

NO COST

STANDARDS-ALIGNED

Prevention Education Toolkit

Promote Healthy Habits and Informed Decision-Making



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Toolkit Overview

What is this toolkit for?

This Everfi toolkit provides free digital lessons that can be used to promote prevention education at your school and/or strengthen your existing health curriculum. The curriculum from Everfi is designed to support schools as they prevent youth substance misuse and foster supportive learning environments. The suggested lessons referenced in this toolkit are research-based, standards-aligned, and designed for students in grades 8–12.

What is Everfi?

Since 2008, Everfi® has empowered educators to bring real-world learning into the classroom and equip students with the skills they need for success—now and in the future. Everfi provides K–12 schools with access to essential life skills curriculum covering topics like financial education, workforce readiness, and health & wellness.

How are these resources free?

Everfi secures community partners to sponsor K–12 schools in the United States and Canada. These strategic partners fund our digital courses and resources, which are available through Everfi's learning platform. Teachers can access this content library and assign digital courses to their students at no cost.

What support is available from Everfi?

Everfi team members across the United States and Canada offer K–12 educators and administrators with free personalized support ranging from year-round professional learning events to trainings. Specifically, the District Success team works with local SEAs and LEAs to support the needs of school districts through all stages of planning and implementation.



6.5M+

student learners
last school year

750K+

teachers in
our network

21K+

active K–12 schools
across US & CAN

7.5K+

school districts
in our network

Health & Wellness Curriculum

Promote Healthy Habits for Life

Rates of teen vaping and misuse of prescription drugs are concerning and the science of addiction points to it getting worse, not better. Studies have shown developing adolescent brains are more susceptible to addiction as their brains are still developing.¹

Everfi's Health & Wellness Suite features free digital lessons that educate students on the health effects associated with using vaping products (nicotine, cannabis, or co-use) and misusing prescription drugs. Through real-world scenarios, students are empowered to make healthy and informed choices and help others do the same. Everfi's learning platform also provides teachers with automatic scoring and detailed, real-time reporting to see students' baseline knowledge and growth. Learn more about some of our most popular health & wellness courses below.

2.5M

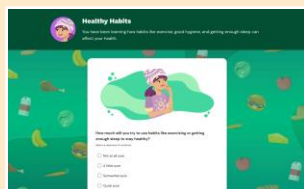
middle and high school students reported using e-cigarettes in 2022.²

77%

of drug deaths among teens were caused by fentanyl in 2021.³

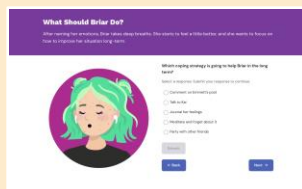
Health & Wellness Courses

Healthier Me: Intro to Wellness™



Grade Level: 4–6
Length: 3 digital lessons (15 min each) and up to 3 hr of offline learning
Topics: Nutrition, exercise, hygiene, sleep, and the importance of social connection

Character Playbook®: Building Healthy Relationships



Grade Level: 6–9
Length: 5 digital lessons (20 min each) and up to 7 hr of offline learning
Topics: Managing emotions, active listening, peer pressure, and conflict resolution

Understanding Mental Wellness®



Grade Level: 8–12
Length: 6 digital lessons (15 min each) and up to 3.5 hr of offline learning
Topics: Mental health, impact of stress, coping strategies, self-talk, and seeking help

Vaping: Know the truth™



Grade Level: 8–12
Length: 6 digital lessons (15 min each) and up to 9 hr of in-person learning
Topics: Health effects associated with using vaping products (nicotine, cannabis, or co-use)

Prescription Drug Safety: Know the truth™



Grade Level: 8–12
Length: 8 digital lessons (20 min each) and up to 6 hr of in-person learning
Topics: Prescription labels, fentanyl, counterfeit pills, and responding to overdose

Alcohol Education: Safe and Smart™



Grade Level: 8–12
Length: 5 digital lessons (10 min each) and up to 3.5 hr of offline learning
Topics: Refusal skills, resisting peer pressure, alcohol poisoning, and underage laws

1. Winters KC, Arria A. Adolescent Brain Development and Drugs. Prev Res. 2011;18(2):21-24
2. National Youth Tobacco Survey, 2022
3. JAMA, 2022

Trusted, High-Quality Products

Everfi Research Team

Everfi's team of PhD education researchers are constantly using both qualitative and quantitative data to evaluate implementation and impact to inform product development and improvements that reach both students and educators.



