

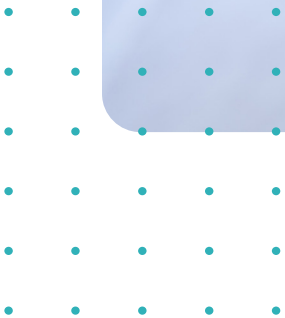


Navigate**360**

Building safer tomorrows.™

Florida Curriculum Guide

Character, Resiliency, & Prevention
Education for Florida Students

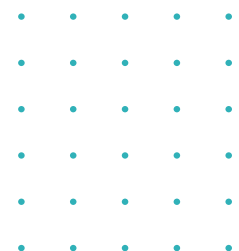


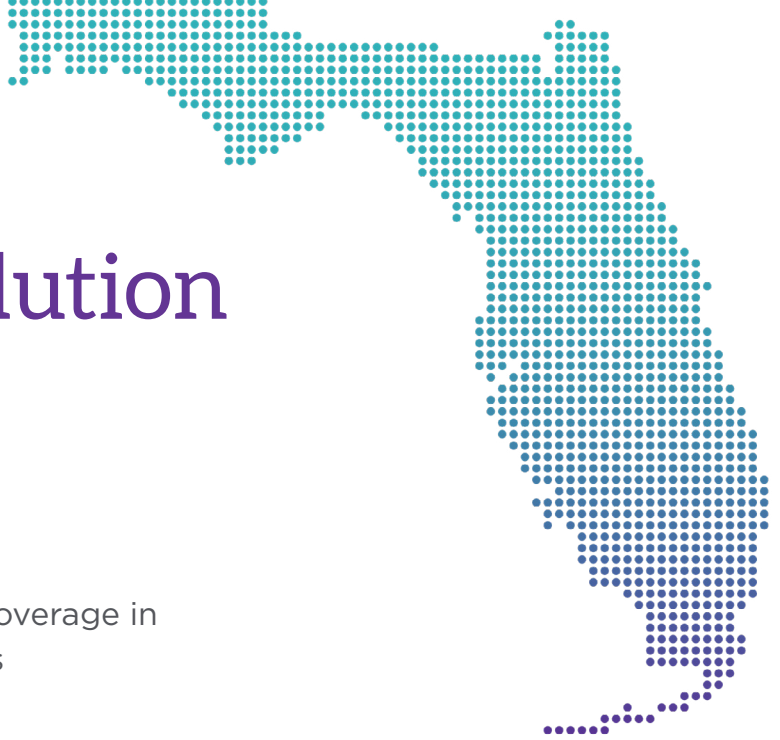


Character, Resiliency, & Prevention Education for Florida Students in Digital Spaces

Florida is rethinking the way schools support student success. Schools have been tasked with providing character, resiliency, and prevention education to students to help them develop valuable life skills. With more than 2.8 million students and 4,000+ schools, this is no small task. Schools need easy-to-use solutions that meet Florida requirements as well as student needs. Navigate360 is here to help!

