

Dear Kindergarten Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

The purpose of this comprehensive prevention curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience. We want our students to do more than survive – we want them to thrive!

Kindergarten Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: My Internal Alarm

Lesson 3: My Good Choices

Lesson 4: Making the "No" Choice

Lesson 5: To Tell or Not to Tell

Lesson 6: My Choices Matter

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.Ffcmh.org

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Dear 1st Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

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1st Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

- | | |
|--------------------------------------|---|
| Lesson 1: My Go-To People | Lesson 4: Sometimes You Should Say "No!" |
| Lesson 2: Was That My Alarm? | Lesson 5: Tattling or Informing? |
| Lesson 3: The Choice Is Yours | Lesson 6: Be a Buddy, Not a Bully! |

Helplines and Resources:

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SUBSTANCE ABUSE

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ABUSE

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MENTAL HEALTH

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Dear 2nd Grade Parents,

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2nd Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 5: Life's Roller Coaster

Lesson 2: Sound the Alarm

Lesson 6: My Choices Make a Difference

Lesson 3: My Healthy Choices

Lesson 7: Positive Me

Lesson 4: Positive Coping Skills

Helplines and Resources:

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SUBSTANCE ABUSE

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ABUSE

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Dear 3rd Grade Parents,

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3rd Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

- | | |
|---------------------------------------|---|
| Lesson 1: My Go-To People | Lesson 5: My Bad Day |
| Lesson 2: My Internal Alarm | Lesson 6: My Choices Affect Others |
| Lesson 3: Healthy Choices Help | Lesson 7: My Self-Worth |
| Lesson 4: My Coping Skills | |

Helplines and Resources:

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- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>
- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SUBSTANCE ABUSE

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- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
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ABUSE (Cont.)

MENTAL HEALTH

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Dear 4th Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

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4th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: My Body Safety Rules

Lesson 3: My Life Events/My Control

Lesson 4: Healthy vs. Unhealthy Coping

Lesson 5: I Choose

Lesson 6: My Character Strengths

Lesson 7: My Voice

Helplines and Resources:

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BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>
- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinlaw.org/for-parents/>

ABUSE (Cont.)

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
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Dear 5th Grade Parents.

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5th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: Keeping My Body Safe

Lesson 3: Coping with Life Events

Lesson 4: Can I Make Tough Decisions?

Lesson 5: What Are My Strengths?

Lesson 6: Using My Voice

Lesson 7: Cyber-Trouble

Helplines and Resources:

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BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>
- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
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Dear 6th Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

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6th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 2: Keeping Safe!

Lesson 3: My Life Events and Coping Skills

Lesson 4: Decisions, Decisions

Lesson 5: How Does My Character Look?

Lesson 6: My Voice, My Actions

Lesson 7: Out in Cyberspace

Helplines and Resources:

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BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>
- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
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ABUSE (Cont.)

MENTAL HEALTH

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Dear 7th Grade Parents,

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7th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Grade 7	Bullying	Lesson 1	Understanding Bullying
		Lesson 2	Your Digital Footprint
		Lesson 3	Witness
	Abuse	Lesson 1	Understanding Abuse
		Lesson 2	Coping with Abuse
		Lesson 3	Healthy Relationships
	Substance Use	Lesson 1	Refusal Skills
		Lesson 2	Harmful Effects of Use and Abuse
		Lesson 3	Dependency & Getting Help
	Self-Harm & Suicide	Lesson 1	Health Includes Mental Health
		Lesson 2	Self-Harm & Healthier Coping Strategies
		Lesson 3	Suicide - The Irreversible Act

Helplines and Resources:

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BULLYING

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SUBSTANCE ABUSE

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ABUSE (Cont.)

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- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health, www.fcfmh.org
- Kids Health from Nemours: Screen Time and Social Media Parenting Tips <https://kidshealth.org/en/parents/screentime-teens.html>

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8th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Grade 8	Bullying	Lesson 1	Recognizing Bullying
		Lesson 2	Cyberbullying: The New Bathroom Wall
		Lesson 3	Training Your Brain to Be Compassionate
	Abuse	Lesson 1	Types of Abuse
		Lesson 2	Varied Effects of Abuse
		Lesson 3	Creating Healthy Relationships
	Substance Use	Lesson 1	Peer Pressure
		Lesson 2	Spotlight: Alcohol & Vaping
		Lesson 3	Addiction
	Self-Harm & Suicide	Lesson 1	Mental Health: How We Think, Feel, & Act
		Lesson 2	Nonspecific Self-Injury
		Lesson 3	Suicide: The Permanent Decision

Helplines and Resources:

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BULLYING

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SUBSTANCE ABUSE

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ABUSE

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- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

