Partners

Mental Health Services

Classroom Instruction

- Opportunities !
- Connect to all learning
- Reduce/eliminate stigma

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Health Education and Mental Health

Knowledge

- Essential concepts

Skills

- Analyzing Influences
- Accessing Valid Information
- Interpersonal Communication
- Decision Making
- Goal Setting
- Practicing Health-Enhancing Behaviors
- Health Promotion

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Family

School

Community



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Content Standards

Kindergarten

- Encourage others when they engage in safe and healthy behaviors.
- Describe characteristics that make each individual unique.
- Identify ways family and friends help promote well-being.

Grade 2

- Describe the characteristics of a trusted friend and adult.
- Object appropriately to teasing of peers that is based on personal characteristics.
- Identify and demonstrate ways to express needs and wants appropriately.

Grade 3

- Describe internal and external factors that affect friendships and family relationships.
- Evaluate situations in which a trusted adult should be asked for help.
- Evaluate effective strategies to cope with fear, stress, anger, loss, and grief in oneself and others.

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Content Standards

Grade 6

- Describe the importance of being aware of one's emotions.
- Practice asking for help with mental, emotional, or social health problems from trusted adults.
- Make a plan to prevent and manage stress.

Grades 7-8

- Analyze the importance of setting personal boundaries for privacy, safety, and expressions of emotions and opinions.
- Describe signs of depression, potential suicide, and other self-destructive behaviors.
- Analyze internal and external influences on mental, emotional, and social health.

Grades 9-12

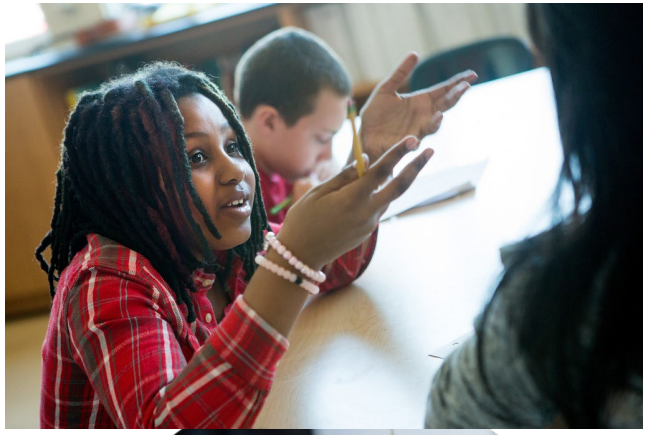
- Describe how social environments affect health and well-being.
- Analyze the internal and external issues related to seeking mental health assistance.
- Monitor personal stressors and assess techniques for managing them.
- Promote a positive and respectful environment at school and in the community.

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Introduction

- Senate Bill 224 requires all school districts that offer health classes to include mental health as part of the curriculum.
- The California Department of Education has until Jan. 1, 2023, to incorporate mental health into the state standards, and districts have until Jan. 1, 2024, to begin teaching the new material.







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