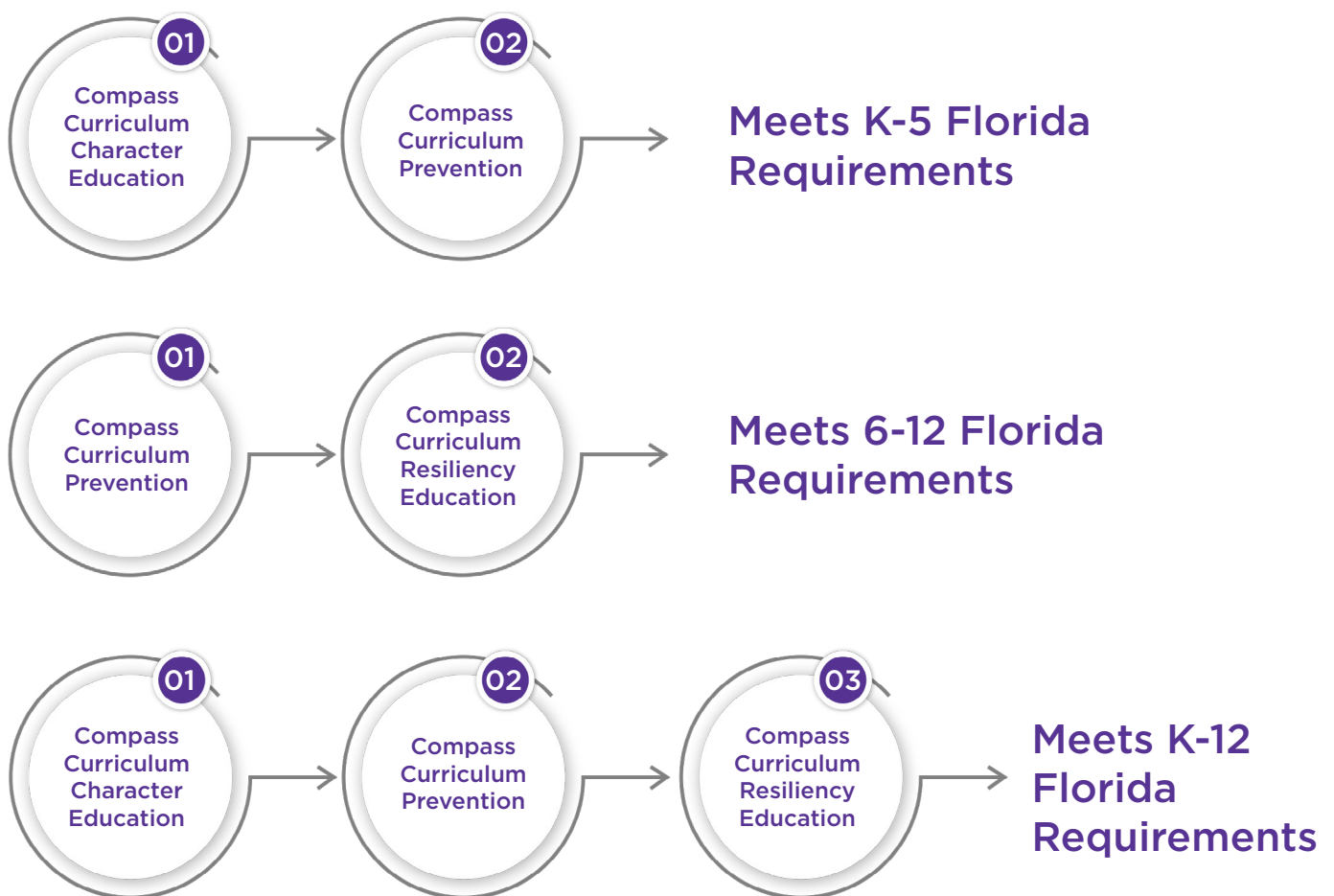
Our standards-aligned, research-based curriculum has been developed to equip Florida students with comprehensive lessons and resources, empowering them to successfully achieve life goals and face challenges that they will encounter now and in the future. We owe it to our nation's youth to prepare them for a bright tomorrow so they can reach their full potential and thrive





A Complete Solution for Florida

- Character Education: K-5
- Resiliency Education: 6-12
 - > Provides Character Education coverage in 6-12 due to overlap of standards
- Prevention Education: K-12





Compass Curriculum Character Education K-5

Character education is the process by which students learn to be productive members of society through the teaching of core values such as character, responsibility, success skills, trustworthiness, respect, and citizenship.

Compass Curriculum Character Education is a blended program designed to equip children with the skills and knowledge necessary to be great students, citizens, and lifelong learners. Our lessons are aligned with the Florida Resiliency standards from kindergarten to fifth grade and include the following:

- Nearly 100 lessons that are age- and grade-level appropriate, so students never see the same lesson twice
- Topics that include honesty, integrity, mindfulness, problem solving, teamwork, and more
- Teacher Companion Guides that make lesson planning easy
- Family Resources in English and Spanish to help provide consistent messaging, alignment, and opportunities for deeper learning

Compass Curriculum Resiliency Education 6-12

In 2023, the Florida Board of Education finalized “Resiliency Education Standards” that incorporate core resiliency components: Character, Personal Responsibility, Critical Thinking and Problem Solving, and Mentorship and Citizenship.

Our Resiliency Education lesson library is aligned to the standards set by the Florida Department of Education to assist teachers in the development of healthy, more resilient students. All lessons are designed to empower Florida’s students as they develop resilience and character education skills to help them grow into successful, resilient adults who can adapt to a variety of situations.

Each lesson is approximately 20 minutes, and the flexible curriculum allows educators to choose 15 lessons based on their students’ needs to meet the five-hour annual requirement. The Compass Curriculum Resiliency Education program offers more than 100 lessons and includes lessons on conflict resolution, overcoming obstacles, taking accountability, contributing to the community, and more.



