



Prescription for Life

A Digital Approach to Prescription Drug Abuse Prevention

Prescription drug abuse and misuse is a growing issue, with opioid abuse now the leading cause of accidental deaths in the United States.¹ Reversing this trend will require a focused, population-level prevention initiative. With Arkansas ranking first in the nation for the prevalence of youth aged 12-17 who use pain relievers for nonmedical purposes,² reaching students early is imperative.

Arkansas Attorney General Leslie Rutledge is leading a bold initiative to tackle this issue head-on by bringing critical, life-saving prescription drug abuse prevention education to high schools across Arkansas, all at no cost to schools.

“We have to **educate our young people** about the harmful impact of prescription drug use by making it a part of the conversation **at home and at school.**”

-ATTORNEY GENERAL LESLIE RUTLEDGE

Engaging Digital Curriculum, Delivered in Arkansas Schools

Prescription for Life is a new digital course that empowers high school students with the skills and knowledge they need to make safe and healthy decisions about prescription drugs, using an evidence-based, public health approach. Developed by education technology leader EverFi, the course employs proven techniques to encourage and support positive behaviors.

This engaging digital curriculum is aligned to the Centers for Disease Control's National Health Education Standards and state academic standards, and will be available to every high school in Arkansas and home-school networks beginning in the 2017-2018 academic year.

Arkansas ranks

1st

in the nation for ages 12-17 in prevalence estimates for non-medical use of pain relievers.²

56%

of Arkansas teens report that it is easy to obtain prescription drugs from their parents' or grandparents' medicine cabinets.³



COURSE OVERVIEW

▶ Engaging Digital Course

Interactive, engaging, and comprehensive digital course addresses the physical, social, and emotional consequences of misusing prescription drugs, including opioids and stimulants.

▶ Teacher Training & Support

EverFi's local, on-the-ground implementation team works closely with educators, superintendents, and community leaders, and hosts personalized teacher trainings to ensure effective classroom integration.

▶ Surveys and Assessments

Pre- and post-assessments measure student knowledge gains and surveys measure changes in students attitudes and behavior. School districts receive comprehensive reporting on program reach and impact.

▶ Additional Classroom Resources

Teachers have access to a curriculum guide, standards alignment guide, and supplemental lesson plans, as well as an online gradebook to track student progress and assessment scores.

The Learning Experience

This engaging, self-paced modular course uses video, animations, simulations, and rich interactivity to deliver a personalized, self-guided learning experience.

Real-life simulations demonstrate the impact misuse can have on students' physical and mental health, relationships, and future goals. Scenario-based exercises help students practice how to support peers in their choices regarding the safe use of prescription drugs, and assist those who may need help.

Embedded assessments and surveys provide real-time data on student impact and reach, including attitudinal and behavioral change. This digital learning experience is typically placed in a high school Health and Physical Education course.

Learning Topics Include:

- ▶ What is an Opioid, Stimulant, and Depressant?
- ▶ Proper Prescription Drug Use, Storage, and Disposal
- ▶ The Brain and Body: Science of Addiction
- ▶ Simulations: Refusal and Bystander Skills
- ▶ Debunking of Common Myths about Prescription Drugs

To bring this program to your school or district, please contact:

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**Arkansas Attorney General
Leslie Rutledge is committed
to bringing critical, life-saving
prescription drug abuse
prevention education to high
schools across Arkansas, all
at no cost to schools.**