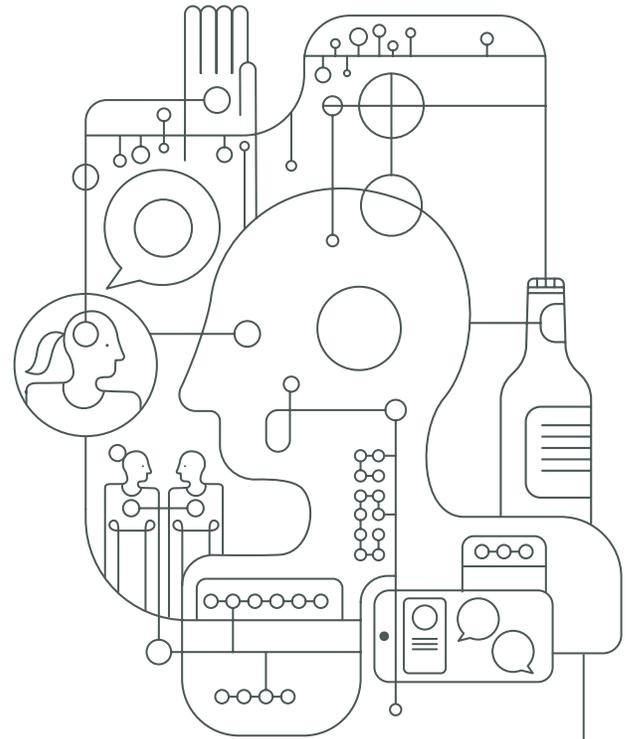


# AlcoholEdu for High School™

## Inspiring Students to Make Safer Choices

Alcohol misuse doesn't just put students at risk; it threatens the ability of schools to achieve their educational objectives. *AlcoholEdu® for High School* takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience.

AlcoholEdu is proven to reduce negative consequences associated with underage drinking. Through this scalable online program, high schools can reach all students with a consistent message and empower them to make safer and healthier decisions about alcohol.



## Key Highlights

### As a teacher, you receive:

- Supplemental, offline activities
- Engaging class discussion guides
- Pre- and post-assessment and survey reports
- Parent/guardian companion online course

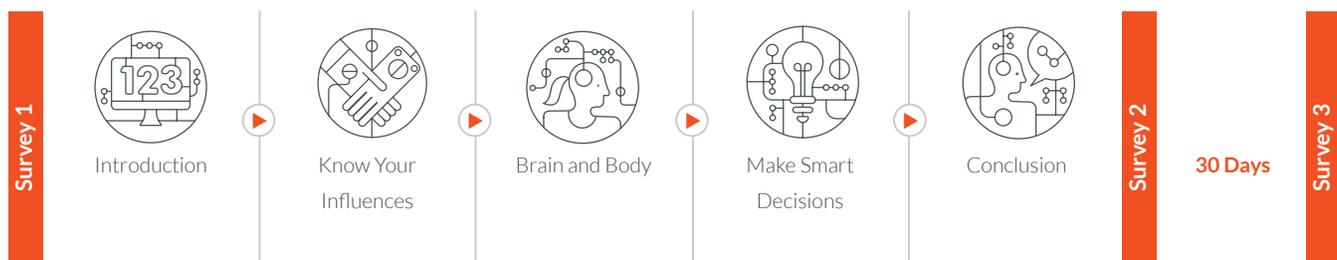
### Your students will receive:

- Interactive lessons that incorporate multiple evidence-based prevention theories
- Access to helpful alcohol-related online resources
- Individual planning tools that allow them to set personal goals

### Course Topics Include:

Peer Pressure  
 Underage Drinking Laws  
 Alcohol and the Brain & Body  
 Bystander Behaviors  
 Values & Goal-Setting  
 Challenging Common Myths  
 Talking to Parents

## Course Flow



# Select Course Modules

## ○ Know Your Influences

There are a lot of myths surrounding teens' use of alcohol. The media often imply that young people are drinking much more than they really are. In this module, students explore how influences such as advertisements and peers can affect their thoughts and behaviors related to alcohol use.

## ○ Brain & Body

Alcohol affects the adolescent brain and body in different ways than those of adults. This module explores blood alcohol concentration (BAC), the factors that influence it, and how to help others who may be experiencing alcohol poisoning.

## ○ Smart Decisions

Making safe choices around drinking can be tough, and it's a choice that many teens will face more than once. Through interactive scenarios and illustrative videos, this module helps students consider factors that may contribute to their decisions, and how to rely on their own values and goals to resist peer pressure.

# EVERFI Course Elements

Pedagogy based on the Universal Design for Learning (UDL) and Teach for Understanding (TFU) frameworks:

- Engaging multi-media content for all types of learners
- Pre, post, and formative assessments for evidence-based learning
- Certificate-based skill development

