

## Highlights of ATOD Use Prevention Resources Used in VA Schools

Any questions regarding the content of this guide should be directed to Jennifer Wall at [jenwall09@gmail.com](mailto:jenwall09@gmail.com)

### Orientation to this guide:

Section 1: Lessons and curriculum that are available for purchase or free of charge

Section 2: Video resources

SECTION 1: Lessons and curriculum that are available for purchase or free of charge

### **Substance Use Prevention (At-Cost)**

**Botvin LifeSkills Training (LST)** is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

<https://www.lifeskillstraining.com/>

Elementary <https://www.lifeskillstraining.com/botvin-lifeskills-training-elementary-school-program/>

Middle <https://www.lifeskillstraining.com/botvin-lifeskills-training-middle-school-program/>

High <https://www.lifeskillstraining.com/botvin-lifeskills-training-high-school-program/>

### **Too Good for Violence and Drugs (At-Cost)**

**Too Good for Drugs & Violence High School** - TGFD&V combines the SEL and social competency, conflict resolution, and problem-solving skill development of *Too Good for Violence - Social Perspectives* with the additional Substance Abuse prevention components of *Too Good for Drugs* into one seamless 15 lesson course.

These additional concepts include:

- Safe Use of Prescription and OTC drugs
- Effects of Nicotine Use
- Effects of Alcohol Use
- Effects of Marijuana Use
- Effects of Street Drugs including Opioids and Stimulants

### **Substance Use Prevention (Free)**

#### **DEA Operation Prevention Lessons**

##### **Elementary School**

###### 1. Proactive Prevention: Over the Counter and Prescription Medication

In this lesson, students will investigate what medicine is and when, how, and why we take it. Through a series of activities, students will discover how medication enters our bodies to control illnesses that won't go away, helps prevent us from getting sick, and makes us feel better when we are sick. They will use this information to help explain the importance of responsibly consuming medications that are sold over-the-counter (OTC) and those prescribed by a doctor.

Digital Lesson and Educator's Guide

Content Areas: Life Sciences and Health Education Activity

Duration 3 class sessions (45 minutes each)

Grade Level Grades 3-5

[Proactive Prevention: Over the Counter and Prescription Medications Educator Guide](#)

**1. Malachi's Medication**

Students will discover why it is important to use an appropriate device when measuring the dosage of medication. Initially, they will explore a prescription label to identify and explain the dosage instructions (quantity, frequency, and special instructions). They then will conduct an experiment to determine why a young boy named Malachi should use a particular measuring device with his medication. To demonstrate understanding, they will write a conclusion that summarizes which measuring tool most accurately dispenses Malachi's dosage.

Content Areas: Health, English Language Arts, Math Activity  
Duration 60 minutes  
Grade Level Grades 3-5

[Malachi's Medication - Interdisciplinary Activity](#)

**2. Sarah's Sister**

Students will explore the importance of storing medication safely. They will analyze a scenario and make a recommendation for how a teen girl should respond when her younger sister has taken medication that was not properly stored. After learning more about how to respond to a medical emergency, students will revise their recommendations, if appropriate. As an extension, students will conduct research and develop a safety plan for the teenager's household.

Content Areas: Health, English Language Arts Activity  
Duration 60 minutes  
Grade Level Grades 3-5

[Sarah's Sister - Interdisciplinary Activity](#)

ABC Virginia

[Elementary School Guide](#)

**Middle School**

1. [Our Brain and Body on Opioids Educator Guide](#)
2. [Is Our Community Influenced by the Opioid Epidemic? Educator Guide](#)

ABC Virginia

[Middle School Guide](#)

**High School**

1. [Opioid Use: The Signs. The Symptoms. The Science Educator Guide](#)
2. [Reporting on a Public Health Crisis: Opioids in the Community Educator Guide](#)

ABC Virginia

[High School Guide](#)

### **Middle and High School**

The Science of Addiction – The Stories of Teens

<https://app.operationprevention.com/>

In this self-paced, standards-aligned e-learning experience, students meet teens who are struggling with prescription opioid misuse and heroin use and learn the science behind their powerful stories. With strategies and resources for those being faced with a decision about prescription opioid misuse or struggles with addiction, students become better equipped to handle these experiences.

NIDA [Lesson Plan and Activity Finder](#)

### **NIDA Toolkit**

This science-based NIDA toolkit provides facts about drugs and their effects for teachers, counselors, nurses, parent- and youth-serving organizations, and anyone with opportunities to educate teens. The science-based information and resources are designed to empower teens with the information they need to make informed decisions about their health.

[NIDA Toolkit for Counselors and Educators](#)

Educate: The Facts - Shatter myths and empower teens with facts about drugs and their effects on teens' brains, bodies, and lives.

Empower: Teen Behavior - Engage teens in conversations about drug use, peer pressure, and decision-making with activities and videos to help them truly understand the potential consequences of risky behavior.

[NIDA's Lesson Plan and Activity Finder](#) is an online searchable database of more than 90 teacher materials on the effects of drugs and drug abuse on the brain, body, and life of teens. The materials—funded or created by NIDA—include science-based classroom lesson plans, multimedia classroom activities, and other teaching resources for grades 5–12.

The resources:

- Align with national science and education standards

- Supplement and complement school curricula

- Foster deeper engagement around drug use topics

The materials work seamlessly with NIDA's [teens.drugabuse.gov](https://teens.drugabuse.gov) resources, including our student-focused [drug facts](#) and [videos](#), to increase the depth and breadth of student knowledge.