Compass Curriculum Prevention Education

The state of Florida mandates annual instruction around prevention topics such as Substance Use and Abuse, Child Trafficking Prevention, and Teen Dating Violence Prevention. Our Compass Curriculum Prevention Education meets these requirements with the following:

- Substance Abuse Prevention (K-12)
 - > Vaping/tobacco
 - > Opioids
 - > Alcohol and marijuana
 - > Prescription and over-the-counter drugs
- Child Trafficking Awareness (K-12)
 - > Signs of human trafficking
 - > Information on the prevalence and nature of human trafficking
 - > How social media and mobile device applications are used for human trafficking
 - > Techniques to set healthy boundaries and how to safely seek assistance
 - > Awareness of resources, including national, state, and local resources
- Teen Dating Violence Prevention (7-12)
 - > How to set healthy personal boundaries
 - > How to evaluate the health of a relationship
 - > How to respond to an unhealthy situation
- Online Safety
 - > Lessons include Florida-specific resources to access help. Instruction advances each year with developmentally appropriate content and skill-building that addresses each of the prevention topics.

“Florida has once again positioned itself to proactively address a pressing issue. Inspired to action, data such as the Centers for Disease Control and Prevention (CDC) reporting approximately two out of five young people experiencing poor mental health and the Human Trafficking Hotline reporting Florida as third in the nation for human trafficking, Florida leaders worked together to pass health education rules. These rules required school districts to explore resources and document the provision of mental health, substance abuse prevention, and child trafficking prevention education in Florida K-12 schools. School districts post reports about how they meet these requirements via the Florida Required Instruction Portal, a database that is open to the public. School districts report a number of strategies and resources they use to provide health education. Navigate360 is consistently a theme found among the health education implementation reports.”

— Tamara Gibson-Alonso,
Ed.D, MPH
Health Education Coordinator
for the Florida Department of
Education (Fmr.), Instructor,
Brooks College of Health

Florida Resiliency Standards Alignment

Kindergarten

(Covered in Character Ed program)

Note: Student lessons for K-5 can be found in our Character Education for Florida program. Lessons for students in grades 6-12 can be found in our Resiliency Education program.

Domain	Standard	Lesson(s)
Character	HE.K.R.1.1 Define and give examples of kindness and caring.	Caring Reactions
	HE.K.R.1.2 Demonstrate the ability to take turns and share with others.	Frustration on the Playground
	HE.K.R.1.3 Describe ways to show respect to others.	Game of Respect
	HE.K.R.1.4 Identify the difference between the truth and a lie.	I Can Be Honest!
Personal Responsibility	HE.K.R.2.1 Identify healthy choices that affect personal wellness.	The Choice Is Right
	HE.K.R.2.2 Demonstrate the ability to follow rules and directions.	Consequences and Rules
	HE.K.R.2.3 Discuss the value of goal setting.	What Are Goals?
	HE.K.R.2.4 Identify and recognize basic feelings. Clarification: Sad, mad, happy, excited, worried.	Lee Learns About Feelings; How Do I Feel?
	HE.K.R.2.5 Identify personal strengths and actions individuals can do independently. Clarification: Empathy, listening, sharing, adapting, showing courage, leadership.	What Are My Strengths?
Critical Thinking and Problem Solving	HE.K.R.4.1 Identify when help is needed and who to ask for help.	We Need Boundaries!
	HE.K.R.4.2 Identify the importance of sharing thoughts and ideas to solve problems.	Teamwork: Sharing Ideas
	HE.K.R.4.3 Discuss ways to work together to solve problems.	A Problem in the Woods
Mentorship and Citizenship	HE.K.R.3.1 Identify the roles and responsibilities of trusted adults. Clarification: Trusted adults could be parents, teachers, police officers, school counselors, grandparents.	Helper Habitat
	HE.K.R.3.2 Identify characteristics of a good citizen in school and the community.	Expected Behavior

Grade 1

(Covered in Character Ed program)

