

NATIONAL DRUG & ALCOHOL FACTS WEEK

Educator Resources



National Drug & Alcohol Facts Week is a national health observance that gives schools and communities the opportunity to educate young people about the effects of drugs on their brain, body, and behavior using science-based information.

Below are free online resources that can be used for classroom lessons and multi-media activities.

ALL AGE GROUPS

[Brain Power](http://www.drugabuse.gov/brain-power) (www.drugabuse.gov/brain-power). This website is part of the National Institute for Drug Abuse (NIDA) website and has grade-appropriate lessons for students **K-12** that help them explore the science behind drug abuse and explain the effects on the body. The program includes teacher's guides, videos, stories to introduce the lessons, parent newsletters/guides, handouts, and posters.

[Smart Moves Smart Choices: Learn about Teen Prescription Abuse](http://www.smartmovesmartchoices.org) (www.smartmovesmartchoices.org). Provided by the National Association of School Nurses and Jensen Pharmaceuticals, this site offers downloadable tools for grades **K-12** to help educate children about safe and proper use of over-the-counter and prescription medications. Materials include fact sheets, lesson plans, downloadable posters, sample agenda and speakers notes for assemblies, and an animated "Choices" video with a video discussion guide.

[GenerationRx Education Program](http://www.generationrx.org) (www.generationrx.org). This site has colorful and engaging resources for all ages designed to prevent misuse of prescription medications. Developed by the Ohio State University College of Pharmacy and The Cardinal Health Foundation, the site has games, worksheets, visual aids, and power point presentations with talking points.

[Natural High: A Drug Prevention Program Inspiring and Helping Youth](http://naturalhigh.org) (naturalhigh.org). This site features videos of more than 50 world-famous athletes, celebrities and artists who have adopted a drug-free lifestyle and who are using their influence to challenge youth to pursue their passion. There is a free Educator's Network that provides access to downloadable questions and worksheets for each video.

[Operation Prevention](http://www.operationprevention.com) (www.operationprevention.com). New site prepared by the DEA and Discovery Education that educates students about prescription opioid misuse. Site has downloadable lessons and educator guides linked to Common Core and National Health Standards.

[Kids Health in the Classroom](http://kidshealth.org/classroom) (kidshealth.org/classroom). Site has a teacher's guide and handouts for three separate lessons on alcohol, tobacco and smoking for different grade levels. The guide correlates with National Health Education Standards.

ELEMENTARY

[Ask, Listen, Learn: Kids and Alcohol Don't Mix](http://asklistenlearn.org) (asklistenlearn.org). Produced by the Foundation for Advancing Alcohol Responsibility, this site contains a colorful multimedia program for youth ages 9-14 on the dangers of underage drinking. Site has online educational games, downloadable activities, and animated videos about the effects of alcohol on the brain.

[Elks Kids Zone](http://elkskidszone.org) (elkskidszone.org). This site was created by Elks USA as part of their National Drug Awareness Program (DAP). The site includes animated videos in "Elroy's Corner" on prescription drugs and making smart choices, downloadable coloring book pages, an online trivia game, and online Marvel comics. Geared primarily for young children, there are also videos and activities for youth and teens.

MIDDLE & HIGH SCHOOL

[NIDA for Teens](https://teens.drugabuse.gov/) (https://teens.drugabuse.gov/). This is a government website designed for youth ages 11 –15 that focuses on the science behind drug abuse. There is a section for teachers (https://teens.drugabuse.gov/teachers) with free lessons and activities based on national science and education standards. The site also offers easy-to-read drug facts, stats, videos, games, infographics and free publications. Students can also take the National Drug and Alcohol IQ Challenge. This is a 10-question, multiple choice test that can be taken online or downloaded.

[Drugs and Your Body: It Isn't Pretty](http://www.scholastic.com/drugs-and-your-body) (www.scholastic.com/drugs-and-your-body) Co-developed by NIDA and Scholastic, this is a great interactive poster that allows students to see how drugs can damage different parts of the body. The site includes a short teacher's guide, animations, audio clips, and videos.

[Head's Up: Real News About Drugs and Your Body](http://headsup.scholastic.com) (headsup.scholastic.com). This is a science-based education series created by NIDA and Scholastic that includes lesson plans for teachers, posters with teaching guides, and student articles. There is also a section for students with videos and interactive activities. (To switch between the student and teacher sections, click on the blue arrow above the SEARCH bar.)

[Get Smart About Drugs: A DEA Resource for Parents, Educators & Caregivers](http://www.getsmartaboutdrugs.gov) (www.getsmartaboutdrugs.gov). Produced by the Drug Enforcement Administration, this site has excellent resources for classroom use for middle and high school students. Includes videos, drug facts, and featured articles. The [Operation Prevention](http://operationprevention.com/classroom) site (operationprevention.com/classroom) has interactive resources for students of all ages to increase their knowledge of the science behind opioids.