[Drug and Health Blog Teacher's Guide](#)

**An Introduction to the Brain and Nervous System: Brain Power!** In this module students learn the parts of the brain, the functions of these parts, and how the brain communicates with the rest of the body. At the end of the module, students take part in a challenge activity, giving visual presentations on brain parts and brain messages. Additional activities include an internet scavenger hunt, the student magazine, the CD-ROM, and handouts. This is one of the six modules designed for students in grades 6-9 to learn about the brain and the effects of drugs on the body.

Grade Level(s): 6-9

Time/Duration: 1 class period

Student Skills Targeted:

- Knowledge of the main parts of the brain
- Understanding of the functions of the major brain parts
- Explain the process of neurotransmission

[Module 1](#)

[Module 2](#)

[Module 3](#)

[Module 4](#)

[Module 5](#)

[Module 6](#)

## **The Learning Brain**

This site offers lessons for a range of grade levels. Topics cover the brain, neurons and the nervous system, diseases of the nervous system, human senses and movement, learning and memory, diseases of the nervous system, and the effects of drugs on the brain and body.

[Neuroscience: The Learning Brain and BrainLink K-12](#)

[The Learning Brain: K-5](#)

[Brain Comparisons 3-8](#)

[Memory and Learning 3-8](#)

[Motor System 3-8](#)

[Sensory System 3-8](#)

[Brain Chemistry 6-12](#)

## **E-Cigarettes: What You Need to Know**

In this lesson, developed in partnership with Scholastic, students gain a scientific understanding of the known hazards and potential risks of electronic cigarettes, which deliver nicotine in vapor instead of smoke. Activities encourage students to analyze how e-cigarette marketing strategies are designed and how they might influence teens.

Grades: 6-12

Time/Duration: 1 class period

[E-Cigarettes: What You Need to Know Lesson](#)

[Student Article- E-Cigarettes: What You Need to Know](#)

## **Stanford Medicine**

[Tobacco Prevention Toolkit](#)

[Unit 1: E-Cigs/Vapes: Where Did They Come From?](#)

[Unit 2: So What's Really In These E-Cigarettes and Vape Pens?](#)

[Unit 3: So What's So Bad About E-Cigarettes and Vape Pens?](#)

[Unit 4: Why Do E-Cigarettes and Vape Pens Matter to Young People?](#)

[Unit 5: What Can I Do About It?](#)

[Unit 6: What are JUULS and Other Pod-Based Systems?](#)

## **How Do Genes Affect Addiction?**

In this lesson, developed in partnership with Scholastic, students learn about the role of genetics in a person's risk for addiction. They also learn that genetics isn't the only factor involved in addiction. Many other biological and environmental factors play a role. Students will get tips about choices they can make to reduce their risk.

[Teacher Guide and Worksheet](#)  
[Student Article](#)  
[Vocabulary List](#)

## EVERFI

**AlcoholEdu for High School** is an innovative digital course that takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience. It is designed to help reduce negative consequences associated with underage drinking. It is comprised of five modules that cover key concepts around leveraging personal values and goals, resisting peer pressure, and stepping in when students see someone who may be in trouble.

[AlcoholEdu® for High School Assessments + Answer Keys](#)  
[AlcoholEdu® for High School Course Outline](#)  
[AlcoholEdu® for High School Curriculum Guide](#)  
[AlcoholEdu® for High School National Standards Alignment](#)  
[AlcoholEdu® for High School Parent Component](#)  
[AlcoholEdu® for High School Parents Passive Consent Form](#)  
[AlcoholEdu® for High School Student Instructions](#)  
[AlcoholEdu® for High School Supplemental Activities](#)  
[Marijuana Lesson Plans](#)

**Prescription Drug Abuse Prevention** is an innovative digital course that arms high school students with the knowledge and tools to make healthy, informed decisions when it comes to prescription medications. Through interactive scenarios and self-guided activities, students learn the facts about drugs, how to properly use and dispose of them, and how to step in when faced with a situation involving misuse.

[Prescription Drug Safety Course Outline](#)  
[Prescription Drug Safety Curriculum Guide](#)  
[Prescription Drug Safety Standards Alignment](#)  
[Prescription Drug Safety Assessment Answer Key](#)  
[Prescription Drug Safety Discussion Guide](#)  
[Prescription Drug Safety Lesson Plan – Introduction to the Opioid Crisis](#)  
[Prescription Drug Safety Lesson Plan – Understanding Opioids](#)  
[Prescription Drug Safety Lesson Plan – Resisting Opioids](#)

## SECTION 2: Video Resources

### Addiction Policy Forum Video Resources

What is Addiction? <https://youtu.be/qRyeAL9tAVs>

Why Are Drugs So Hard to Quit? <https://youtu.be/Xbk35VFpUPI>

Anyone Can Become Addicted to Drugs <https://youtu.be/wCMkW2ji2OE>

Addiction and the Brain Series:

Episode 1: The Hijacker <https://youtu.be/MbOAKmzKmJo>

[Hijacker Handout](#)

Episode 2: Whirlpools of Risk <https://youtu.be/YJ01SUcQySs>

Episode 3: Understanding Severity <https://youtu.be/PYjTKApza6E>

Episode 4: Don't Wait for Rock Bottom <https://youtu.be/u6gd8WB0v-E>

[High School Guide](#)