Domain	Standard	Lesson(s)
Character	HE.1.R.1.1 Discuss ways to respect personal property and personal space of others.	Your Personal Space Suit
	HE.1.R.1.2 Describe the traits of a good friend.	Friendship Soup
	HE.1.R.1.3 Identify the benefits of sharing and cooperation.	Waiting Your Turn
	HE.1.R.1.4 Define and give examples of honesty.	What Does It Mean to Be Honest?
	HE.1.R.1.5 Identify strategies to overcome a challenge.	Be Positive
Personal Responsibility	HE.1.R.2.1 Identify my role and responsibilities in the school, community, and family. Clarification: Following directions, rules, and procedures.	Being Organized
	HE.1.R.2.2 Establish a short-term goal as a class and take action toward achieving the goal.	Big Goals and Small Goals
	HE.1.R.2.3 Identify the characteristics of a responsible decision-maker.	Rules Keep Us Safe
	HE.1.R.2.4 Describe how individual actions can affect others.	Atticus Learns About Behavior
	HE.1.R.2.5 Identify strategies to discover and demonstrate personal strengths. Clarification: Sense of pride, working toward intrinsic motivation, experiencing a sense of accomplishment.	What Are My Interests and Hobbies?
	HE.1.R.2.6 Identify healthy ways to express needs and wants.	Safe and Healthy Superheroes
	Critical Thinking and Problem Solving	HE.1.R.4.1 Identify the importance of working together to solve problems.
HE.1.R.4.2 Identify the importance of sharing thoughts and ideas as an individual and as part of a group.		Problem-Solving at the Party
HE.1.R.4.3 Understand that conflict may arise when working together. Clarification: Differing perspectives.		Knowing and Showing Empathy
Mentorship and Citizenship	HE.1.R.3.1 Identify characteristics of a leader in the school community.	What Is an Upstander?
	HE.1.R.3.2 Demonstrate the characteristics of a good citizen in school and the community.	Helping Others

Grade 2

(Covered in Character Ed program)

Domain	Standard	Lesson(s)
Character	HE.2.R.1.1 Define and give examples of kindness and caring.	Showing Kindness to Others; Finding Good Friends
	HE.2.R.1.2 Identify what a conflict is and how disagreements can happen.	Accident Arcade
	HE.2.R.1.3 Explain the importance of being truthful.	Stepping Up to Do the Right Thing
Personal Responsibility	HE.2.R.2.1 Identify ways to make positive contributions to the well-being of the school and the community.	Patriotism
	HE.2.R.2.2 Identify personal goals and strategies to achieve those goals.	Setting Goals; Running Toward Your Goal
	HE.2.R.2.3 Demonstrate healthy ways to express needs, wants, and listening skills. Clarification: Paying attention, eye contact, asking for help.	Active Listening; Frustration: Putting the Pieces Together
	HE.2.R.2.4 Identify personal strengths and areas for improvement.	Strengths & Interests
	HE.2.R.4.1 Identify strategies to work together to solve problems.	Negative and Positive Consequences
Critical Thinking and Problem Solving	HE.2.R.4.2 Identify how disagreements can be settled using conflict resolution skills.	Investigative Sharing
	HE.2.R.3.1 Identify ways to benefit the school and the community. Clarification: Conservation, recycling, being a classroom helper, volunteering.	Be a Helping Hero
	HE.2.R.3.2 Identify characteristics of a community leader.	I Can Do This!

Grade 3

(Covered in Character Ed program)

Domain	Standard	Lesson(s)
Character	HE.3.R.1.1 Identify skills needed when working with others. Clarification: Listening, cooperating, taking turns, compromise.	Qualities of Good Teams
	HE.3.R.1.2 Identify ways to display trustworthiness.	Integrity
	HE.3.R.1.3 Discuss ways to be loyal to friends and family.	More Friends, More Fun!; Empathy and Kindness
Personal Responsibility	HE.3.R.2.1 Categorize resources used to achieve a personal goal.	Priorities and Prioritizing
	HE.3.R.2.2 Identify ways in which my decisions affect others.	Resolving Challenges in Teamwork
	HE.3.R.2.3 Describe positive ways to deal with failure and learn from challenges.	Character Strengths and Confidence
	HE.3.R.2.4 Discuss how skills can be improved through hard work and perseverance.	Executive Functioning
Critical Thinking and Problem Solving	HE.3.R.4.1 Explain the importance of always taking ownership for personal actions.	Values in Friendship
	HE.3.R.4.2 Identify different solutions and potential outcomes when problems arise.	Problem-Solving Party
Mentorship and Citizenship	HE.3.R.3.1 Identify leadership opportunities within the school and the community.	Being a Good Neighbor
	HE.3.R.3.2 Identify opportunities to volunteer or serve others in the school or community	Stand Up to Bullying

Grade 4

(Covered in Character Ed program)