Research-Based Learning Product Design Certification

Everfi's robust K–12 content library and learning experiences were validated by Digital Promise to have been designed based on learning science and empirical research. The well-designed logic model and theory of action statements created with Empirical Education readily fulfill the rigorous ESSA Level IV criteria for efficacy evidence. This certification serves as a reliable signal for educators and administrators looking for ed-tech products with a confirmed basis in research about learning.



ESSA Level III “Promising Evidence” Certification

One of Everfi's health & wellness courses, Prescription Drug Safety: Know the truth, was certified as meeting the rigorous ESSA Level III criteria for efficacy evidence. Everfi partnered with Instructure to review research indicating that the use of Prescription Drug Safety: Know the truth is related to challenging students' misperceptions of peer norms and safety regarding prescription drug misuse, and that impact was sustained one month after students completed the course.



ISTE Seal: Curriculum

After extensive analysis conducted by trained reviewers from the International Society for Technology in Education (ISTE), Everfi was awarded the ISTE Seal for having both content and learning experiences built on best practices for digital-age learning. The Seal recognizes excellence in Everfi's entire content library and learning platform which promote critical technology skills, contribute to the pedagogically robust use of technology for teaching and learning, and align to ISTE Standards.



1EdTech Data Privacy Certification

The 1EdTech Data Privacy team reviewed Everfi's publicly available Privacy Policy and Terms of Service using the 1EdTech Data Privacy Rubric. After a rigorous data privacy policy vetting process, Everfi earned 1EdTech's Data Privacy Certification. This recognition confirms Everfi's commitment to maintaining a high level of privacy standards and serves as a signal that its K–12 products can be trusted when it comes to protecting a user's privacy.

Measurable Impact

Knowledge Gain

To measure learner impact, Everfi measure students' knowledge gain through assessments deployed before and after each lesson to capture what students already know and what they've learned. These assessments are required for students and automatically graded, and scores are reported to educators through Everfi's learning platform in the Gradebook tab. National knowledge gain averages from last school year can be found below for some of Everfi's most popular health & wellness courses.

“

Vaping: Know the truth helped me understand the material I was learning in class by connecting it to real life, using excellent examples and real stories. This course not only informed me about important topics today, such as vaping, but it also showed me how I can encourage change in the world.

—High School Student, California

Vaping: Know the truth

GRADES 8–12

35

Nationally, there was a 35 point average increase in students' assessment scores.



Prescription Drug Safety: Know the truth

GRADES 8–12

40

Nationally, there was a 40 point average increase in students' assessment scores.



Alcohol Education: Safe and Smart

GRADES 8–12

24

Nationally, there was a 24 point average increase in students' assessment scores.



Understanding Mental Wellness

GRADES 8–12

22

Nationally, there was a 22 point average increase in students' assessment scores.



Prescription Drug Safety Study

Overview

During the 2021–2022 school year, data collection began for a longitudinal study to examine the impact of Everfi's Prescription Drug Safety curriculum on adolescent knowledge, attitudinal, and behavioral measures. The research was conducted by Lynch Research Associates, and the accompanying manuscript can be found in the online and print versions of the peer-reviewed journal [Child and Youth Care Forum](#).

The intent was to evaluate a digital learning experience and its impact on students' personal responsibility for preventing prescription drug abuse, their perceived social norms, their knowledge of safe prescription drug use and their potential future actions.

The study analyzed the previous Prescription Drug Safety curriculum (2018). Everfi partnered with Truth Initiative, the public health organization behind the nationally recognized truth® youth tobacco and opioid prevention and education campaign, to update the tone and design of the course. The updated course (2023) includes the content from the existing six lessons and features two new lessons ("Supporting Others" and "Fentanyl– Fast and Fatal") addressing the dangers of fentanyl and counterfeit drugs. Therefore, the study examined six of the current course's eight lessons.



“

Based on our study of the Prescription Drug Safety program, the data offers strong evidence that Everfi's digital curriculum is effective in promoting prescription drug safety skills in schools...We are optimistic about the findings and hope it continues conversations about the need for prescription drug safety education among all students.

