

<p>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/</p>	<p>Click Continue for Prescription Drug Safety</p>	<p>My Quiz Grade</p>	<p>Use Answer Sheet How are opioids prescribed by a doctor? other medication different from</p>	<p>Read the article: Monitoring the Future: The High and Lows of Vaping bit.ly/halov2020</p>	<p>The good news is in most kinds of drug use amongst teens.</p>	<p>From 2018 to 2019, the number of 12th graders saying they "hooked" more than vape because they're rules of e-cigarette use be?</p>	<p>Use Answer Sheet In your opinion, what should the number of 12th graders saying they "hooked" more than vape because they're rules of e-cigarette use be?</p>	<p>WHOA! Within 1 month of daily use, opioids can start to change the ability of the brain to function normally.</p>				
<p>Write 2-3 sentences about the benefits and risks of prescription drugs. Use Answer Sheet</p>	<p>Writing Prompt #1</p>	<p>Log Into www.everfi.net</p>	<div style="text-align: center;"> <p>Name _____</p> <p>Project Grade _____</p> <h1>HEALTH & WELLNESS JOURNEY</h1> <p>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.</p> <p>HEAD OVER TO START! TO BEGIN YOUR JOURNEY</p> <div style="display: flex; justify-content: space-around; border: 1px dashed black; padding: 10px;"> <div style="text-align: center;"> <p>SWAP FOR 100</p> <p>Swap one quiz grade for 100%. You can only use this once, so choose wisely!</p> </div> <div style="text-align: center;"> <p>+5 POINT BONUS!</p> <p>Complete any additional digital lesson in EVERFI and record the course / lesson here to claim 5 bonus points.</p> </div> </div> </div>						<p>Take The National IQ Challenge!</p>	<p>Visit bit.ly/indafw2020</p> <p>My Quiz Grade</p>		
<p>My Quiz Grade</p>	<p>Complete Lesson 1: The Basics</p>	<p>Log Into www.everfi.net</p>							<p>Click Get Started for Prescription Drug Safety</p>	<p>Log Into www.everfi.net</p>	<p>Click Get Started for AlcoholEdu</p>	
<p>Click Get Started for Prescription Drug Safety</p>	<p>Log Into www.everfi.net</p>	<p>Write Your Username & Password</p> <p>Username: _____</p> <p>Password: _____</p>								<p>Complete Lesson 1: Introduction</p>	<p>Complete Lesson 1: Introduction</p>	<p>My Quiz Grade</p>
<p>Write Your Username & Password</p> <p>Username: _____</p> <p>Password: _____</p>	<p>Log Into www.everfi.net</p>	<p>Write Your Username & Password</p> <p>Username: _____</p> <p>Password: _____</p>									<p>Writing Prompt #4</p>	<p>Writing Prompt #4</p>
<p>Go to www.everfi.net and click register. Type in the class code:</p> <p>START!</p>	<p>Writing Prompt #7 <i>Positive Mindset!</i></p>	<p>Writing Prompt #6</p>	<p>Complete Lesson 1: Mental Health Basics</p>	<p>Log Into www.everfi.net</p>	<p>Writing Prompt #5 <i>With A Partner...</i></p>	<p>Complete Lesson 2: Know Your Influences</p>	<p>Log Into www.everfi.net</p>	<p>Click Continue for AlcoholEdu</p>				
<p>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</p>	<p>What were 2 of the issues students were dealing with in the module and how would you help address their situations? Use Answer Sheet</p>	<p>My Quiz Grade</p>	<p>Click Get Started for Mental Wellness Basics</p>	<p>What influences your choices when it comes to alcohol? What may influence others? Use Answer Sheet</p>	<p>My Quiz Grade</p>	<p>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</p>	<p>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</p>					

Name _____

Date _____

Health & Wellness Journey

Answer Sheet

#1

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

#2

How are opioids 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.
