Health and Wellness Journey

EVERFI

Teachers -

We are so excited that you and your students are ready to embark upon the Health and Wellness Journey! This activity will help your student build key foundational knowledge around alcohol, prescription drugs, and vaping.

Run Time

These activities from start to finish, should provide approximately two hours of learning activities. For more, see our additional extension activities to further engage your students in these key topics.

EVERFI strives to change both students' attitudes and behaviors. This is why all EVERFI resources begin with a pre-course survey. If time is limited, students can skip the surveys by simply clicking "next" at the bottom of each page.

Three Steps To Get Up and Running:

Step 1: Log in or set up your free EVERFI account	Create your free account at everfi.com/newteacher (or log in if you are a current user). Sign up for any of the resources below. Be sure to add the other courses to your dashboard by clicking the blue Add Course button: o Prescription Drug Safety o Mental Wellness Basics o AlcoholEdu
Step 2: Create your classes in EVERFI	Click the green Create Class button and fill out the information for each of your class periods. Click the +Add Courses button at the bottom to ensure all 3 courses are selected. Click Add and then Create. This will generate your class code. Provide the code to your students along with the game board.
Step 3: Prepare materials for students	In order to fully participate in this project, students will need the following: o Printed game board & student response sheet o EVERFI class code (see Step 2) o Internet-enabled device access*

Required: This ensures students can complete the researched-based digital lessons from EVERFI and NIDA.

Tracking and Scoring

Once your students have started working on their health and wellness journey projects, you can monitor their progress in your EVERFI teacher dashboard under Reports. When students finish, you can collect and review project responses.

Extension Activities

Students can complete additional lessons not included in the journey:

o Prescription Drug Safety [Lessons 3 - 6]

o Mental Wellness Basics [Lessons 2 -4]

o AlcoholEdu [Lessons 3-5]   .

o Prevention Education Companion Toolkit [offline activities]

o National Institute for Drug Abuse Lesson Plans [online and offline activities]

Have questions ? Log in and click the Support tab to connect with your local EVERFI Schools Manager.

Thank you for helping your students taking the first steps on their health and wellness journey!

HEALTH & WELLNESS JOURNEY

Project Grade

Name _____

In this project, you will move through lessons on alcohol, prescription drug safety and the mental wellness connection. This is information that will help you make smart, informed choices when it comes to your own health and wellness. As you move through the journey, keep in mind that pre-course surveys are optional.

HEAD OVER TO START! TO BEGIN YOUR JOURNEY

SWAP FOR 100
Swap one quiz grade for 100%. You can only use this *once*, so choose wisely!

+5 POINT BONUS!
Complete any additional digital lesson in EVERFI and record the course / lesson here to claim 5 bonus points.

DID YOU KNOW? Only **1** in **5** high school students have reported abusing prescription drugs. *Interested in learning more? Visit https://www.hhs.gov/opioids/*

Click Continue for *Prescription Drug Safety*

My Quiz Grade

Use Answer Sheet — How are opioids **different** from other medication prescribed by a doctor?

bit.ly/halov2020 — Read the article: *Monitoring the Future: The High and Lows of Vaping*

The good news is the continuing _____ in most kinds of drug use amongst teens.

From 2018 to 2019, the number of 12th graders saying they vape because they're "hooked" more than _____.

Use Answer Sheet — In your opinion, what should the rules of e-cigarette use be?

WHOA! Within **1 month of daily use**, opioids can start to change the ability of the brain to function normally.

Write 2-3 sentences about the **benefits** and **risks** of prescription drugs.

Writing Prompt #1

Use Answer Sheet

Log Into www.everfi.net

Complete Lesson 2: Science of Addiction

Writing Prompt #2 *With A Partner...*

Let's Read!

Fill in The Blank

Fill in The Blank

Writing Prompt #3

Take The National IQ Challenge!

Visit bit.ly/ndafw2020

My Quiz Grade

My Quiz Grade

Complete Lesson 1: The Basics

Log Into www.everfi.net

Log Into www.everfi.net

Click Get Started for *Prescription Drug Safety*

Write Your Username & Password

Username:

Password:

Log Into www.everfi.net

Complete Lesson 1: Introduction

My Quiz Grade

Writing Prompt #4

Record two of the **values/goals** you identified

Use Answer Sheet

Click Get Started for *AlcoholEdu*

Log Into www.everfi.net

Click Continue for *AlcoholEdu*

START! Go to **www.everfi.net** and click register. Type in the class code:

Writing Prompt #7 *Positive Mindset!*

Believing that good things are possible can improve your overall well-being. Write a 1-2 sentence response about what a positive mindset can help you achieve and overcome.

Use Answer Sheet

Writing Prompt #6

What were 2 of the issues students were dealing with in the module and how would you help address their situations?

Use Answer Sheet

Complete Lesson 1: Mental Health Basics

My Quiz Grade

Log Into www.everfi.net

Click Get Started for *Mental Wellness Basics*

Writing Prompt #5 *With A Partner...*

What influences your choices when it comes to alcohol? What may influence others?

Use Answer Sheet

Complete Lesson 2: Know Your Influences

My Quiz Grade

DID YOU KNOW? Research has discovered that alcohol blocks memory development and interferes with learning much more in the teenage brain than in the adult brain.

For more information, check out AlcoholEdu's Lesson 3: Brain and Body. http://www.everfi.net

Name _____   Date _____

Health & Wellness Journey   *Answer Sheet*

#1 **Write 2-3 sentences about the benefits and risks of prescription drugs.**

_____

_____

_____

_____

#2 **How are opiods different from other medication prescribed by a doctor?**

_____

_____

_____

_____

#3 **In your opinion, what should the rules of e-cigarette use be?**

_____

_____

_____

_____

#4 **Record two of the values/goals you identified:**

_____   _____

#5 **What influences your choices when it comes to alcohol? What may influence others?**

_____

_____

_____

_____

#6 **What were 2 of the issues students were dealing with in the module and how would you help address their situations?**

_____

_____

_____

_____

#7 **Write a 1-2 sentence response about what a positive mindset can help you achieve and overcome.**

_____

_____