—Alicia Lynch, Ph.D., CEO and founder, Lynch Research Associates, LLC

Results

Participants in the prescription drug safety study included 94 middle and high school teachers and their students in grades 8–12. Using a quasi-experimental design, participants were assigned to experimental or control conditions. Using a pre/post survey design, the study examined whether the curriculum promoted growth in five key student outcomes: Personal Responsibility, Social Norms, Knowledge, Future Actions, and Refusal Skills.

Compared to a control group of students, key findings among students who took Everfi's Prescription Drug Safety curriculum include:

- Significant growth in personal responsibility for helping to prevent prescription drug abuse or misuse with others in their community.
- More accurate perceptions of social norms for prescription drug abuse, misuse or refusal among peers.
- Increased knowledge of prescription drug-related topics including addiction, safe use of prescriptions and refusal skills.
- Lower likelihood of engaging in future actions related to prescription drug abuse or misuse Improved refusal skills for rejecting offers of prescription drugs in situations.

Additionally, the study examined whether growth in student outcomes would be maintained one month after completing the Prescription Drug Safety curriculum and results provided evidence for retention in Personal Responsibility, Social Norms, and Knowledge growth.

ESSA Level III Certification

Everfi worked with a third-party educational research company, Instructure, to review the research study. Three trained reviewers independently applied the Every Student Succeeds Act (ESSA) Validation Rubric to the study and found that it readily fulfilled all standards related to ESSA Level III "Promising Evidence."

Prevention Education Calendar

The lessons below can be used to promote prevention education with standards-aligned, research-based lessons and activities. These free resources for grades 8–12 can be used across a month—like National Substance Use Prevention Month in October—or a semester.

Planning Calendar

1 Kahoot for Prescription Drug Safety: Know the truth to prime students for the topics covered in the course Students also create their free accounts and practice logging into the platform	2 Prescription Drug Safety: Know the truth Have your students get started on lesson #1: "The Basics" (20 min)	3 Prescription Drug Safety: Know the truth Have your students get started on lesson #2: "Science of Addiction" (20 min)	4 Prescription Drug Safety: Know the truth Have your students get started on lesson #3: "Understanding Prescriptions" (20 min)	5 Prescription Drug Safety: Know the truth Have your students get started on lesson #4: "Safe Use" (20 min)
6 Prescription Drug Safety: Know the truth Have your students get started on lesson #5: "Refusal Skills" (20 min)	7 Prescription Drug Safety: Know the truth Have your students get started on lesson #6: "Addiction, Treatment, and Recovery" (20 min)	8 Prescription Drug Safety: Know the truth Have your students get started on lesson #7: "Supporting Others" (20 min)	9 Prescription Drug Safety: Know the truth Have your students get started on lesson #8: "Fentanyl – Fast and Fatal" (20 min)	10 Offline Activity Download this lesson plan and give students this worksheet to help students better understand and safely navigate the growing fentanyl health crisis in the country.
11 Vaping: Know the truth Have your students get started on lesson #1 and 2: "Know" and "Uncover" (30 min total)	12 Vaping: Know the truth Have your students get started on lesson #3 and 4: "Overcome" and "Change" (30 min total)	13 Vaping: Know the truth Have your students get started on lesson #5 and 6: "Explore" and "Choose" (30 min total)	14 Offline Activity Download this lesson plan to help students reflect on why young people may turn to cannabis.	15 Alcohol Education: Safe and Smart Have your students get started on lesson #1: "Making Smart Choices" (10 min)
16 Alcohol Education: Safe and Smart Have your students get started on lesson #2: "Know Your Influences" (10 min)	17 Alcohol Education: Safe and Smart Have your students get started on lesson #3: "Understanding Alcohol's Impact" (10 min)	18 Alcohol Education: Safe and Smart Have your students get started on lesson #4: "Smart Decisions" (10 min)	19 Alcohol Education: Safe and Smart Have your students get started on lesson #: "Bringing It All Together" (10 min)	20 Offline Activity Download this lesson plan to facilitate a discussion & activity about the misleading nature of the alcohol advertising industry.
21 Understanding Mental Wellness Have your students get started on lesson #1 and 2: "Introduction to Mental Health" and "Understanding Mental Health Challenges" (20 min total)	22 Understanding Mental Wellness Have your students get started on lesson #3 and 4: "Mental Health Coping Strategies" and "Staying Healthy in Times of Uncertainty" (30 min total)	23 Understanding Mental Wellness Have your students get started on lesson #5 and 6: "Seeking and Offering Support" and "Creating a Supportive Mental Health Plan" (25 min total)	 Learn how to access these free lessons and assign them to your students on page 10.	

