

School Based Course Descriptions:

Alcohol Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online reading, an activity, resources, and a 10 question pre and post quiz. Topics include the definition of alcohol, short- and long-term effects, key facts from the World Health Organization, dangers of binge drinking, alcohol's impact on decision making and driving, impacts to the developing brain, and National Center for Drug Abuse Statistics information. The activity focuses on alcohol's effects on health.

Vaping, Smoking & Nicotine Products Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online reading, an activity, resources, and a 10 question pre and post quiz. Topics include information on vaping, smoking and smokeless tobacco, the impact of advertising, impacts to the developing brain, the impact of social influences, and the dangers of nicotine from the Centers for Disease Control. The activity focuses on vaping facts from The Truth Campaign.

Fighting, Conflict & Anger Management Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online reading, two activities, resources, and a 10 question pre and post quiz. Topics include the information on fighting and conflict, conflict resolution, definition of anger, how anger is expressed both constructive and destructive, brain development, identification of triggers and the development of coping skills to address anger, and anger management tips. Activities focus on the adverse effects of anger on health.

Digital Use Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online reading, an activity, resources, and a 10 question pre and post quiz. Topics include internet risks, impacts to the developing brain, discussion of cyberbullying to include statistics, laws and sanctions, sexting, current levels of use, adverse effects, and tips on healthy social media use. The activity focuses on addiction to electronic devices.

Marijuana & Other Cannabis Derivatives Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online readings, two activities, resources, and a 10 question pre and post quiz. Topics include the rise of marijuana use, increased potency of marijuana, danger of edibles, negative effects, impacts to the developing brain, dangers of CBD products, dangers of Delta-8 products, cannabis use disorder, and statistics. Activities focus on cannabis and teens information from the CDC and cannabis hyperemesis syndrome.

Theft & Property Damage Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online research activity, resources, and a 10 question pre and post

quiz. Topics include definition of theft, statistics on property crime, prevalence and cost of shoplifting, descriptions of property damage and vandalism, consequences of theft and property damage, adolescent brain development, reasons for committing theft and property damage, increasing decision making skills, and exploring alternative activity choices. Activities include researching state specific laws, brainstorming ways school property damage negatively impacts others, and exploring the power of peers.

Opioids & Other Medications Course Description: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online readings, two activities, resources, and a 10 question pre and post quiz. Topics include information and dangers of prescription drug misuse to include opioids, central nervous system depressants and stimulants, opioids specific education to include fentanyl, discussion of illegally produced fentanyl, the DEA public safety fentanyl alert, overdose statistics, overdose symptoms, CDC recommendations on fentanyl, prescription drug abuse dangers and statistics, dangers of dextromethorphan and the impact of drugs on the brain. The activity includes information addressing prescription drug abuse.

Truancy, Runaway & Curfew Violation Course Descriptions: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online reading, two activities, resources, and a 10 question pre and post quiz. Topics include information on status offenses to include truancy, runaway, curfew violation, and ungovernable youth. Information provided focuses on the scope of the problem, defining the offenses, risks associated with committing status offenses, risks of human trafficking and other victimization, brain development, recognizing trigger warnings, and increasing positive decision-making ability. Activities include research of local ordinances and regulations governing curfews and truancy, and information on ways for teens to tackle problems.

Stimulants, Hallucinogens & Inhalants Course Descriptions: This 45-minute course targets middle and high school students. Individuals have one day to complete the course. The course features a study guide, video presentation, online readings, two activities, resources, and a 10 question pre and post quiz. Topics include information on the dangers of stimulants, the dangers of hallucinogens, the dangers of inhalants to include sudden sniffing death, impact of drugs on the brain, and adolescent brain development. Activities focus on dangers of inhalant use, overdose and sudden death and information on the undeveloped adolescent brain and the impact on impulse control and decision making.