Domain	Standard	Lesson(s)
Character	HE.4.R.1.1 Consider the perspectives of others.	Perspective
	HE.4.R.1.2 Identify the benefits of treating others with respect.	I Deserve Respect; Respecting Different Points of View with Empathy & Compassion
	HE.4.R.1.3 Predict the potential outcomes of repeating and/or sharing information that is not true.	Think It or Speak It?
	HE.4.R.1.4 Identify strategies to help persevere in difficult situations.	Overcoming Procrastination
Personal Responsibility	HE.4.R.2.1 Discuss ways to take responsibility for one's actions.	Actions Lead to Consequences
	HE.4.R.2.2 Identify the value of making healthy choices for personal well-being.	Personal Space in Outer Space
	HE.4.R.2.3 Create a personal goal and track progress toward achievement.	SMART Steps for Reaching Our Goals
Critical Thinking and Problem Solving	HE.4.R.4.1 Describe how perseverance may help overcome obstacles.	Oh No! Roadblock
	HE.4.R.4.2 Describe strategies to resolve conflicts. Clarification: Compromise, agree-to-disagree, civil discourse.	Conflict Resolution Strategies
Mentorship and Citizenship	HE.4.R.3.1 Identify opportunities to actively participate as a responsible citizen in the school and the local community.	Community Helper
	HE.4.R.3.2 Model serving or helping others in the school or community.	Exclusion and Bullying

Grade 5

(Covered in Character Ed program)

Domain	Standard	Lesson(s)
Character	HE.5.R.1.1 Discuss how to work together to achieve a positive outcome.	Positive Influencer
	HE.5.R.1.2 Identify how to communicate effectively within a group.	Keys to Conflict Resolution
	HE.5.R.1.3 Describe the importance of considering the perspective of others when communicating.	Be Bold, Be Kind
	HE.5.R.1.4 Discuss ways that honesty and trustworthiness can lead to school and career success.	Integrity
Personal Responsibility	HE.5.R.2.1 Describe the importance of having the courage to do the right thing even when it is difficult.	Be an Upstander Superhero
	HE.5.R.2.2 Discuss how responsible decisionmaking affects personal well-being.	Coping Skills
	HE.5.R.2.3 Select reliable resources that would assist in achieving a personal goal.	Strengthen Your Self-Discipline
	HE.5.R.2.4 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal practice.	Getting SMART with Our Goals
	HE.5.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.	Identify Your Strengths and Limitations
	HE.5.R.2.6 Demonstrate how to positively respond to external influences. Clarification: Social media, television, music, peers.	Do the Right Thing
Critical Thinking and Problem Solving	HE.5.R.4.1 Apply organizational strategies that support completing multiple tasks efficiently.	Prioritizing and Procrastinating
	HE.5.R.4.2 Identify successful strategies for adjusting to change and setbacks. Clarification: Coping, grit, new learning.	Overcoming Obstacles
	HE.5.R.4.3 Compare conflict resolution methods to identify potential solutions. Clarification: Negotiation, give and take, analyze pros and cons.	Creative Problem-Solving
Mentorship and Citizenship	HE.5.R.3.1 Identify leadership skills that encourage and empower others.	Collaborating with Others
	HE.5.R.3.2 Identify ways to participate in decision-making in the school or community.	Being Part of the Community

Grade 6-8

(Covered in Resiliency Ed program)

Domain	Standard	Lesson(s)
Character	HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.	Empathy and Compassion (6); Empathy Goggles (7); Walking in Someone Else's Shoes (8); Emotion Data (8)
	HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.	Be Bold, Be Kind (6); How Can You Show Honesty and Integrity? (6); Integrity: When No One's Looking (7); Integrity When It's Not Easy (8)
	HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions.	Apologies and Repairing Relationships (6); Making Things Right (8)
Personal Responsibility	HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions.	Do the Right Thing (6); The Decision Machine (7); Gratitude: It's an Intentional Thing (7); The Language of Emotions (7); Greta's Gratitude Challenges (8); Taking Accountability (8)
	HE.68.R.2.2 Demonstrate responsible decisionmaking that considers multiple perspectives.	The Problem-Solving Spiral (6); Mapping Consequences (8); Experience and Perspective (8)
	HE.68.R.2.3 Describe the importance of following school and community laws and rules.	What Would You Do? (8)
	HE.68.R.2.4 Monitor progress toward attaining a personal goal.	Motivation and SMART Goals (7)
	HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.	Organizational Skills (6); Flexible thinking (7); Prioritizing (7); Managing Our Time (8); Stepping Outside Your Comfort Zone (8)
	HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities.	Organizational Skills (6); Flexible Thinking (7); Prioritizing (7); Managing Our Time (8); Stepping Outside Your Comfort Zone (8)
	HE.68.R.2.5 Explain how attitudes and thoughts can influence your behavior and affect others.	Coping Skills (6); Positive Self-Talk in Challenging Situations (6); Your Control Zone (6); My Value: Recognizing & Valuing Your Strengths (7)
	HE.68.R.2.7 Identify how continuous learning leads to personal growth.	Executive Functioning (6); Growth Mindset (7); Self-Talking Our Way to a Growth Mindset (8)
	HE.68.R.2.8 Identify strategies to manage challenges and setbacks.	Overcoming Obstacles (6); Facing Challenges with an Open Mind (7); Mini-Vacation from Stress (7); Using My Skills to Improve (8)
HE.68.R.2.9 Identify healthy responses to negative peer pressure.	Acting on Impulse (7); Being an Upstander (8)	

