



Nicotine 101

Course on impact of smoking, vaping, and other nicotine-containing products

Nicotine 101 addresses the use of nicotine in its many forms, including cigarettes, cigars, chewing tobacco, and hookah, but places an extra emphasis on vaping. The course explores an individual's nicotine use, reasons for use, and consequences of use.

It can be used as both a prevention and intervention course. Non-users will be reaffirmed in their choices. Users will be guided through a personalized plan for change. Students will finish the course informed about the effects nicotine has on their body, the risk of addiction, and the impact it has on their developing brain.

PREVENTION

- Prevention course as part of a health class or life skills curriculum

INTERVENTION

- Facilitates a plan to quit
- Can be used as a referral for campus violations

COURSE FEATURES



Each student receives a confidential MY SUMMARY personalized feedback report



Pre- and post-tests provide measurements of behavior change and knowledge gains



Optional 14-day follow-up via daily text as part of a plan to quit



Resources for quitting

LEARNING OUTCOMES

After taking **Nicotine 101**, the student will be able to:

- Examine personal perceptions of peer usage
- Challenge cultural norms and social pressures for vaping and other nicotine use
- Weigh the perceived benefits with the actual risks of use
- Recognize and take ownership of personal habits related to nicotine use
- Explain the difference between nicotine and tobacco
- Identify adverse effects on general health, lungs and brain associated with short or long-term use
- Understand the effect dependence, triggers and cravings can have on everyday activities
- Explain mental and physical side effects of smoking
- Recognize and identify stages of nicotine poisoning
- Recognize the higher risk developing brains have of becoming addicted to vaping
- Identify circumstances that may trigger use
- Affirm reasons for choosing not to use
- Explore alternative activities to vaping and other nicotine use
- Understand levels of nicotine delivered by the various methods of use
- Understand that vaping can be a gateway for traditional cigarettes and other drug use
- Prepare a relevant plan to quit using nicotine with the option of two-week follow up texts



Respect & Resolve

Focuses on safe and healthy interpersonal relationships

Students will explore crucial concepts for building self-esteem, emotional health, communication and conflict resolution skills. The course also covers abusive relationship awareness, strategies for recognizing coercive behavior, and safe, positive, active bystander strategies.

Designed in the Motivational Interviewing style, **Respect & Resolve** allows students to determine their preferred bystander intervention style and their own strategies for overcoming peer pressure and other coercive pressures. Students will improve their communication with peers and adults and the course will teach students to give and receive respect.

Students complete the course at their own pace, receiving personalized feedback through each lesson.

PREVENTION

- Health or life skills class curriculum
- Course requirement for incoming students

INTERVENTION

- Conduct violations
- High-risk behavior
- Alternative to Suspension

COURSE FEATURES

TITLE IX Title IX compliant



Generate aggregate outcome reports within the Student Management System



Pre-tests and post-tests provide measurements of behavior change and knowledge gains



Confidential, personalized feedback for every student

LEARNING OUTCOMES

After taking **Respect & Resolve**, the student will be able to:

- Identify characteristics of healthy relationships
- Identify steps for building self-esteem
- Make healthy decisions in all kinds of relationships
- Set boundaries in relationships
- Identify reasons for waiting on sex
- Identify non-sexual ways to show affection
- List different kinds of abuse
- Categorize different kinds of abusive actions
- Identify potentially illegal bullying behavior
- Identify the negative consequences of bullying for the bully, the bullied student, and the bystander
- Identify positive and negative conflict resolution strategies
- Identify positive communication strategies
- Define bystander
- Identify their preferred bystander intervention style
- Identify non-confrontational, semi-confrontational, and confrontational bystander strategies
- Apply bystander strategies in various situations
- Identify how likely their behaviors are to lead to violent situations
- Identify strategies for minimizing the risk of violence in relationships
- Identify strategies for exiting risky situations
- Identify resistance strategies
- Identify coercive statements
- Identify strategies for overcoming coercion in relationships
- Resist coercion in various situations
- Differentiate between confidentiality and privacy when reporting an incident
- Preserve evidence for a forensic exam
- Identify "next steps" after reporting a violent incident
- Identify their Title IX rights
- Identify ways to help themselves or others after a violent incident



Conflict-Wise JV

Address impact of bullying and other abusive behaviors

Whether a student is engaging in bullying, fighting, or harassment, our **Conflict-Wise JV** intervention course helps young people recognize the impact of their behaviors. The course provides the skills training to resolve conflict and diffuse anger.

Becoming aware of how damaging one's behavior can be is an important initial step in making a change. **Conflict-Wise JV** provides personalized feedback on the effects and consequences of student actions. Each teen receives an action plan with their preferred anger and stress management strategies and feedback to better manage their behavior.

