



An introduction to drug abuse prevention

Grades 4 and 5

Drug Defense is an age-appropriate introduction to commonly abused drugs, including alcohol, tobacco, inhalants, prescription and over-the-counter medications. Students learn what it means to abuse these drugs, and discover valuable information to avoid drug use. Through a combination of engaging mini-lessons, games, classroom and take-home activities, students complete a self-guided exploration of a fictional town, preparing them to take a final *Drug Defense* challenge.

As students visit locations within the town, they will participate in mini-lessons and games on the different types of drugs, highlighting how they are abused and what each one does to the body. A key element to the course is providing students with tips and skills to resist drug use pressure by forming connections with adults, challenging them to gain confidence and becoming involved in positive activities as an alternative.

Drug Defense can be a stand-alone introduction to alcohol, tobacco and other drugs curriculum or used as an innovative supplement to your current ATOD curriculum.



Included in the course are pre- and post-knowledge assessments and a Teacher's Guide that prepares teachers to use *Drug Defense* in their classrooms. The guide provides:

- Details of all activities and mini-lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Additional classroom and take-home activities.
- Alternative teaching delivery methods.
- Program transcripts.

Drug Defense is an affordable choice for introductory ATOD curriculum. You may purchase the course on a one-time basis for one or more classrooms, or by an annual license agreement through your school district. Program discounts are available to fit classroom or school district budgets. Visit www.HealthyKidsLearnMore.com for more information or to request a preview of *Drug Defense* or any of the BlueKids.org e-learning courses.



Children's Health
Education Center™



All BlueKids.org online curriculum is brought to you by the health education experts at CHEC. Affiliated with Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.

Course name

Drug Defense

Target age group

Grades 4 and 5

Course content

Includes an age-appropriate introduction to commonly abused drugs, what it means to abuse them and how to build skills to avoid drug use.

Instructional strategies

Mini-lessons, fun educational games, classroom and take-home activities. Includes pre- and post knowledge assessments.

Target course length

Flexible format can be presented as part of regular curriculum in two to four weeks (two to four total classroom hours per grade level), or as a component of a counseling program presented in segments over the course of a semester.

Technical requirements

- High-speed Internet connection, sound card, video card, headphones.
- PCs or Macs.

Aligned to the following standards

- Curriculum aligns with the standards outlined in the American School Counselors Association National Model: A Framework for School Counseling Programs.
- Health content aligns with the criteria of the National Health Education Standards.
- Curriculum aligns with technology standards as defined by the International Society for Technology in Education in the National Educational Technology Plan.

Support materials

- Teacher's guide and orientation.
- Technical support.
- Additional resources at BlueKids.org.