Critical Thinking and Problem Solving	HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others.	SHIELDS Strategy (6, 7, 8)
	HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	Conflict Resolution and Compromise (6); Debating Respectfully (7); Conflict Resolution with Mediation (8)
	HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group.	Creative Solutions to Community Needs (6)
	HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem.	Perseverance in the Face of Consequences (6)
Mentorship and Citizenship	HE.68.R.3.1 Discuss ways a leader can build the trust of individuals and groups.	Effective Leadership (7)
	HE.68.R.3.2 Explain and develop ways to apply leadership skills in the school and the community.	Contributing to the Community (6)
	HE.68.R.3.3 Identify the importance of volunteerism in positively affecting the community and nation.	Benefits of Volunteering (7, 8)
	HE.68.R.3.4 Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions.	School Pride: Contributing to the Common Good at School (6)

Grade 9-12

(Covered in Resiliency Ed program)

Domain	Standard	Lesson(s)
Character	HE.912.R.1.1 Demonstrate effective and respectful communication skills and strategies. Clarification: Differing opinions.	Honesty and Integrity (9); Communicating Respectfully on Social Media (10); Being Honest with Yourself (10); Avoiding Social Media Mishaps (10); Maintaining Academic Integrity (11); Understanding Delayed Gratification (11); Developing Integrity (12)
	HE.912.R.1.2 Demonstrate empathy in a variety of contexts and situations. Clarification: Identifying others' feelings, perspectives, circumstances, experiences, and active listening.	Perspective in a Virtual Environment (9); What Role Does Gratitude Play in My Relationships? (9); Using Perspective to Build Empathy (10); Spreading Gratitude (10); Putting Kindness into Action (12); Impact of Gratitude (12)
	HE.912.R.1.3 Adjust behavior to respect the needs of others.	Thoughts, Emotions, and Behaviors (9); The Cycle of Thoughts, Feelings, and Actions (10); What Will I Do with These Emotions? (11)
Personal Responsibility	HE.912.R.2.1 Describe the importance of leadership skills in the school and the community.	Giving Back (9); What Would You Do? (9); Leadership Skills (10)
	HE.912.R.2.2 Analyze different perspectives to inform responsible decision-making.	Advanced Problem-Solving (9); C&C: Choices and Consequences (11); Believe and Trust in Yourself (12)
	HE.912.R.2.3 Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.	Setting Up for a SMART Start to Adulthood (12); What's Next? My Plan for After High School (12)
	HE.912.R.2.4 Implement strategies and monitor progress in achieving a personal goal.	Making the Most of Your Time (9); What is Executive Functioning? (9); Meeting My Personal and Academic Goals (10); Goals for the Long-Term (11); Planning and Organizing (12); Procrastination and Being Accountable (12)
	HE.912.R.2.5 Formulate an effective long-term plan to include all dimensions of wellness.	Hernando's Healthy Decisions (10); Harley's Healthy Lifestyle (11); Self-Respect for Young Adults (12)
	HE.912.R.2.6 Analyze how actions and reactions can influence one to respond in different situations. Clarification: Emotions not governing behavior.	Thinking Traps (9); Shifting Gears (10); Why Belief in Yourself Matters (10); Being an Optimist (12); Dmitri is Determined (12)
	HE.912.R.2.7 Evaluate strategies that assist with managing challenges or setbacks Clarification: Time management, setting boundaries, setting realistic goals, self-care.	Manage Your Time, Manage Your Stress (9); Hack Your Stress (10); Dealing with Disappointment and Setbacks (11); Conquering Challenges with Confidence (12); Balance or Burnout (12)
Critical Thinking and Problem Solving	HE.912.R.4.1 Analyze the importance of character and grit to achieve successful outcomes.	Resiliency (10); Growth Mindset (12)