Red Ribbon Week Calendar

The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®, in October each year. These free resources for grades 8–12 can be used across the week or month.

Planning Calendar



1 Prescription Drug Safety: Know the truth Students become familiar with the basics of prescription drug misuse and explore how addiction can affect the brain and body. Lesson 1: The Basics (20 mins) Extension: Lesson 2: Science of Addiction (20 mins)	2 Prescription Drug Safety: Know the truth Students become familiar with properly reading a prescription label and making safe choices regarding prescription drug use. Lesson 3: Understanding Prescriptions (20 mins) Extension: Lesson 4: Safe Use (20 mins)	3 Vaping: Know the truth Students are introduced to the topic of vaping, a brief history of tobacco and nicotine use, and the myth that vaping is a safer option than smoking. Lesson 1: Know (15 mins) Extension: Lesson 2: Uncover (15 mins)	4 Vaping: Know the truth Students consider the dangers of nicotine addiction and discover alternative behaviors while uncovering the truth about vaping. Lesson 3: Overcome (15 mins) Extension: Lesson 4: Change (15 mins)
5 Alcohol Education: Safe and Smart Students investigate common social myths about drinking culture and learn to recognize and challenge external influences. Lesson 1: Making Smart Choices (10 mins) Extension: Lesson 2: Know Your Influences (10 mins)	6 Understanding Mental Wellness Students learn what mental wellness is, ways to protect it from everyday threats from stress, and how the brain is impaired in some common disorders. Lesson 1: Intro to Mental Health (15 mins) Extension: Lesson 2: Understanding Mental Health Challenges (15 mins)	7 Understanding Mental Wellness Students learn what coping strategies are and how they can be used. They also explore how changes outside of our control impact mental health. Lesson 3: Mental Health Coping Strategies (15 mins) Extension: Lesson 4: Staying Healthy in Times of Uncertainty (15 mins)	



Learn how to access these free lessons and assign them to your students on page 10.

Getting Started with Everfi



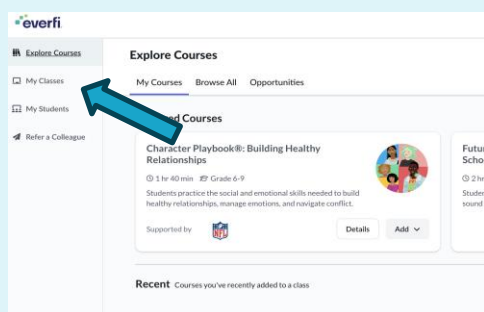
Create your free Everfi account at everfi.com/newteacher

If you already have an Everfi account, click “Login.”

If your district uses single sign-on (SSO) with Everfi, click the respective icon.

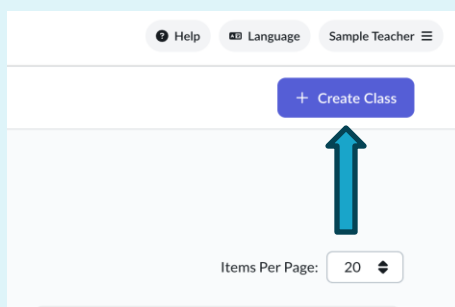
1

After you create your free Everfi educator account using the link above, head to the My Classes tab on the left of your dashboard.



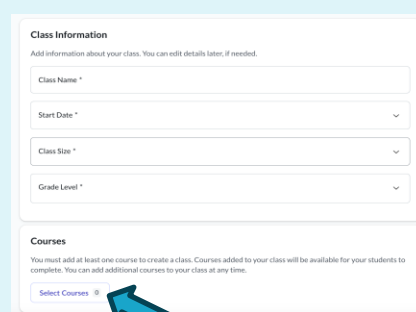
2

Select the purple Create Class button on the top right and fill out your class information.



