

# Alcohol Education: Safe and Smart

FREE DIGITAL LESSONS

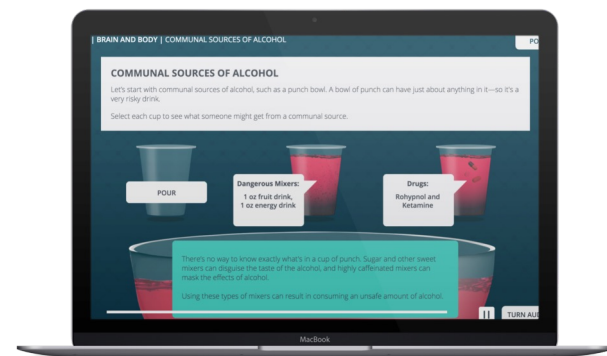


## Empower Students to Make Safer and Healthier Decisions About Alcohol

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.<sup>1</sup>

**Alcohol Education: Safe and Smart** 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.

[Source<sup>1</sup>](#)



Alcohol Education: Safe and Smart

### THE LEARNING EXPERIENCE

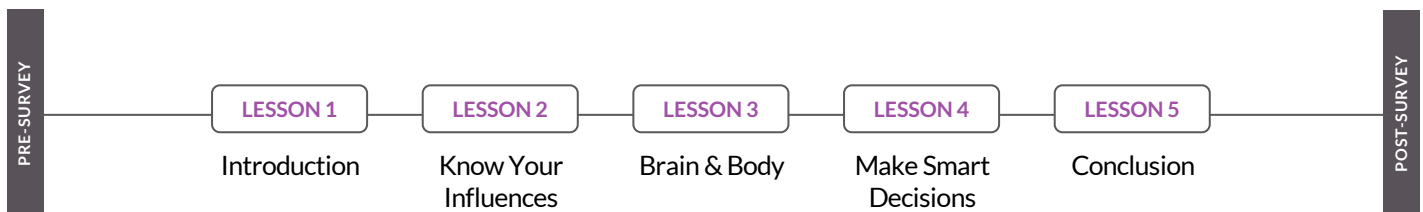
- EVERFI's self-guided, interactive lessons help students develop simple, actionable strategies.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize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

**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

Sensitivity: Public

"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 qualities you have from others? Do you appreciate differences?

HONESTY

HEALTH

HELPFULNESS

TEAMWORK

RESPONSIBILITY

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.

WEIGHT

TIME

Another factor that affects BAC is the **rate of absorption**, or how fast the alcohol gets into the bloodstream. Alcohol is absorbed through the entire gastrointestinal tract, including the stomach.

Therefore, having a **stomach full of food** can slow down the rate of absorption, and can help avoid a sharp BAC increase.

EVERFI from Blackbaud

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.

EVERFI  
2300 N Street NW  
Washington, DC 20037  
(202) 625-0011  
<http://www.everfi.com/k-12>