FEATURES



Confidential MY SUMMARY personalized feedback report with action plan



Student Management System to view enrollment and completion records

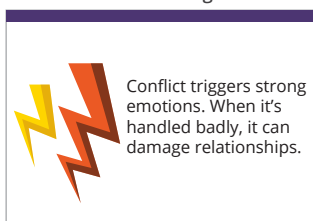
INTERACTIONS



Physiological, Cognitive, and Behavioral Components to Anger
Short-term and Long-term Effects of Anger



Common Anger Triggers
Types of Anger Triggers



Conflict Resolution



Personalized Feedback

INTERVENTION

- Anger Management
- Conflict Resolution
- Harassment
- Bullying
- Fighting
- Interpersonal Violence

LEARNING OUTCOMES

After taking **Conflict-Wise JV**, the individual will be able to:

- Identify their behavior type, thought process, and thinking style
- Explore how personal identity, values and core beliefs affect how they interact with others
- Differentiate between healthy and unhealthy responses to conflict
- Identify types of harassment such as bullying, sexting, cyberharassment, stalking and assault
- Discuss how anger affects mental and physical health
- Recognize how alcohol and drug use can escalate abuse
- Develop action steps if they find themselves in an abusive relationship
- Understand the value of being assertive when interacting with others
- Assess their online behavior and its potential impact
- Choose their own strategies to best manage stressful situations and anger triggers
- Recognize the risks and consequences of their actions
- Choose conflict resolution strategies that work best for them
- Recognize, interrupt, and replace anger with an appropriate anger management tool
- Build empathy and communication skills
- Dispel myths surrounding dating violence



Alcohol-Wise HS

Online drinking prevention course that educates on dangers associated with alcohol use

Alcohol-Wise HS is a 4 part, evidence-based program to educate middle and high school students on the dangers associated with drinking. **Alcohol-Wise HS** helps students make informed decisions about choosing not to drink and develop strategies for standing up to peer pressure to drink. For students who have already used or are using alcohol, **Alcohol-Wise HS** utilizes personalized feedback through eCHECKUP TO GO and motivational interviewing strategies to move students toward making a positive change. Overall, **Alcohol-Wise HS** helps prevent alcohol-related violations and creates a safer school environment for everyone.

PREVENTION

- Component of incoming student programming
- Health or life skills class curriculum

COURSE FEATURES



Includes the eCHECKUP TO GO brief intervention



Student Management System to view student enrollment and completion records



Pre-tests and post-tests provide measurements of behavior change and knowledge gains

LEARNING OUTCOMES

After taking **Alcohol-Wise HS**, the student will be able to:

- Understand BAC and the factors affecting it
- Challenge peer drinking perceptions
- Evaluate personal risk factors, including family drinking patterns and risk factors
- Understand the sexual risks associated with heavy drinking
- Discuss dangers associated with drinking and driving
- Know safe methods for getting home after drinking
- Explain legal and personal health consequences of drinking before 21
- Explore financial impact drinking can have
- Understand how smoking and drinking compounds chances of getting cancer later on in life
- Realize how alcohol can affect them physically, especially in terms of sports performance
- Evaluate their drinking patterns (if any) and consequences of drinking
- Reflect on how their peers feel about their drinking patterns
- Evaluate their drinking on a monthly, daily and hourly basis
- Understand how much time they spend drinking and evaluate whether it is the way they want to spend their time
- Discuss how addiction works and how it changes the brain over time
- Understand the dangers behind mixing drugs and alcohol
- Review the dangers of sedatives, inhalants, ecstasy, hallucinogens, opiates and synthetic marijuana
- Know the signs of drug overdose and steps to take when someone is experiencing these symptoms
- Discuss how alcohol and drugs can impact your grades, sleep patterns, memories, and substance dependency
- Decide on steps to take to reduce drink and/or drug habits
- Discuss problem drinking and abuse and negative outcomes associated with it
- Understand alcohol poisoning, signs, and how to help



Under the Influence HS

Online educational sanction
for student alcohol violations

Under the Influence HS alcohol intervention is designed for individuals with under-age drinking violations. The course includes 7 lessons on key issues such as effects on health, drinking and driving, state-specific laws, and alcohol/prescription interactions.

Utilizing the **eCHECKUP TO GO** brief intervention for alcohol, this course also includes a 30-day follow-up to measure changes in students' attitudes and behavior. Students receive a confidential drinking profile that summarizes personal drinking-related problems, compares drinking habits with social norms, challenges personal expectations, and provides a range of non-drinking strategies.

