

Substance Use and Abuse Health Education Implementation Plan



State Board of Education Rule:	6A-1.094122 Substance Use and Abuse Health Education
Name of the School District	Walton County School District
Superintendent of the School District	A. Russell Hughes
Implementation Period: (MM/YY – MM/YY)	08/19 - 05/20
Submission Date to the Commissioner	12/1/2019
Direct URL to the Implementation Plan as posted on the school district website	https://walton.k12.fl.us/
School District Contact(s) for this Plan <i>(name and email address)</i>	Crystal Appel appelc@walton.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"/> Computer Education <input type="checkbox"/> Dance <input type="checkbox"/> Drama – Theatre Arts <input checked="" type="checkbox"/> English/Language Arts	<input type="checkbox"/> Experimental Education <input checked="" type="checkbox"/> Health Education <input type="checkbox"/> Library Media <input type="checkbox"/> Mathematics <input type="checkbox"/> Music Education	<input type="checkbox"/> Peer Counseling <input checked="" type="checkbox"/> Physical Education <input checked="" type="checkbox"/> Research/Critical Thinking <input type="checkbox"/> Science <input checked="" type="checkbox"/> Social Studies	<input type="checkbox"/> World Languages <input checked="" type="checkbox"/> Other
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 checked="" type="checkbox"/> School Counselor <input type="checkbox"/> School Psychologist <input type="checkbox"/> Other			
<u>Please explain the rationale for delivering the instruction in the courses selected above for each grade level.</u>			
<p>Grades K-12: Walton County School District will annually provide instruction to students in grades K-12 related to youth substance use and abuse health education. Using the health education standards adopted in Rule 6A-1.09401, the instruction for substance use and abuse education will advance each year through developmentally appropriate instruction and skill building. These standards will be implemented in the selected courses above to ensure instruction is delivered to all students. Course(s) for delivery will be determined by each site.</p>			
<u>Please describe the methods for delivering the instruction for each grade level.</u>			
<p>Grades K-12: Instruction will be delivered in whole group lecture, groups and individually. Instructors will utilize district selected programs for instruction with facilitated discussions and lessons.</p>			
<u>Please describe the materials and resources that will be utilized to deliver the instruction for each grade level.</u>			
<p>Grades K-12: <i>The Red Ribbon Week Campaign</i> (Grades K-12), Walton County’s <i>Chautauqua Healthcare Services’ Students Taking Active Responsibility (STAR) program</i> (Grades 6-8) and <i>Ripple Effects</i> (Grades 9-12) resources. These student programs can be used directly in regular academic classrooms, where specific lessons and learning activities can be matched to national and state Language Arts, Social Studies, Service Learning, and Health Education standards.</p>			

Students Taking Active Responsibility

The STAR program positively affects the substance abuse problems in Walton County by striving to prevent the initiation of smoking cigarettes, reduce the use of alcohol and heavy drinking, reduce multiple drug use, reduce both short-term and long-term substance abuse, and decrease the use of inhalants, narcotics, and hallucinogens by providing students with the necessary skills to resist social (peer) pressure to use drugs, to develop greater self-esteem, self-mastery, and self-confidence, to cope with social anxiety, to increase their knowledge of the consequences of substance abuse, and to make them cognitively and behaviorally competent to avoid high risk behaviors. STAR is a preventative program and is designed to reach children BEFORE they are engaged in substance.

The topics covered during STAR classes including the following:

- drug and alcohol education
- making wise choices
- taking responsibility for actions
- decision-making
- conflict resolution
- violence prevention
- peer pressure
- self-esteem
- communication skills
- healthy lifestyles

Students in grades 6-8 attend STAR classes at scheduled intervals throughout the school year at designated Walton County School sites.