

# IT'S UR CHOICE ONLINE PROGRAM OVERVIEW

<b>CHEC-IN ACTIVITIES</b> <b>Total Time: 15 min*</b>	<b>CORE CURRICULUM</b> <b>Total Time: 2 hours, 50 min*</b>	<b>CHEC-OUT ACTIVITIES</b> <b>Total Time: 25 min*</b>
<ol style="list-style-type: none"> <li>1. Introduction to Its UR Choice</li> <li>2. Pre-Test</li> </ol>	<p><b>ADVERTISING TECHNIQUES</b></p> <ol style="list-style-type: none"> <li>1. Ads Mini-lesson</li> <li>2. Game: Locker Slam!</li> </ol> <p><b>DRUGS AND YOUR BODY</b></p> <ol style="list-style-type: none"> <li>1. CHEC- in Attitude Assessment</li> <li>2. Introduction to Drugs and Your Body</li> <li>3. Addiction Cartoon</li> <li>4. Central Nervous System and Drugs Mini-lesson</li> <li>5. Game: Mental Leap</li> </ol> <p><b>DO DRUGS DO THAT?</b></p> <ol style="list-style-type: none"> <li>1. The Seven Types of Drugs</li> <li>2. Activity: Name that Drug</li> <li>3. Game: Split from Drugs</li> </ol> <p><b>RISKS</b></p> <ol style="list-style-type: none"> <li>1. Introduction to Risks</li> <li>2. Activity: Sam's Story</li> <li>3. Risk Taking Mini-lesson</li> <li>4. Game: Dodging Risks</li> </ol> <p><b>PRESSURE</b></p> <ol style="list-style-type: none"> <li>1. Introduction to Pressure</li> <li>2. Pressure Mini-lesson</li> <li>3. Activity: The Pressure's On Scenarios</li> </ol>	<ol style="list-style-type: none"> <li>1. Activity: Create Your Own Drug Free Comic Strip</li> <li>2. Game: Journey to be Drug Free</li> <li>3. Post-Test</li> <li>4. CHEC-out Attitude Assessment</li> <li>5. Student Program Evaluation</li> </ol>

\*Each lesson section contains specific time breakdowns for activities. See next page for classroom activity time totals. Other activity (not online) directions contain time estimates.

# GETTING STARTED

Once you have registered yourself and your students, this program can be accessed online within the Learning Management System (LMS). You should have received a “Getting Started” packet in the mail or via e-mail, as well as your student logins and passwords. Follow the instructions in the “Logging In” document to access the course online.

Once your students are logged in, introduce them to the program and let them know what they are going to learn. You also may want to orient them to the LMS so they know how to access the different activities and navigate through the LMS. You’re now ready to start *It’s UR Choice*.

For your students to benefit fully from this program, the program should be used in its entirety, using this Teacher’s Guide as a guide. Using this program in its entirety is approximately eight to nine hours, including online content and additional classroom activities. Each section in this manual provides a number of tools for you and your students.

Each section includes:

- Online activity/lesson overview.
- Learning objectives.
- Additional classroom activities.

Many sections also include:

- Suggestions for alternative teaching methods.
- Take-home activities.

Appendices at the end of each section contain:

- Section quiz questions and answers (if included in section).
- Section worksheets and answer keys.

Appendix 8 at the end of the Teacher’s Guide provides program transcripts for each:

- Introduction and Mini-lesson content.
- Online activity and game instructions and questions.
- Online video activities.

**AT A GLANCE:**

**4 hours total time Online Activities**

**4.5 hour total time Other Activities (classroom, discussion, etc.)**