

National Drug & Alcohol Facts Week - 10 Day Learning Plan

FREE DIGITAL LESSONS

Prevention Education for Teens

Use this 10 Day Learning Plan to teach your students about topics like:

- Prescription Drugs
- The Dangers of Vaping & E-Cigarettes
- The Science of Substance Use Disorder
- Refusal and Bystander Skills
- Mental Wellness
- Common Mental Health Disorders
- Effective Coping Strategies
- Seeking Help

Standards Alignment: CASEL SEL framework, NHES Standards, CCSS ELA Standards, State-Based Academic Standards

Student Registration Guide

Mental Wellness Basics
Content Outline

Prescription Drug Safety
Content Outline

Vaping: Know the truth
Content Outline

Ten - Day Learning Plan

Day	Digital Lesson	Time	Description	Optional In-Person or Remote Learning Lesson
1	Prescription Drug Safety Lesson 1: The Basics	20 min	Describe the positive effects on those with valued need and prescription; learn potential negative effects on brain/body with drug use	Introduction to the Opioid Crisis
2	Prescription Drug Safety Lesson 2: Science of Addiction	20 min	Define terms such as "withdrawal" and "tolerance" and their relationship to addiction	Destigmatizing Addiction Remote Learning Activity
3	Prescription Drug Safety Lesson 3: Understanding Prescriptions	20 min	Explain the importance of following prescription instructions precisely	Understanding Prescription Labels Remote Learning Activity
4	Prescription Drug Safety Lesson 4: Safe Use	20 min	Understand that misusing prescription drugs even once is not safe	Understanding Opioids
5	Prescription Drug Safety Lesson 5: Refusal Skills	20 min	Learn strategies to resist peer pressure and other influences	Resisting Opioids
6	Prescription Drug Safety Lesson 6: Supporting a Friend	20 min	Learn how to step in to support a friend and the resources they might need	Infographic About Emergency Situations with Opioids

Day	Digital Lesson	Time	Description	Optional In-Person or Remote Learning Lesson
7	Mental Wellness Basics Lesson 1: Mental Health Basics	20 min	List behaviors and factors that maintain and contribute to positive mental health	Mental Wellness Basics Offline Lesson Plan pdf for Lessons 1-4 Lesson 1: pgs 6-20
8	Mental Wellness Basics Lesson 2: Understanding Mental Health Disorders	20 min	Identify when mental health is out of balance and steps to take to achieve balance	Lesson 2: pgs 21-37
9	Mental Wellness Basics Lesson 3: Healthy Coping Skills	20 min	Identify emotional, intellectual, physical and social factors that can support or impact mental health	Lesson 3: pgs 38-51 Positive Self-Talk Remote Learning Activity
10	Vaping: Know the truth Lesson 1 & 2: Know & Uncover	20 min	Recognize that regardless of delivery mechanism, nicotine is addictive in all forms, & the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.	Vaping: Know the truth discussion guide