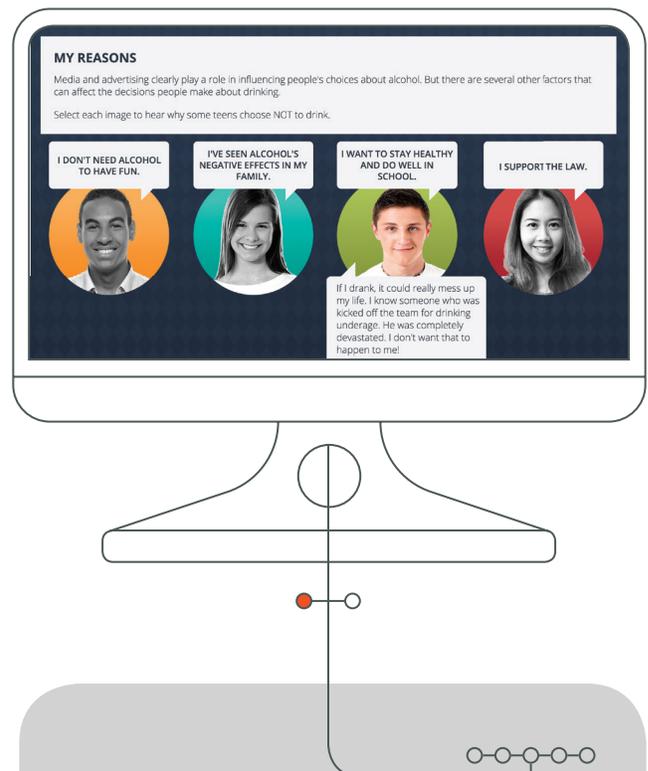
To schedule a demo call  
**(202) 871-9292**

**Recommended Grade Level:** 9-12

**Total Modules:** 5 (20-25 minutes each)

**Total Time:** 2-3 Hours

**Subject Fit:** Health, Physical Education



EVERFI is the leading education technology company that provides learners of all ages education for the real world, through innovative and scalable digital learning.

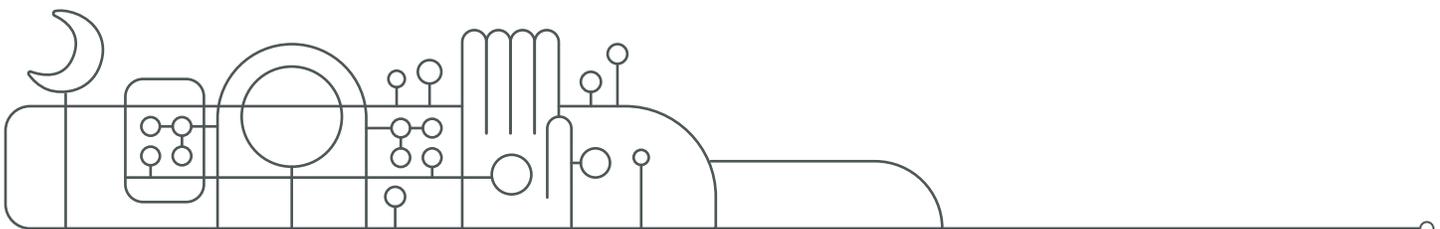
**EVERFI**

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# AlcoholEdu for High School

## Course Outline

Lesson	Description	Learning Objectives	Behavioral Goals
<b>Introduction</b>	In this introduction to the course, students assess their values and goals and investigate common social myths about drinking culture.	<ul style="list-style-type: none"> <li>○ Define a standard drink of beer, wine, and liquor</li> <li>○ Assess personal values and goals</li> <li>○ Challenge common misconceptions about alcohol use</li> <li>○ Understand goals of the course</li> </ul>	Students will demonstrate a positive self-image and apply recognition of common misconceptions to life choices.
<b>Know Your Influences</b>	The media and other external influences play a large role in shaping our perceptions. Through a thoughtful analysis, students learn to recognize and challenge these influences.	<ul style="list-style-type: none"> <li>○ Describe the dangers of drinking from communal sources</li> <li>○ Assess personal background risks for drinking-related problems</li> <li>○ Explain the basic facts concerning BAC, factors that influence it, and the biphasic effect</li> <li>○ Recognize how parts of the brain and body are affected by alcohol use</li> <li>○ List effective strategies to help someone who may have alcohol poisoning</li> </ul>	Students will demonstrate knowledge of the physiological effects of alcohol to keep themselves and others safe.
<b>Smart Decisions</b>	Students explore ways to resist peer module, alcohol consumption can affect relationships with others, including family members. Students end by creating an action plan of concrete steps to take moving forward.	<ul style="list-style-type: none"> <li>○ Analyze internal and external factors that may impact decisions</li> <li>○ Identify positive examples of refusing a drink and resisting peer pressure</li> <li>○ List strategies for staying safe if choosing to drink</li> <li>○ Identify options for handling a situation involving someone who might drive under the influence</li> </ul>	Students will demonstrate strategies to resist peer pressure to drink alcohol.
<b>Smart Decisions</b>	As students learn in this concluding module, alcohol consumption can affect relationships with others, including family members. Students end by creating an action plan of concrete steps to take moving forward.	<ul style="list-style-type: none"> <li>○ Understand the laws surrounding underage drinking</li> <li>○ Explain positive techniques for approaching difficult alcohol-related conversations</li> <li>○ Reassess their personal values and goals</li> <li>○ Create an action plan for future alcohol-related behaviors</li> </ul>	Students will approach important alcohol-related situations and conversations in a legal and responsible manner.



Lesson	Description	Learning Objectives	Behavioral Goals
<b>Conclusion</b>	As students learn in this concluding module, alcohol consumption can affect relationships with others, including family members. Students end by creating an action plan of concrete steps to take moving forward.	<ul style="list-style-type: none"><li>○ Understand the laws surrounding underage drinking</li><li>○ Explain positive techniques for approaching difficult alcohol-related conversations</li><li>○ Reassess their personal values and goals</li><li>○ Create an action plan for future alcohol-related behaviors</li></ul>	Students will approach important alcohol-related situations and conversations in a legal and responsible manner.