	HE.912.R.4.2 Generate and apply alternative solutions when solving problems or resolving conflicts.	Flexible Thinking for Building Resiliency and Perseverance (9); SHIELDS Strategy (9, 10, 11, 12); Deal or No Deal (9); Avoiding Miscommunication (10); Sydney Self-Advocates (11)
	HE.912.R.4.3 Describe ways to anticipate, avoid or de-escalate conflicts.	Making Judgements (9); Peer Mediation (9); Merim Mediates (10); The Safety Plan (12)
Mentorship and Citizenship	HE.912.R.3.1 Identify benefits of voting, volunteering, mentoring, and seeking leadership positions. Clarification: Student government, clubs, volunteering in the community.	Contributing to the Community (10); Recognizing When Others Need Help (11); School Culture and School Pride (11); VOTE: Doing Your Civic Duty (12)
	HE.912.R.3.2 Analyze ways a leader can inspire confidence and motivate others.	My Dependability Matters (9); What Role Does Gratitude Play in My Relationships (9); Pay it Forward (11); Get Rich (11); Role Models (11); Motivating and Inspiring Others (12)
	HE.912.R.3.3 Analyze situations and demonstrate strategies to engage in respectful debate. Clarification: Group projects, class discussions.	Feats of Feedback (10); Teamwork and Collaboration (11); Collaboration & Cooperation (11)

Florida Mental Health & Prevention Lesson Topics

Grades K-5

TOPIC	DESCRIPTION
Child Trafficking Prevention	Students learn about the differences between safe and unsafe adults. They are taught how to recognize the behaviors that unsafe people use to trick children and ways to keep their minds and bodies safe in tricky situations.
Mental Health Awareness and Assistance	Students learn about taking care of their minds and bodies and build awareness of mental and emotional health. They are taught how to recognize signs of a mental health problem and how to get help when needed.
Online Safety and Social Media	Students learn practices for online safety and how to make healthy choices in the digital world. They are taught steps to take if they come across unsafe or inappropriate behavior or content online.
Substance Abuse Prevention	Students learn what harmful substances are, including medications, drugs, and alcohol, how to recognize them in their environment, and the effects they can have. They are taught the steps to take in various situations involving harmful substances.

Warning: Some lessons may contain content that is sensitive for some students. Please preview content before assigning lessons to students, and provide students with alternative content if a subject is sensitive.

Grades 6-12

TOPIC	DESCRIPTION
Abstinence	Students learn about the benefits of practicing abstinence, including avoiding the risks of teen pregnancy. They are taught effective communication strategies for setting boundaries in their relationships.
Awareness of Resources and the Process for Accessing Treatment	Students learn about the mental health resources available to them and what to expect if they seek help for a mental health issue.
Child Trafficking Prevention	Students learn what human trafficking is and how to recognize warning signs of grooming behaviors and online predatory behaviors to keep themselves safe. Students are provided with steps they can take to seek help for themselves or others if needed.
Dating Violence Prevention	Students learn the characteristics of healthy and unhealthy relationships and explore strategies for maintaining healthy boundaries. They are taught the warning signs of teen dating violence and how to seek help for themselves or others if needed.
Healthy Coping Tools for Teens	Students learn about specific coping tools and strategies they can use to manage stress, develop healthy routines, navigate changes, and support their mental health through difficult times.
Mental Health Awareness and Assistance	Students learn about taking care of their minds and bodies and build awareness of mental and emotional health. They are taught how to recognize signs of a mental health problem and how to get help when needed.

Grades 6-12 (continued)

TOPIC	DESCRIPTION
Online Safety and Social Media	Students learn about safe and responsible internet use and the impacts of social media. They are taught best practices for online communication and how to spot potential dangers.
Stop the Stigma	Students learn about mental health and mental illness and the negative perceptions, myths, and truths surrounding these topics. They are taught about the impact of mental health stigma and ways to discuss mental health to avoid contributing to that stigma.
Substance Abuse Prevention	Students learn about the dangers of substance abuse and the effects of specific substances including prescription and over-the-counter drugs, alcohol, marijuana, opioids, and stimulants. They also explore ways to avoid substances in social situations and how to seek help if needed.
Suicide Prevention	Students learn about the risk factors and warning signs associated with suicide, how they can seek help for themselves or others if needed, and the steps to take in an emergency.

Warning: Some lessons may contain content that is sensitive for some students. Please preview content before assigning lessons to students, and provide students with alternative content if a subject is sensitive.

