

Curriculum Guide: Scope and Sequence

The *Safety First: Real Drug Education for Teens* curriculum was developed by the Drug Policy Alliance (DPA) to provide teens with honest and scientifically accurate information, and empower them to reduce drug-related harms. The curriculum aligns with the National Health Education Standards (NHES) and Common Core Learning Standards. Each lesson is 45-50 minutes long and includes teacher modifications, student worksheets and extension assignments for further learning. To assist educators in assessing student knowledge, each lesson includes a grading rubric.

Outcomes

The curriculum will help students:

1. Use critical thinking skills to access and evaluate information about alcohol and other drugs.
2. Learn decision-making and goal-setting skills that help them make healthy choices related to substance use.
3. Develop personal and social strategies to manage the risks, benefits and harms of alcohol and other drug use.
4. Understand the impact of drug policies on personal and community health.
5. Learn how to advocate for restorative drug policies.

Scope and Sequence

Lesson Title	Lesson Overview	National Health Education & Common Core Learning Standards Met
1: What is a Drug?	Students examine their own beliefs about alcohol and other drugs by answering the question “What is a drug?” They take a pre-class survey to assess their prior knowledge and skills.	NHES: 2.12.2; 2.12.5; 2.12.8
2: Introduction to Harm Reduction	Students learn about harm reduction concepts and strategies, including abstinence, that will empower them to make healthy choices for themselves and others regarding substance use.	NHES: 1.12.2; 1.12.9
3: How Drugs Work	Students learn how drugs affect the body and the brain, and specifically the teenage brain. They further discuss the factors that contribute to physical dependence.	NHES: 1.12.5; 5.12.2; 2.12.1; 5.12.2
4: Stimulants	Students learn about stimulant drugs, their effects, benefits and risks. They further discuss the harm reduction concepts particularly related to prescription stimulant drugs.	NHES: 1.12.5; 1.12.9; 2.12.7
5: Cannabis – Part 1	Students play “Fact and Fiction About Cannabis” activity to see how much they know about the drug. They work in groups to research statements about cannabis, and use the CRAAP test to evaluate their sources’ credibility.	NHES: 3.12.1 CCSS.ELA-LITERACY.RI.9-10.6 CCSS.ELA-LITERACY.RI.9-10.8 CCSS.ELA-LITERACY.RI.9-10.10 CCSS.ELA-LITERACY.W.9-10.1.A-E CCSS.ELA-LITERACY.W.9-10.7 CCSS.ELA-LITERACY.W.9-10.8

6: Cannabis – Part 2	Students learn about cannabis' effects, potential risks and benefits, including the effects of edible cannabis. Student then share and evaluate each other's research on statements about cannabis.	NHES: 3.12.1; 3.12.2 CCSS.ELA-LITERACY.RI.9-10.1 CCSS.ELA-LITERACY.RI.9-10.4 CCSS.ELA-LITERACY.RI.9-10.6 CCSS.ELA-LITERACY.W.9-10.1 CCSS.ELA-LITERACY.W.9-10.2 CCSS.ELA-LITERACY.W.9-10.7 CCSS.ELA-LITERACY.SL.9-10.1 CCSS.ELA-LITERACY.SL.9-10.5
7: Vaping & E-Cigarettes	Students explore the inner workings of e-cigarettes in-depth. They conduct research to examine the health effects of vaping, using the CRAAP test to evaluate their sources' credibility.	NHES: 3.12.1; 2.12.5; 2.12.10; 5.12.2 CCSS.ELA-LITERACY.RI.9-10.6 CCSS.ELA-LITERACY.RI.9-10.8 CCSS.ELA-LITERACY.RI.9-10.10 CCSS.ELA-LITERACY.RI.9-10.1.A-E
8: Alcohol & Other Depressants	Students learn about the effects of depressant drugs with a focus on alcohol. They learn how to perform the recovery position and give advice about how to reduce alcohol-related harms using practice scenarios.	NHES: 4.12.4; 7.12.3; 8.12.1; 8.12.4
9: Prescription & Other Opioids	Students take an in-depth look at opioid drugs, their effects, risks, and benefits. They will learn how to recognize the signs of an opioid overdose and respond appropriately.	NHES: 1.12.5; 3.12.4; 4.12.4
10: Psychedelics	Students learn about psychedelic drugs, their effects, risks and benefits. They reflect on drug references in the media, specifically music, and how they influence teens. They also complete an activity that demonstrates the risks of illicit drug adulteration, and learn about the harm reduction practice of drug checking.	NHES: 2.12.5; 3.12.2; 3.12.5; 5.12.4
11: Mental Health and Coping	Students discuss how drug use can be a mechanism for dealing with mental health issues, specifically stress and anxiety. They learn how to locate resources that can help them cope.	NHES: 2.12.4; 2.12.10; 5.12.4
12: Understanding Zero-Tolerance	Students learn about zero-tolerance drug policies and their impact on students' health and well-being. Students also learn about restorative justice practices.	NHES: 2.12.2; 2.12.4
13: Health & Policy	Students learn about drug policies and America's war on drugs. They discuss how drug policies impact health, and learn ways in which harm reduction-based drug policies can help improve health outcomes.	NHES: 2.12.4; 2.12.10; 5.12.4
14: Looking Back, Looking Forward	Students review what they have learned by playing the "Just The Facts" Kahoot game. Students reflect on what they have learned by writing a letter to their future selves about drugs and drug use.	NHES: 6.12.1; 6.12.3
15: A Healthy Future	Students discuss their advocacy assignment from Lesson 12. They take a post-test to assess their understanding of the content covered in the curriculum.	NHES: 8.12.4