3

Click Select Courses and select the courses you'd like to add (depending on your grade stage). You can always add more later.



4

Traditional Student Registration
After you complete the three steps above, you will receive a unique class code that your students will use when registering for their student accounts and joining your class to start the assigned digital courses.



SSO Student Registration

If your school district uses single sign-on (SSO) with Everfi through Clever or ClassLink, your students are automatically rostered. They will simply select the Everfi app on your SSO homepage or district portal.



[Information for Students to Get Started>](#)

Dedicated Regional Support Team

Everfi team members across the United States and Canada offer K–12 educators, school leaders, and district administrators with free personalized support ranging from professional learning events to trainings throughout the year.

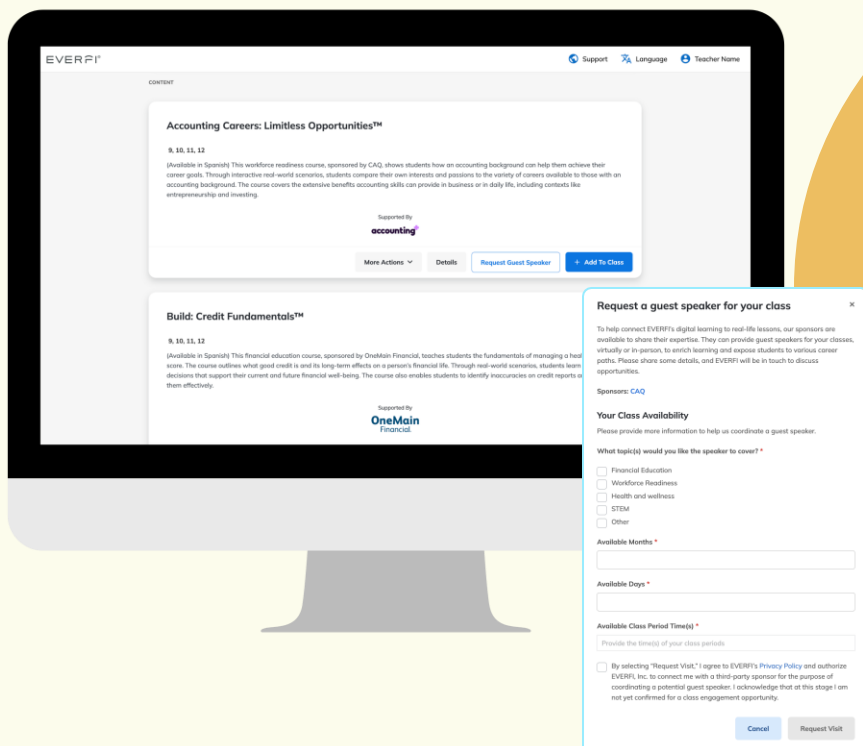
Our team, primarily comprised of former educators, is available to support your school or district's needs through all stages of planning and implementation.

Career-Connected Learning

Classroom Connect™

Everfi secures national and regional strategic partners to sponsor K–12 schools in the United States and Canada. Thanks to the generous support of these partners, Everfi's resources are completely free. Many of our partners also offer classroom engagement opportunities to connect the digital learning to real-world lessons. They provide guest speakers for classes, virtually or in-person, to enrich learning and expose students to various career paths. Educators can request a guest speaker directly from Everfi's learning platform by following the steps below.

- 1 Log in to your free Everfi educator account at everfi.com/Login (click Register if you don't have an account yet)
- 2 On the My Courses tab, click the Request Guest Speaker button for a course that is relevant for your students
- 3 Fill out the brief form to request a guest speaker, virtually or in-person, from the course's regional or national sponsor
- 4 An Everfi team member will reach out to you via email to coordinate a potential guest speaker opportunity for your class



+ Exclusive Scholarship and Contest Opportunities

Everfi and our network of strategic partners offered students nearly \$300K in college savings scholarships last school year.

These opportunities are available to students who take our digital courses.

[Learn More >](#)

Navigating Challenging Conversations

1

Ground Rules

Ensure there are clear ground rules for the lesson, like respect, openness, and guidance that students should not share their own personal or other people's experiences in the class setting (privacy). Instead, they should talk to the teacher afterward if they'd like to share anything. Where possible, these rules should be co-created with the class.

