




AlcoholEdu FOR HIGH SCHOOL

Curriculum Guide

ALCOHOLEDU FOR HIGH SCHOOL

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

AlcoholEdu for High School helps 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.

In Part 1, the five online modules are designed to scaffold students' understanding of how to address difficult alcohol-related decisions and scenarios. Students learn how to leverage their personal values and goals, resist peer pressure, and step in when they see someone who may be in trouble.

Each module opens with an overview, outlining the importance of the learning activities to come, and an assessment of the students' current knowledge. Students then proceed through interactive instructional activities, designed to provide valuable content while keeping them engaged. Modules end with the debunking of a common myth associated with alcohol. Finally, students' knowledge is reassessed in order for them to demonstrate what they have learned.

After a 30-day intersession, students enter Part 2 of the course to take a third survey.

COURSE FLOW



The online modules are accompanied by robust offline lesson plans and discussion guides to extend the concepts, skills, and strategies learned in the online course.

COURSE OVERVIEW

AlcoholEdu for High School consists of:

- **Modules:** The course consists of 5 online modules, each lasting 20-25 minutes. Students must first complete the Introduction module, but you can assign modules of your choice in any order after that.
- **Assessments:** Each module contains a 5 question pre-assessment and 10 questions post-assessment to measure knowledge gains.
- **Offline Lessons:** You can extend the digital program with robust offline lessons and discussion guides.

DETAILED COURSE OUTLINE

Module 1: Introduction

In this introduction to the course, students assess their values and goals and investigate common social myths about drinking culture.

Behavioral Goal: Students will demonstrate a positive self-image and apply recognition of common misconceptions to life choices.

Learning Objectives:

Students will be able to...

- Define a standard drink of beer, wine, and liquor
- Assess personal values and goals
- Challenge common misconceptions about alcohol use
- Understand goals of the course

Activity Topic	Activity Description
Introduction	Students watch a video about the importance of alcohol-related knowledge and keeping themselves and their friends safe.
Pre-Quiz	Students answer 5 multiple-choice questions.
Standard Drink	Students watch a video on the importance of knowing how to measure a standard drink and learn the alcohol content of wine, beer, and liquor.
My Values	Students reflect on and select their personal values.
My Goals	Students indicate what they'd like to focus on this current year or in

	the rest of high school.
Challenging the Myths	Using real data from <i>AlcoholEdu for High School</i> , students explore statistics to show that their peers aren't engaging in unhealthy behaviors as much as they might think.
Myth vs. Fact	Students explore the truth behind the myth that it's better to start drinking young.
Post-Quiz	Students answer 10 multiple-choice questions and review key learning objectives for what they got wrong.

Module 2: Know Your Influences

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.

Behavioral Goal: Students will reflect upon internal and external influences when faced with an alcohol-related decision.

Learning Objectives:

Students will be able to...

- Explain where common myths about alcohol come from
- Recognize the influence of advertising on people's drinking-related attitudes and behaviors
- Identify reasons to abstain from drinking

Activity Topic	Activity Description
Myth Origins	Students are introduced to the question of where common myths come from.
Pre-Quiz	Students answer 5 multiple-choice questions.
Advertisements	Students view a series of alcohol advertisements and assess the message that they're trying to convey.
Advertisement Messages	Students are provided with tailored feedback about the way the media targets certain people in certain ways.
My Reasons	Students hear some examples of other high school students'

	reasons for not drinking.
Myth vs. Fact	Students explore the truth behind the myth that alcohol helps people relax.
Post-Quiz	Students answer 10 multiple-choice questions and review key learning objectives for what they got wrong.

Module 3: Brain Body

Alcohol affects our brains and bodies in potentially disastrous ways. This module arms students with simple, yet effective, knowledge about BAC.

Behavioral Goal: Students will demonstrate knowledge of the physiological effects of alcohol to keep themselves and others safe.

Learning Objectives:

Students will be able to...

- Describe the dangers of drinking from communal sources
- Assess personal background risks for drinking-related problems
- Explain the basic facts concerning BAC, factors that influence it, and the biphasic effect
- Recognize how parts of the brain and body are affected by alcohol use
- List effective strategies to help someone who may have alcohol poisoning

Activity Topic	Activity Description
Introduction	Students are reminded of the definition of a standard drink and why knowing the facts is important to stay safe.
Pre-Quiz	Students answer 5 multiple-choice questions.
Communal Sources	Students explore the dangers of drinking from communal sources because of unknown contents such as high alcohol levels, mixers, or drugs.
Background Risks	Students learn what factors may influence people's risk for developing alcohol-related problems.
BAC Basics	Students watch a motion graphic introducing the concept of BAC, factors that influence it, and myths about how to lower it.

