

, Associated Students, Incorporated (ASI) of California State University, East Bay (CSUEB) is the recognized voice of approximately 16,000 students; and

, it is the mission of the ASI Board of Directors to advocate and provide responsible and effective leadership for a diverse student population in order to make sound decisions for the betterment of CSUEB students; and

The CSUEB ASI Policy

The current California health class curriculums in middle and high schools contain information on substance use, nutrition, exercise, etc. With this new addition to the curriculum, serious mental health conditions will be equally as emphasized in these classes; and

Financial needs should not affect the implementation of this new curriculum as, “No additional funding is available through the bill, but the financial impact is expected to be minimal. The California Department of Education will create the new curriculum, and schools that don’t already offer health classes will not be required to add them.”⁴and

“Health classes are not mandatory in California high schools, but about 60% of districts offer a course that includes lessons on nutrition, exercise, substance abuse, sexual health, injury prevention, healthy relationships and other health-related topics.”⁵be it therefore

CSUEB ASI extends our support for The Pupil Instruction: Mental Health Education Bill as this will allow more middle and high school students to be educated on mental health and how they can support themselves as well as their peers who may be struggling with their mental health; and

CSUEB ASI encourages California middle and high schools to create a consistency within the curriculum and ensure it is updated frequently with any new research that may exist on mental health; and

CSUEB ASI encourages CSUEB and other CSUs to reevaluate their curriculums and incorporate mental health classes as a part of the required learning; and

⁴Carolyn Jones. *New law on mental health curriculum goes into effect with start of the new year*. Retrieved from: <https://edsource.org/2022/new-law-on-mental-health-curriculum-goes-into-effect-with-start-of-the-new-year/665417>

⁵Carolyn Jones. *'Hopefully This Will Change Lives': Mental Health Curriculum Added to California High School Health Classes*. Retrieved from: <https://www.kqed.org/news/11901355/hopefully-this-will-change-lives-mental-health-curriculum-added-to-california-high-school-health-classes>

Approved by: ASI Board of Directors 2021-2022