1002.225 (Water safety and swimming certification) Age-appropriate education intended to promote safety in, on, and around bodies of water and reduce the risk of injury or drowning. Schools shall provide information for water safety courses and swimming lessons.  For more information on how to get connected to water safety courses <a href="#">click here</a>
Grade Levels	This instruction will be covered during the following courses: <ul style="list-style-type: none"> <li>K-12 Physical Education/Health</li> </ul>

**See below for additional resources to further assist parents:**

- Instructional plans can be found at <https://www.sdhc.k12.fl.us/doc/2435> and click on "Instructional Plans"
- Human trafficking: <http://www.fldoe.org/schools/healthy-schools/human-trafficking.shtml>
- Monique Burr Foundation Curriculum: <https://www.mbfpreventioneducation.org>
- District website: [click here](#)
- Reproductive health and disease education: [click here](#)
- Water safety courses: [click here](#)

As always, our dedicated teachers and staff are here to support our students as they cover these critical topics. Once again, if you have any questions related to any of these required instructional mandates, please contact your child's principal.

Respectfully,

Addison G. Davis  
Superintendent of Schools  
Hillsborough County Public Schools