BAC Influences	Students explore factors that influence a person's BAC, including weight, food, and more.
Biphasic Effect	Students watch a video on the biphasic effect of alcohol and learn why those who choose to drink should stay under a BAC of .04.
BAC Calculator	Students enter information for a time when they or someone they know consumed alcohol, and view that person's resulting BAC. They're able to adjust factors including time, weight, and number of drinks to see how those factors affect BAC.
Risky Behaviors	Students explore 4 behaviors that can increase risk for alcohol-related problems.
Your Brain and Body	Students click into parts of the brain and body to see how they are specifically affected by alcohol.
Alcohol Poisoning	Students learn the basics of alcohol poisoning and its symptoms, then explore positive and negative strategies to help a peer who may have alcohol poisoning.
Myth vs. Fact	Students explore the truth behind the myth that mixing alcohol and prescription drugs is safe.
Post-Quiz	Students answer 10 multiple-choice questions and review key learning objectives for what they got wrong.

Module 4: Smart Decisions

Students explore ways to resist peer pressure by practicing making smart decisions through interactive scenarios.

Behavioral Goal: Students will demonstrate strategies to resist peer pressure to drink alcohol.

Learning Objectives:

Students will be able to...

- Analyze internal and external factors that may impact decisions
- Identify positive examples of refusing a drink and resisting peer pressure
- List strategies for staying safe if choosing to drink
- Identify options for handling a situation involving someone who might drive under the influence

Activity Topic	Activity Description
Introduction	Students are reminded of the values and goals they selected for themselves, and are encouraged to keep these in mind as they learn techniques to resist peer pressure.
Pre-Quiz	Students answer 5 multiple-choice questions.
Your Factors	Students reflect upon what influences them the most – within and outside of their drinking-related decisions.
Peer Pressure	Students read 4 scenarios related to peer pressure, and sort them into categories based on how comfortable they feel with those scenarios.
Factors that Influence Decisions	Students explore 4 factors that tend to influence people's drinking-related decisions.
Refusal Skills	Students watch a series of videos featuring students demonstrating good and bad ways to refuse a drink of alcohol. Each
Peer Pressure Scenario	Students progress through interactive scenarios and choose how to respond. They are given constructive feedback based on their selections.
Protective Strategies	Students watch a video featuring students of legal age explaining strategies to stay safe while drinking.
Drunk/Buzzed Driving	Students are presented with a scenario involving drunk driving, and explore 4 possible options to handle the situation.
Myth vs. Fact	Students explore the truth behind the myth that alcohol isn't as dangerous as other drugs.
Post-Quiz	Students answer 10 multiple-choice questions and review key learning objectives for what they got wrong.

Module 5: Conclusion

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.

Behavioral Goal: Students will approach important alcohol-related situations and conversations in a legal and responsible manner.

Learning Objectives:

Students will be able to...

- Understand the laws surrounding underage drinking
- Explain positive techniques for approaching difficult alcohol-related conversations
- Reassess their personal values and goals
- Create an action plan for future alcohol-related behaviors

Activity Topic	Activity Description
Introduction	Students are encouraged to take what they've learned and think about their actions moving forward.
Pre-Quiz	Students answer 5 multiple-choice questions.
Underage Laws	Students learn about various alcohol-related laws, including
Relationships	Students answer questions about techniques to approach difficult alcohol-related conversations with family members. They are also given information on what to do if a parent or other family member has a drinking problem.
Resources	Students view a list of national resources for learning more about or seeking help regarding alcohol-related issues. Each resource contains a link and a description
My Values	Students revisit the values they selected for themselves in the Introduction module and have the opportunity to update them.
My Goals	Students revisit the goals they selected for themselves in the Introduction module and have the opportunity to update them.
Action Plan	Students complete a statement about actions the plan to take after completing this course and why those actions are important to them. They are able to view and print their action plan.
Post-Quiz	Students answer 10 multiple-choice questions and review key learning objectives for what they got wrong.