[Drug-Free World](http://www.drugfreeworld.org) (www.drugfreeworld.org). A project of the Foundation for a Drug-Free World, this site has facts about a variety of different drugs with short documentaries on each. Educators can order a free information kit and Educator's Package.

[Tobacco Prevention Toolkit](http://med.stanford.edu/tobaccopreventiontoolkit.html) (med.stanford.edu/tobaccopreventiontoolkit.html). This site has easy-to-use modules focused on e-cigarettes and vapes, nicotine addiction, and positive school development. The materials include power point presentations with speaker's notes, downloadable activities, and games. New in 2020 are updated and expanded versions of the [Healthy Futures: An Alternative to Suspension Curriculum](#) which is designed to be facilitated by an adult in either one-on-one or in small group settings.

[Cannabis Awareness & Prevention Toolkit](https://med.stanford.edu/cannabispreventiontoolkit.html) (<https://med.stanford.edu/cannabispreventiontoolkit.html>)

New theory-based and evidence-informed resource aimed at preventing middle and high school students' use of cannabis/marijuana. There are currently four modules — The Basics, THC & the Brain, Refusal Skills & Social Norms, and Health Effects. Units include factsheets, Kahoot! quizzes, and downloadable Power Point presentations.

[Ask, Listen, Learn: Kids and Alcohol Don't Mix](http://asklistenlearn.org) (asklistenlearn.org). Produced by the Foundation for Advancing Alcohol Responsibility, this site contains a colorful multimedia program for youth ages 9-14 on the dangers of underage drinking. Site has online educational games, downloadable activities, and animated videos about the effects of alcohol on the brain.

[Catch My Breath E-Cigarette & JUUL Prevention Program](https://catchinfo.org/modules/e-cigarettes/) (<https://catchinfo.org/modules/e-cigarettes/>) This is an evidence-based prevention program for grades 5-12 that consists of four 30-40 minute lessons. Includes parent resources in English and Spanish.

[EVERFI Prescription Drug Safety Program](https://everfi.com/courses/prescription-drug-safety/) (<https://everfi.com/courses/prescription-drug-safety/>)—A digital course for high school students consisting of six online lessons, 5-10 minutes each. Topics include the science of addiction, proper use and disposal of prescription drugs, and how to intervene when faced with a situation involving drug use.

[INDEPTH \(Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health\)](https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html) (<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>) Developed by the American Lung Association, this is a new alternative to suspension or citation curriculum designed to be taught by an adult in four, 50-minute one-on-one sessions or in a group format.

[Vaping: Know the Facts](https://www.addictionpolicy.org/hubfs/Vaping%20Toolkit/Vaping%20Know%20the%20Facts%20Toolkit.pdf) (<https://www.addictionpolicy.org/hubfs/Vaping%20Toolkit/Vaping%20Know%20the%20Facts%20Toolkit.pdf>) - Created by the Addiction Policy Forum, this is both an awareness campaign and a toolkit for parents, teachers, school administrators, and teens. The toolkit has links to fact sheets, the “Vaping: The Hit Your Brain Takes” video, and short online courses for parents and students. Site also has links to other resources produced by the CDC and NIDA.

Videos

[Addiction & the Brain—For Kids](#)—Short, four-minute video that explains how repeated substance use can hijack brain function and lead to addiction. For upper elementary and above.

[What is Addiction?](#) - Short, four-minute video that looks at the parts of the brain affected by drug use and discusses the risk and protective factors that aid in preventing addiction. For upper elementary and above.

[Wait 21 - Understanding Addiction as a Disease](#) - Produced by Wait 21. org, this three-minute video discusses how addictions occur and how drugs interfere with the brain's survival hierarchy. For teens.

[Learn How to Say No to Drugs](#)— Animated video for elementary school students that teaches refusal skills.

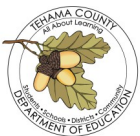
[Red Ribbon Week](#)—Five-minute animated video that discusses the definition of a drug and the difference between legal and illegal drugs. Also discusses the negative effects of alcohol, tobacco, and marijuana use. Although billed as a Red Ribbon Week video, it is appropriate for use year-round with upper elementary and middle school students.

[Marijuana—The Facts and Fiction](#)—Short, 1 minute PSA produced by the DEA that explores facts and myths about marijuana.

[Chasing the Dragon: The Life of an Opiate Addict](#) (getsmartaboutdrugs.gov/ctd) - Forty-five minute long documentary produced by the DEA that tells the stories of people who either abused opiates or had family members who became addicts. For high school students and young adults. Site includes link to a study guide to supplement the documentary.

[Anyone Can Become Addicted to Drugs](#)— Two-minute animated video on the Scholastic Head’s Up website that explains how addition happens and why anyone can become addicted. Suitable for all ages.

[Why are Drugs so Hard to Quit](#)—Second video in the same series that explains addiction as a disease of the brain.



Tehama County Drug-Free Community Coalition
Tehama County Department of Education
1135 Lincoln St.
Red Bluff, CA 96080

Phone: (530) 528-7356

Email: uhinkston@tehamaschools.org



Revised 02/24/20