



THE SCHOOL DISTRICT OF LEE COUNTY

2855 Colonial Boulevard, Fort Myers, FL 33966

Dear Families,

During the 2019-2020 school year, the State Board of Education passed two rules related to required instruction in health education topics impacting elementary level students. This year, the school district will continue to engage students in this learning using Safer, Smarter Kids, Generation Rx and an additional district-developed Substance Use and Abuse Health Education curriculum. This instruction will provide students with tools to enhance their social-emotional well-being and support our families in the development of the whole child.

Generation Rx is a developmentally-appropriate curriculum that teaches substance use and abuse prevention regarding four basic medication safety principles: only take medicine from individuals that a parent (or guardian) gives permission; do not share medication or take someone else's medication; keep medications in their original containers to avoid confusion with candy or other medicines; and always store medicine in a safe place, such as a locked cabinet or a high shelf that children cannot reach. The district-developed Substance Use and Abuse Health Education curriculum furthers students' health education by differentiating the difference between drugs and medicine, defining alcohol and its affects and tobacco and its affects.

Safer, Smarter Kids is an abuse prevention curriculum that uses developmentally appropriate information to arm children with the tools and language they need to better protect themselves from abuse. This engaging curriculum will empower your child with the tools to help them stay safe in a non-frightening, meaningful way. The *Safer, Smarter Kids* curriculum will teach your child ways he or she can reduce the likelihood of being abused and ways to get help from others if needed. Some of the topics the children will study are: peer pressure, cyber safety, body boundaries, respecting themselves and others, listening to their "Guiding Voice" and using their courage to tell a trusted adult when a situation makes them feel confused or uncomfortable.

Health instruction is key in supporting our families and the whole child. The school district is committed to see our students through their successes and their challenges with an intentional focus on student health and well-being. If you would like to review the *Generation Rx*, *Safer, Smarter Kids* curricula or the topical coverage of the district developed Substance Use and Abuse Health Education curriculum, please visit the district's [Mental Health and Wellness Portal](#).

Thank you,
The School District of Lee County