

# MAINE STATE LEGISLATURE

The following document is provided by the  
**LAW AND LEGISLATIVE DIGITAL LIBRARY**  
at the Maine State Law and Legislative Reference Library  
<http://legislature.maine.gov/lawlib>



Reproduced from electronic originals  
(may include minor formatting differences from printed original)



# 129th MAINE LEGISLATURE

## FIRST REGULAR SESSION-2019

---

Legislative Document

No. 1024

---

S.P. 303

In Senate, February 28, 2019

### An Act To Include Mental Health Education in Maine Schools

---

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

A handwritten signature in black ink, appearing to read 'D M Grant'.

DAREK M. GRANT  
Secretary of the Senate

Presented by Senator CARSON of Cumberland.

1 **Be it enacted by the People of the State of Maine as follows:**

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

4 **§4711. Elementary course of study**

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

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

16 **§4712. Junior high school or middle school course of study**

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

26 **Sec. 3. 20-A MRSA §4723, first ¶**, as enacted by PL 1983, c. 859, Pt. C, §§5 and  
27 7, is amended to read:

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

1

## **SUMMARY**

2

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.

3

4