An Act To Include Mental Health Education in Maine Schools

Reference to the Committee on Education and Cultural Affairs suggested and ordered printed.

Presented by Senator CARSON of Cumberland.
Be it enacted by the People of the State of Maine as follows:

Sec. 1. 20-A MRSA §4711, as amended by PL 2009, c. 313, §11, is further amended to read:

§4711. Elementary course of study

The basic course of study for the elementary schools must provide for the instruction of all students in career and education development, English language arts, world languages, health education and physical education, mathematics, science and technology, social studies and visual and performing arts, as described in the parameters for essential instruction and graduation requirements subject to the schedule specified in section 6209. Instruction in health education must recognize the multiple dimensions of health by including instruction in mental health and the relationship between physical and mental health in order to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.

Sec. 2. 20-A MRSA §4712, as enacted by PL 2009, c. 313, §12, is amended to read:

§4712. Junior high school or middle school course of study

The basic course of study for the junior high schools or middle schools must provide for the instruction of all students in career and education development, English language arts, health education and physical education, mathematics, science and technology, social studies, visual and performing arts and world languages, as described in the parameters for essential instruction and graduation requirements subject to the schedule specified in section 6209. Instruction in health education must recognize the multiple dimensions of health by including instruction in mental health and the relationship between physical and mental health in order to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.

Sec. 3. 20-A MRSA §4723, first ¶, as enacted by PL 1983, c. 859, Pt. C, §§5 and 7, is amended to read:

The secondary course of study shall include instruction in health, safety and physical education, as prescribed by the commissioner, and physiology and hygiene, with special reference to the effects of alcoholic drinks, stimulants and narcotics upon the human system. Instruction in health, safety and physical education must recognize the multiple dimensions of health by including instruction in mental health and the relationship between physical and mental health in order to enhance student understanding, attitudes and behaviors that promote health, well-being and human dignity.
SUMMARY

This bill requires health education instruction in elementary, middle, junior high and high school to include instruction in mental health and the relationship between physical and mental health.