



Drug Defense: Get UR Facts

Grades 4 and 5

An introduction to drug abuse prevention

Drug Defense: Get UR Facts helps fourth and fifth grade students understand the basics of alcohol, tobacco and other drugs and what it means to abuse these drugs. This engaging, interdisciplinary course offers a series of games, puzzles and interactive activities to help students learn about different types of drugs, the virtual consequences of using drugs and how drugs impact their bodies. It also focuses on how to stay drug-free. Students will be encouraged to make positive, healthy choices about drugs as they grow, mature and face a variety of obstacles and challenges.

Students who participate in *Drug Defense: Get UR Facts* will learn:

- The concept of a healthy cell.
- What drugs do to the body and how they impact healthy cells.
- The different types of drugs including alcohol, tobacco, over-the-counter, prescription, Schedule 1 drugs and steroids.
- How to make healthy choices.
- How to stay involved in activities that build self-esteem and friendships.
- How to develop relationships with parents and other adults who can help them stay substance-free.



Drug Defense: Get UR Facts can be a stand-alone alcohol, tobacco and other drug curriculum or used as a supplement to your current ATOD curriculum.

Drug Defense: Get UR Facts features a comprehensive teacher's guide that prepares teachers to use Children's Health Education Center's e-learning solution in their classrooms. The guide provides:

- Details of all activities and lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

Drug Defense: Get UR Facts is an affordable solution. You may purchase the course on a one-time basis 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.



Course name

Drug Defense: Get UR Facts

Target age group

Grades 4-5

Course content

Includes an introduction to healthy cells, different types of drugs, the effects of drugs on the body, using family and friends as support systems and making positive choices.

Instructional strategies

More than 40 educational games and learning activities that include pre- and post-tests, mini lessons and games.

Additional in-class activities include large- and small-group activities and discussions, and a service learning project.

Target course length

Flexible format that can be presented as part of regular curriculum in six to eight weeks (six to eight 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 meets the criteria of the National Health Education Standards.
- Curriculum meets 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.

All BlueKids.org e-learning 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.

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