

AlcoholEDU For High School

FREE DIGITAL LESSONS



Empower Students to Make Safer and Healthier Decisions About Alcohol

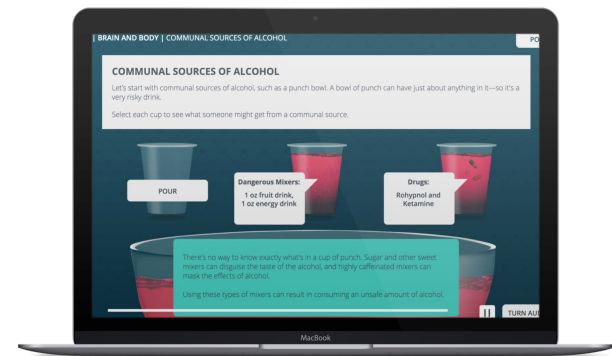
Underage drinking is a major public health problem in the United States and educators are looking for ways to proactively address this issue with their students. In 2019, the National Survey on Drug Use and Health reported that among respondents ages 16 to 17 about 1 in 10 reported binge drinking. It is important to implement prevention strategies during students' early adolescent years to prevent a rise in this statistic.¹

AlcoholEDU for High School is a digital program that takes a public health approach to preventing alcohol misuse and abuse, incorporating evidence-based prevention methods to create a highly engaging user experience. Schools can reach all students with a consistent message and empower them to make safer and healthier decisions about alcohol.

[Source¹](#)

THE LEARNING EXPERIENCE

- EVERFI's self-guided, interactive lessons help students develop simple, actionable strategies.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize their impact across all students.



Alcohol Edu for High School

Grade Level: 9th-12th

Total Lessons: 5 digital lessons (approximately 25-35 minutes each) with optional accompanying offline resources available

Curriculum Fit: Health, Advisory, Homeroom

Standards Alignment: National Health Education Standards (NHES)



EACH LESSON HAS A PRE- AND POST-ASSESSMENT WITH REAL-TIME SCORE REPORTING

“I learned that I shouldn't be swayed by other people who want me to consume alcohol. I also learned that I shouldn't be scared to voice my opinion and be concise in my rejection.”

— Student, Edmond North High School, Oklahoma

LESSON SCOPE AND SEQUENCE

1. Introduction

Topics: Understanding the Goals of the Course, Defining a Standard Drink, Personal Values and Goals, Common Misconceptions About Alcohol Use

2. Know Your Influences

Topics: Where Common Myths About Alcohol Come From, Influence of Advertising on People's Drinking- Related Behaviors, Identify Reasons to Abstain from Drinking

3. Brain Body

Topics: Dangers of Drinking from Communal Sources, Assess Personal Background Risks for Drinking- Related Problems, Explain Basics Facts About Blood Alcohol Content, Effects of Alcohol Use on the Brain and Body, Effective Strategies to Help Someone Who May Have Alcohol Poisoning

4. Smart Decisions

Topics: Internal and External Factors that May Impact Decisions, Positive Examples of Refusing a Drink and Resisting Peer Pressure, Strategies for Staying Safe if Choosing a Drink, Handling a Situation Involving Someone Who Might Drive Under the Influence

5. Conclusion

Topics: Laws Surrounding Underage Drinking, Positive Techniques for Approaching Difficult Alcohol- Related Conversations, Creating an Action Plan for Future Alcohol-Related Behaviors



Additional Offline Resources Are Available

Ready to Start? Register now at
EVERFI.COM/NewTeacher

LESSON ACTIVITIES:

Reflecting on Values

VALUES

Your values influence your decisions and actions. Identifying your values can help you make decisions and prioritize how you spend your time—including who you hang out with and the influence you have on the people around you.

So, what do you value? What is truly important to you?

Select the icons to explore each value, and check those that are most important to you. When you're finished, select "Submit."

INDIVIDUALITY

Are you proud of the differences from others? Do you appreciate differences?



ADD YOUR OWN

SUBMIT

Understanding BAC

BAC INFLUENCES

There are many factors that affect BAC, and not everyone's BAC rises and falls at the same rate. That means that even if two people drink the same amount of alcohol, over the same length of time, their BAC levels can still be different.

Select the icons to learn more about the key factors that can influence a person's BAC level and the effects of alcohol.



EVERFI

EVERFI, Inc. empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

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