Florida Mental Health & Prevention Lesson Library

Abstinence	
Grade	Lesson
6	Understanding Abstinence
7	Avoiding Teen Pregnancy
8	Abstinence and Mental Wellness
9	Responsible Decision-Making
10	Living Within Your Boundaries
11	Planning for Your Future
12	The Risks and Realities of Sex
Awareness of Resources and the Process for Accessing Treatment	
Grade	Lesson
6-8	Reaching Out for Support
9-12	You're Not Alone, There's Always Help Available
Child Trafficking Prevention	
Grade	Lesson
K	Tricky People
1	Safe vs. Unsafe People
2	Protecting Yourself in Tricky Situations
3	Trusting Yourself
4	Trusting Yourself About Trusting Others
5	Saying No with Confidence
6	Keeping Yourself Safe
7	What Goes on Behind the Screens
8	Noticing Red Flags
9	Child Labor and Exploitation
10	The Devastating Impact of Human Trafficking
11	Safety Strategies
12	Anti-Human Trafficking Advocacy
Dating Violence Prevention	
Grade	Lesson
7	Healthy Relationships 101
8	Relationships: Healthy vs. Unhealthy
9	Healthy vs. Unhealthy Dating Boundaries
10	When Love Hurts
11	Relationship Red Flags and Dating Safety
12	Influencing Healthy Boundaries

Healthy Coping Tools for Teens

Grade	Lesson
6	My Coping Tool Kit
7	Managing Stress with Self-Care Breaks
8	Crisis Planning: Finding Calm in the Chaos
9	Coping Skills 101
10	Building Routines for Success
11	Break Free from the Stress Cycle
12	Navigating Change: Coping with Confidence

Mental Health Awareness and Assistance

Grade	Lesson
K	Everyone Has Emotions
1	Feelings Are Important
2	Getting to Know Your Emotions
3	Emotions Give Us Information
4	Painting a Picture of Overall Health
5	Take Care of Your Brain
6	What Is Mental Wellness?
7	Mental Wellness Routines
8	Self-Esteem and Mental Wellness
9	Communication and Mental Wellness
10	Mental Health Literacy
11	Mental Health Advocacy
12	Mental Wellness for Life

Online Safety and Social Media

Grade	Lesson
K	Safe Screen Time
1	Cybercity Playground
2	Cybercity International
3	Steering Clear of Inappropriate and Unsafe Content
4	Playing It Safe with Online Communication
5	Expressing Yourself Mindfully
6	Staying Safe on Social Media
7	Being Responsible on Social Media
8	Effects of Social Media
9	Predatory Online Behavior
10	Misinformation
11	Staying True to Yourself on Social Media
12	Online Dating Safety

Stop the Stigma

Grade	Lesson
6	What's the Big Deal with Mental Wellness?
7	Words Matter
8	Mental Illness Perceptions
9	Let's Talk About Mental Wellness
10	The Many Faces of Mental Illness
11	No Shame, No Stigma
12	Empathy Matters

Substance Abuse Prevention

Grade	Lessons
K	Staying Away from Substances
1	What Are Substances?
2	Making Safe Choices
3	Being Safe with Substances
4	Making Healthy Decisions
5	Safe Choices, Healthy Life

Substance Abuse Prevention (continued)

6	The Dangers of Substances
7	Refusal Strategies; Drug-Free Advocacy and Support
8	The Myths and Truths of Substance Use; Influences on Substance Use
9	Vaping and Tobacco Use; Alcohol and Adolescence
10	Cannabis: Fact and Fiction; Alcohol Misuse
11	Understanding Prescription Drugs; Nicotine, Tobacco, and Vaping in the Media
12	Resiliency Strategies and Support; Prevention and Advocacy

Suicide Prevention

Grade	Lesson
6	You Are Not Alone
7	Know the Signs
8	The Myths and Truths of Suicide
9	Preventing Tragedy
10	Crisis to Confidence
11	Your Life Matters
12	Hope and Help



Navigate360 Is Here to Support Your Students

Contact Navigate360 at
330-661-0106 to learn more
about our Florida solutions.

Our curriculum assures that Florida's students will receive the tools they need to respond to challenges they will inevitably face, not only as students, but also as adults.

As a veteran partner to Florida schools, Navigate360 has curriculum to meet Florida's needs and help empower students. For 20 years, Navigate360 has been the most widely chosen holistic safety and wellness partner in the United States. Discover how you can use Navigate360's suite of products to help you stay compliant with Florida's education standards.