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9th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Grade 9	Bullying	Lesson 1	Conflict, Bullying & Harassment
		Lesson 2	Cyber-Image
		Lesson 3	Diffuse and Get Help
	Abuse	Lesson 1	Know the Facts
		Lesson 2	Recognizing Abuse
		Lesson 3	Love Is Respect
	Substance Use	Lesson 1	Reasons to Refuse
		Lesson 2	Harmful Effects of Alcohol & THC
		Lesson 3	When Drugs Take Control
	Self-Harm & Suicide	Lesson 1	Stress, Anxiety & Depression
		Lesson 2	Self-Harm
		Lesson 3	The Permanent Decision - Suicide

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.Ffcmh.org
- Kids Health from Nemours: Screen Time and Social Media Parenting Tips <https://kidshealth.org/en/parents/screentime-teens.html>

IMPORTANT NOTE: We are excited to bring PATH to all our students. If you choose to have your student sit out of these lessons, please contact the school in writing that you prefer to opt out. As a parent or guardian, you may want to keep the attached helplines and resources for reference if ever needed for your student or yourself.

Dear 10th Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and our communication is key. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

The purpose of this comprehensive prevention curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, maintain perspective, employ positive coping skills and model resilience. We want our students to do more than survive – we want them to thrive!

10th Grade Curriculum Contents:

Grade 10	Bullying	Lesson 1	Effects of Bullying on Self-Image
		Lesson 2	Cyberbullying: Wait - What?
		Lesson 3	Stand Up, Not On
	Abuse	Lesson 1	Social Implications of Abuse
		Lesson 2	Sharing Abuse Prevention Messages
		Lesson 3	Relationship Boundaries & Expectations
	Substance Use	Lesson 1	High Pressure/Low Pressure Tips for Refusing
		Lesson 2	Spotlight: Marijuana & Prescription Drugs
		Lesson 3	Addiction Is Never Planned
	Self-Harm & Suicide	Lesson 1	Recognizing Stressors & Responses
		Lesson 2	Do No Harm: Self-Harm Awareness
		Lesson 3	Suicide Awareness: Stomp the Stigma

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.fcfmh.org
- Kids Health from Nemours: Screen Time and Social Media Parenting Tips <https://kidshealth.org/en/parents/screentime-teens.html>

IMPORTANT NOTE: We are excited to bring PATH to all our students. If you choose to have your student sit out of these lessons, please contact the school in writing that you prefer to opt out. As a parent or guardian, you may want to keep the attached helplines and resources for reference if ever needed for your student or yourself.

Dear 11th Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and our communication is key. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

The purpose of this comprehensive prevention curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, maintain perspective, employ positive coping skills and model resilience. We want our students to do more than survive – we want them to thrive!

11th Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Grade 11	Bullying	Lesson 1	Conflict & Bullying
		Lesson 2	Social Media Safety
		Lesson 3	No Cape Required
	Abuse	Lesson 1	Understanding Abuse
		Lesson 2	What Can We Control?
		Lesson 3	My Boundaries for Relationships
	Substance Use	Lesson 1	Making a Difference
		Lesson 2	Dangers Specific to Alcohol & Opioids
		Lesson 3	Focus on the Future
	Self-Harm & Suicide	Lesson 1	Managing Stress, Anxiety & Depression
		Lesson 2	Self-Harm Awareness
		Lesson 3	Suicide Awareness

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.Fcmmh.org
- Kids Health from Nemours: Screen Time and Social Media Parenting Tips <https://kidshealth.org/en/parents/screentime-teens.html>

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Dear 12th Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and our communication is key. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

The purpose of this comprehensive prevention curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, maintain perspective, employ positive coping skills and model resilience. We want our students to do more than survive – we want them to thrive!

12th Grade Curriculum Contents:

Grade 12	Bullying	Lesson 1	Bullying: Now, What's That Again?
		Lesson 2	Cyberbullying: Stop. Block. Tell.
		Lesson 3	Gossip Destroys Integrity
	Abuse	Lesson 1	Early Warning Signs of Relationship Abuse
		Lesson 2	Effects of Abuse into Adulthood
		Lesson 3	Relationship Goals
	Substance Use	Lesson 1	Refusal: Set Yourself Apart
		Lesson 2	Choice...Consequence
		Lesson 3	Addiction - Make a Change
	Self-Harm & Suicide	Lesson 1	Mental Health & Stress Management
		Lesson 2	From Self Injury to Positive Coping Skills
		Lesson 3	Suicide: Prevention for a Path to Success

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.fcfmh.org
- Kids Health from Nemours: Screen Time and Social Media Parenting Tips <https://kidshealth.org/en/parents/screentime-teens.html>

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