

path Prevention
& Awareness
for Total Health

8th Grade

Comprehensive Prevention & SEL Lessons





PATH Curriculum Guide

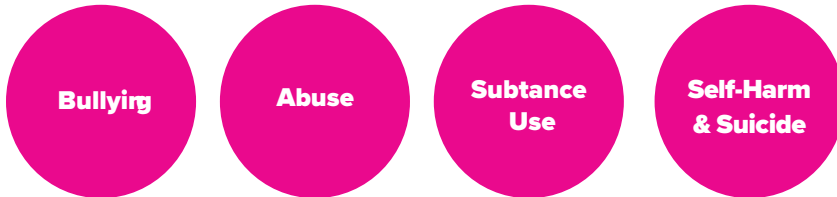
Curriculum Purpose:

The Prevention & Awareness for Total Health (PATH) curriculum provides a comprehensive approach to teaching students concepts related to social, emotional, and behavioral health. The curriculum is centered around four mandated prevention topics and embeds 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!

Curriculum Components:

Prevention Areas

Our path to success includes learning to...



Social Emotional Learning Skills

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

Stay Safe – protecting yourself and others

Understand the Big Issues – identifying the actions to take for seeking help

Communicate Respect & Kindness – choosing your words and actions with care

Cope with Life’s Issues – using your coping skills to deal with life’s challenges

Encourage Others – caring for other people just as you care for yourself

Show Courage – standing up for what is right, even when it is hard to do

Stay Positive – loving yourself and having a daily positive outlook on life

Curriculum Structure & Recommendations:

Facilitators are encouraged to provide the same lessons on scheduled dates to create school-wide consistency for the program. The most efficient medium for accessing the lesson is for each facilitator to have digital access to the lesson as well as a projector for displaying slides during the lesson delivery. First, download each lesson from the portal. Second, all provided linked materials will download as PDFs. When viewing PDFs select “single page” or “full screen view” to show slides for presentation. Facilitators have access to the lesson guide that includes objectives, essential question, materials list, presentation slides, handouts, and parent letters. Each lesson guide may be printed for facilitator’s ease of delivery to allow for simultaneous displaying of slide and digital materials while reading the scripted talking points during visual display. The 30-minute lesson is divided into optimal timed sections to complete the lesson in the allotted time.

8th Grade Lesson Titles and Sequence:

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	There Is A Better Way!
		Lesson 3	Suicide: The Permanent Decision

Communicating with Parents: [Download Introduction Letters](#)

As schools and families work together for the betterment of the whole child, communication is key. The embedded parent letters allow for electronic or printed distribution. Two types of parent letters are included for your choice: first, the introductory letter overviews the entire curriculum and has an “opt out” notice for parents who prefer their children not participate; second, the unit-by-unit parent letter, located at the end of the lesson one with each unit, includes a lesson content summary, helpful parent tips, and valuable resource links. Depending on your school’s preference and parental involvement, administration may choose to send only the introduction letter, only the four unit-by-unit letters, or all five of the letters.

Dear 8th 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!

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	There Is A Better Way!
		Lesson 3	Suicide: The Permanent Decision

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.erinlaw.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.Fcmh.org

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.

Estimados Padres de 8th Grado:

Debido a que nuestra escuela está comprometida con el bienestar de sus hijos, utilizaremos el plan de estudios de Prevención y Conciencia para la Salud Total (PATH), que es un enfoque a nivel escolar para abordar temas obligatorios y fortalecer la educación del carácter. Creemos que las escuelas y las familias deben trabajar juntas para el mejoramiento de todo el niño, y la comunicación es clave. Nos complace compartir esta información con usted mientras usamos PATH para capacitar a los estudiantes a tomar decisiones que protegerán su seguridad y crearán salud física y mental de por vida.

El propósito de este currículum integral de prevención es concentrarse en áreas críticas de prevención y expandirse en habilidades para la vida y rasgos de carácter adicionales. Deseamos que nuestros estudiantes estén bien equipados con habilidades para toda la vida que los ayuden a combatir los desafíos, proteger la salud física y la seguridad, fomentar la bondad, mejorar las relaciones, promover el bienestar mental, mantener la perspectiva, emplear habilidades de afrontamiento positivas y modelar la resiliencia. Queremos que nuestros estudiantes hagan más que solo sobrevivir: ¡queremos que prosperen!!

Octava grado Contenidos en el plan de estudios:

Durante todo el año, su hijo/a participará en las siguientes lecciones:

Grado 8	Intimidación	Lesson 1	Reconocer el Bullying
		Lesson 2	Cyberbullying: La pared del baño nuevo
		Lesson 3	Entrenando tu cerebro para ser compasivo
	abuso	Lesson 1	Tipos de abuso
		Lesson 2	Efectos variados del abuso
		Lesson 3	Creando relaciones saludables
	Autolesión y suicidio	Lesson 1	Presión de grupo
		Lesson 2	Foco: Alcohol y Vaping
		Lesson 3	Adicción
	Self-Harm & Suicide	Lesson 1	Salud mental: cómo pensamos, sentimos y actuamos
		Lesson 2	Hay una mejor manera!
		Lesson 3	Suicidio: la decisión permanente

Ayuda y recursos:

Recomendamos los enlaces a continuación para brindar apoyo para criar a los niños en un mundo cambiante y desafiante.

BULLYING

- Detener el bullying <https://www.stopbullying.gov/>
- Señales de advertencia de intimidación <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

ABUSO DE SUSTANCIAS

- Salud de los niños de Nemours <https://kidshealth.org/es/parents>
- Línea de ayuda de referencia de tratamiento SAMHSA 1-800- 662-HELP / Prevención del abuso de sustancias y enfermedades mentales www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSO

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Ley de Erin (información de los padres) <http://www.erinslaw.org/for-parents/ABUSE>

(Cont.)

- Detener ahora para obtener consejos y crear un plan de seguridad familiar <https://stopitnow.org/help-guidance/prevention-tools>
- Haz algo <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SALUD MENTAL

- Línea de vida nacional para la prevención del suicidio 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- Instituto Nacional de Salud Mental <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>
- Federación Nacional de Familias para la Salud Mental de los Niños. www.Fcmh.org

NOTA IMPORTANTE: Estamos entusiasmados de llevar PATH a todos nuestros estudiantes. Si elige que su estudiante se quede fuera de estas lecciones, comuníquese por escrito con la escuela que prefiere optar por no participar. Como padre o tutor, es posible que desee conservar las líneas de ayuda y los recursos adjuntos como referencia si alguna vez es necesario para su estudiante o usted mismo.