INTERVENTION

- Use as a sanction for student alcohol violations

COURSE FEATURES



Includes the **eCHECKUP TO GO** brief intervention



30-day follow-up to measure changes in attitudes and behavior



Generate Aggregate Outcome Reports



Student Management System to view student enrollment and completion records



Pre- and post-tests provide measurements of behavior change and knowledge gained

LEARNING OUTCOMES

After taking **Under the Influence HS**, the student will be able to:

- Develop a personal profile to examine personal drinking habits, family influences, and reasons for drinking
- Understand factors affecting BAC & what qualifies as a standard drink
- Reflect on drinking habits on a daily, weekly, and monthly basis
- Understand how alcohol affects academic and sports performance
- Challenge peer use perception
- Evaluate how much time they spend drinking and determine if that is how they want to spend their time
- Understand that males and females react differently to alcohol because of physiological differences
- Understand the "Expectancy Effect"
- Develop safe strategies to get home if intoxicated
- Discuss activities to engage instead of drinking
- Understand sexual risks associated with heavy drinking
- Discuss dangers behind alcohol poisoning, symptoms, and how to help
- Discuss dangers of mixing alcohol and drugs, including marijuana
- Recognize signs of alcohol abuse, alcoholism and dependency
- Discuss state-specific laws on underage-drinking violations
- Understand why drinking and driving is so dangerous
- Learn how to build friendships without the influence of alcohol
- Learn healthy ways to respond to peer pressure



Marijuana-Wise HS

Online marijuana prevention course that educates on the harmful effects of marijuana use

Marijuana-Wise is designed to challenge marijuana expectancies and reduce high-risk behavior.

Fully-researched, evidence-based information allows students to objectively view marijuana use. Personalized feedback integrated through the NASPA-recognized eCHECKUP TO GO tailors the course to each student and ensures engagement.

PREVENTION

- Health or life skills class curriculum
- Course requirement for incoming students

COURSE FEATURES



Includes the eCHECKUP TO GO brief intervention



30-day follow-up to measure changes in attitudes and behavior



Student Management System to view student enrollment and completion records



Pre-tests and post-tests provide measurements of behavior change and knowledge gains



Create aggregate outcome reports

LEARNING OUTCOMES

After taking **Marijuana-Wise**, the student will be able to:

- Self-assess patterns of use on a daily and weekly basis
- Understand how marijuana works and how the body absorbs and metabolizes THC and other chemicals
- Review a confidential summary based on their personal marijuana use, if any
- Recognize links to schizophrenia and impact on IQ from persistent use
- Identify dangerous health consequences from using synthetic marijuana
- Recognize that marijuana is almost four times as potent today as it was 20 years ago
- Discover the difference between CBD and THC oil
- Discuss the different forms of concentrates and how they are created
- Recognize negative health effects of use on respiratory system and brain function and development
- Discuss effects marijuana can have on a user's life both short and long term
- Recognize possibility of legal consequences because of marijuana use, even in states where it is legal
- Discuss positive and negative effects of vaping marijuana
- Discuss how certain methods of use feel "safer" but actually result in more dangerous use
- Recognize danger of marijuana-induced harmful behaviors
- Compare use and perception of use to other students
- Understand that marijuana affects a user for up to three days after use
- Understand that marijuana use increases the likelihood of using other drugs and/or alcohol
- Understand the "Expectancy Effect"
- Discuss marijuana use disorder and factors that increase its likelihood
- Explore negative outcomes that can result from use, including addiction, tolerance, dependence, and overdosing



Marijuana 101 HS

Online sanction course for marijuana violations



Marijuana 101 HS is a six-lesson, state law-specific course that addresses marijuana use. The course is fast-paced, relevant, and customized for each student. **Marijuana 101 HS** integrates personalized feedback using the student's responses.

Utilizing the eCHECKUP TO GO brief intervention for marijuana, this course also includes a 30-day follow-up to measure changes in an individual's attitudes and behavior.

INTERVENTION

- Use as a sanction for students with marijuana violations, such as possession of marijuana or drug paraphernalia

COURSE FEATURES



Includes the eCHECKUP TO GO brief intervention



30-day follow-up to measure changes in attitudes and behavior



Generate Aggregate Outcome Reports



Student Management System to view student enrollment and completion records



Pre- and post-tests provide measurements of behavior change and knowledge gained

LEARNING OUTCOMES

After taking **Marijuana 101 HS**, the student will be able to:

