



It's UR Choice Alcohol, tobacco and other drugs Grade 6

Empower students to make smart choices when faced with everyday pressures and risks.

Help your sixth grade students make smart choices when faced with the pressures of using and abusing alcohol, tobacco and other drugs with this new e-learning program that offers a unique blend of interactive mini-lessons, creative online activities, video segments and engaging games and classroom activities.

Designed specifically to focus and align with National Health Education Standards and HEAP Skills, the *It's UR Choice* skills-based curriculum addresses:

- The techniques tobacco and alcohol advertisers use to try to influence people to buy their products.
- The seven types of drugs (alcohol, nicotine, inhalants, prescription drugs, over-the-counter drugs, performance-enhancing drugs, Schedule 1 drugs) and how these drugs impact our bodies.
- The differences between positive and negative risk-taking, including ways to make healthy choices as they move through their preteen and teen years.
- How to navigate and react to both positive and negative pressures.



It's UR Choice can be used as a stand-alone alcohol, tobacco and other drug curriculum, or as an innovative supplement to your current ATOD curriculum. Pre- and post-tests, as well as interactive quizzes, allow you to track your students' knowledge and comprehension as you move through the course. The course includes a comprehensive teacher's guide that prepares teachers to use Children's Health Education Center's e-learning solution in their classrooms.

The teacher's guide provides:

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

It's UR Choice is an affordable ATOD curriculum. You may purchase the course on a one-time basis or as part of an annual school district license. Program discounts are available to fit classroom or school district budgets. For more information, log on to HealthyKidsLearnMore.com for more information.

Course name

It's UR Choice

Target age group

Grade 6

Course content

Introduction to advertising techniques used to influence buying habits; the seven different types of drugs; differences between positive and negative risk-taking; and how to react to both positive and negative pressures.

Instructional strategies

A unique blend of mini-lessons, online activities, video segments and engaging games and classroom activities. Includes pre- and post-tests, attitude assessments, optional activities for both classroom and home, and a comprehensive teacher's guide.

Target course length

Flexible format can be presented as part of your regular curriculum over eight to ten classroom hours, 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 and headphones. PC or Mac compatible.

Aligned to the following standards

- Health content aligns with National Health Education Standards and HEAP Skills.
- Curriculum provides an opportunity for students to work toward technology standards as defined by the International Society for Technology in Education.

Support materials

- Teacher's guide.
- Tech support.
- E-learning consultant.



Children's Health
Education Center™



All BlueKids.org online curricula 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.