

1 HOUSE BILL NO. 603
 2 AMENDMENT IN THE NATURE OF A SUBSTITUTE
 3 (Proposed by the House Committee on Education
 4 on _____)
 5 (Patron Prior to Substitute--Delegate Price)

6 A BILL to amend and reenact § 22.1-207 of the Code of Virginia, relating to public schools; health
 7 instruction; certain topics relating to mental health.

8 **Be it enacted by the General Assembly of Virginia:**

9 **1. That § 22.1-207 of the Code of Virginia is amended and reenacted as follows:**

10 **§ 22.1-207. Physical and health education.**

11 Physical and health education shall be emphasized throughout the public school curriculum by
 12 lessons, drills, and physical exercises, and all pupils in the public elementary, middle, and high schools
 13 shall receive as part of the educational program such health instruction and physical training as shall be
 14 prescribed by the Board of Education and approved by the State Board of Health. Such health instruction
 15 shall incorporate standards that recognize the multiple dimensions of health by including mental health
 16 and the relationship of physical and mental health so as to enhance student understanding, attitudes, and
 17 behavior that promote health, well-being, and human dignity. Such health instruction may include an age-
 18 appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is
 19 consistent with curriculum guidelines developed by the Board and approved by the State Board of Health.

20 Such health instruction shall also include the following topics:

- 21 1. General themes of social and emotional learning, including self-awareness, self-management,
- 22 responsible decision making, relationship skills, and social awareness;
- 23 2. Signs and symptoms of common mental health challenges;
- 24 3. Mental health wellness and healthy strategies for coping with stress and negative feelings,
- 25 including conflict resolution skills;

26 4. The importance of and guidance on seeking assistance from an adult or mental health
27 professional, including information on services offered within the school or the local school division;

28 5. The prevalence of mental health challenges and the importance of overcoming common stigmas
29 surrounding such mental health challenges;

30 6. The connection between mental health and substance use disorders; and

31 7. The importance of mental health to the student's overall well-being, including physical health
32 and academic success.

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