- Self-assess patterns of use on a daily, weekly and monthly basis
- Recognize links to schizophrenia, acute psychotic reactions and impact on IQ from persistent use
- Identify health consequences from using synthetic marijuana
- Estimate their time spent using marijuana and compare it to other activities they participate in
- Identify reasons why they use marijuana
- Understand how marijuana has changed over the years
- Recognize negative health effects of use on respiratory system and brain function and development
- Discuss both long- and short-term impacts of marijuana use on user's life
- Recognize possible legal consequences from marijuana use, even in states where it is legal
- Compare use and perception of use to other individuals
- Understand how long marijuana can affect the body
- Categorize the "good things" and "not-so-good" things about their marijuana use to identify with the outcomes
- Understand how marijuana use increases the likelihood of using other drugs and/or alcohol
- Examine other substance use and how it interacts with marijuana
- Examine how social situations can influence marijuana use
- Understand how marijuana use impacts driving ability
- Discuss amotivational syndrome that can result from extended marijuana use
- Examine financial costs and impact of extended marijuana use
- Discuss how age impacts likelihood of marijuana addiction
- Evaluate the positive things they can expect to gain from not using marijuana
- Identify goals and aspirations that will be helpful in making a change in their personal marijuana use
- Review a confidential, in-depth eCHECKUP TO GO summary based on their personal marijuana use



Other Drugs

Focuses on the effects, risks, and consequences of illicit drug use and prescription drug misuse

Our **Other Drugs** online course is an intervention for individuals with current or past experiences with illicit drugs and/or prescription misuse. It addresses hallucinogens, opiates, sedatives, ecstasy, inhalants, synthetic marijuana, and commonly misused prescription medications, such as stimulants (Adderall, Ritalin), painkillers, and tranquilizers.

Other Drugs provides personalized feedback and addresses risks, effects, and consequences to the individual in a motivational interviewing style. Personalized feedback is summarized in a confidential **MY SUMMARY** report. In a counselor/coach setting, the report helps the facilitator determine appropriate levels of treatment and intervention. It helps the individual recognize and reflect upon their beliefs, attitudes, behaviors, and experiences and serve as steps toward behavior change and self-improvement.

INTERVENTION

- For individuals with drug use/misuse
- Referral and counseling

COURSE FEATURES



Each student receives a confidential **MY SUMMARY** personalized feedback report



Student Management System to view enrollment and completion records



Pre-tests and post-tests provide measurements of behavior change and knowledge gains



Create aggregate outcome reports

LEARNING OUTCOMES

After taking **Other Drugs**, the individual will be able to:

- Understand the effects of psychoactive drugs on the brain
- Identify types and categories of psychoactive drugs
- Determine what is addiction, tolerance, dependence, and withdrawal
- Associate misconceptions of prescription drug misuse with risks, especially when used for enhancing academic performance
- Recognize signs of an overdose and know what steps to take
- Gain general knowledge about various commonly abused drugs
- Evaluate drug use (if any) and reason for use
- Understand the effects various drugs have on their brain and other bodily functions
- Recognize that early drug use increases the likelihood of having drug problems later on in life
- Understand that inhalants are considered one of the most dangerous and unpredictable drugs of abuse
- Understand how using ecstasy can deplete the chemical in the brain responsible for mood, leading to problems with depression, anxiety, or sleep
- Understand that hallucinogens can alter a person's perception of time and space
- Understand that opiate users will experience significant withdrawal effects
- Understand that more people die from prescription drugs than any other kind of drug
- Understand that mixing drugs can have unpredictable results
- Understand that no one can predict how many times a person must use a drug before becoming addicted



Red Flags

Training individuals to identify human trafficking victims and safely intervene

At some point in our lives, we have likely encountered at least one human trafficking victim situation without being aware of it. A victim could be someone standing in line or sitting at the table next to you. Victims remain unnoticed unless we recognize the signs of trafficking.

Red Flags online course trains individuals on human trafficking awareness and identification.

No matter who you are or what you do, the goal of **Red Flags** is to inform and empower you to recognize trafficking and bring victims to safety.

TRAINING

- Law Enforcement
- Court Personnel
- Security
- Educators
- Beauty Industry
- CPS Workers
- Medical workers
- Parents
- Hospitality
- Outreach Organizations

FEATURES



Interactive lessons and practice scenarios



Student Management System to view enrollment and completion records



Customized training options for beginners, law enforcement, and medical personnel

LEARNING OUTCOMES

After completing **Red Flags**, the individual will:

- Define human trafficking
- Differentiate between sex trafficking and prostitution
- Differentiate between trafficking and smuggling
- Define fraud, force and coercion
- Dispute myths about trafficking
- Recognize trafficker personas
- Identify factors driving demand of trafficking
- Identify at-risk populations, hot-spots, and access points
- Identify strategies commonly used to connect with youth
- Recognize the signs of grooming
- Use awareness, behavior and communication flags to identify a victim
- Identify psychological and health-related flags in victims
- Identify barriers to rescue
- Take action steps (general, medical and law enforcement track options)