2

Managing Questions

Ensure that students are aware they have the right to pass if they don't wish to respond to questions. It is also recommended that you let students know that you aren't a healthcare professional, and you may not have all the answers to any questions they might have. Make use of an anonymous question box to allow students to ask questions at the end of a session that you can address the following day.

3

Support for Vulnerable Students

If you know of students who are experiencing challenges with their own mental health, prescription drug misuse, and/or substance use disorder or those of a family member or friend, then, where possible, let them know about the content coming up and offer a space to debrief after the lesson.

4

Resources

Ensure that time is given at the end of each lesson to share resources for students who may want more support. Make sure it is clear who they can speak to in the school if they have worries or concerns.

5

School Policy and Confidentiality

Students may share personal experiences during or after a lesson. These should be dealt with sensitively and in line with school policies. Make sure that both you and the class are aware of any school policies related to reporting information to school counselors. Let counselors (if your school has one) know when you will be teaching these lessons. Where possible, provide spaces for students to go to if they need to speak to someone during or after the lesson.

6

Supporting Yourself

Teaching lessons on topics like mental health challenges, prescription drug misuse, and substance use disorder can affect the teacher. Feel free to speak to your school leadership or a colleague to discuss any support you may need or if you think this subject matter may not be appropriate for you to teach, regardless of the reason.

Professional Development

Access On Demand Content

Everfi hosts webinars with school and district leaders as well as industry professionals year-round on a variety of topics. Our library of recorded webinars is available to educators and administrators on demand with certificates of professional learning available upon completion—all at no cost.



LearnOn is a virtual K–12 conference hosted by Everfi dedicated to empowering educators, school leaders, and district administrators to boldly go beyond traditional teaching methods and create engaging, memorable learning experiences for all students. Recordings from this year's conference are also available on demand.

Popular Sessions



Navigating Prevention Education

In this roundtable, administrators and experts unite to explore effective strategies for prevention education.

[Watch Now >](#)

Trauma-Informed Leadership

Equip yourself with the knowledge needed to create trauma-sensitive schools that prioritize the well-being and success students and staff.

[Watch Now >](#)

Empowering Educators: Mental Health Awareness

Learn practical ways to improve student well-being, foster belonging, and address mental health challenges with confidence.

[Watch Now >](#)



Certificate of Completion

This certificate confirms that

Owen Oliver

has been certified through the

FutureSmart

October 9, 2026

R. J. M. M.
Ray M. M. M.

 everfi

Appendix

Additional Resources

[Kahoots for Everfi Health & Wellness Courses](#)

Access a growing library of complementary kahoots available to help prepare students for the topics covered in Everfi courses.

[Poster Template on Canva \(Rx Drug Safety & Mental Health\)](#)

You can use these free templates on Canva to customize a poster for your classroom as your students complete the courses.

[Getting Started with Everfi- Teachers](#)

Check out this one-stop-shop for everything you need to get started as an Everfi teacher.

[Everfi Webinars and Online Events](#)

View a list of upcoming webinars and online events. From this page, you can also access on demand recordings.

[Student Help](#)

Access guidance to help students and answers to their most commonly asked questions.

[Student Scholarships](#)

Share over \$300k+ in college scholarship awards with your students.

[Research on Vaping: Know the truth](#)

Read a 2023 study published by the Society for Public Health Education evaluating the curriculum Vaping: Know the truth.

[Do You Know Your Drug Slang Teacher Quiz](#)

Take this quiz from We Are Teachers to see how knowledgeable you are and learn facts about the various drugs teens are using.

Questions?

Everfi has a dedicated regional team available to support you every step of the way. Click the chat bubble icon on the bottom right corner of your Teacher Dashboard or email us directly at k12schools@everfi.com.

Request a Training

Want help getting started? Schedule a quick 10 min call to get your class set up, chat through some best practices, and address any questions you might have through a live demo with a member of the Everfi team.

[Email k12schools@everfi.com](mailto:k12schools@everfi.com)



Thank you!



Everfi 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. Since 2008, over 23 million students have used Everfi's digital resources. With the support of like-minded organizations that share Everfi's mission, Everfi's K–12 digital resources and professional development are all available at no cost.

everfi.com