2M2L/AlcoholEdu for High School

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AlcoholEdu FOR HIGH SCHOOL
Dangerous Drinking on the Rise

National research has unveiled a troubling trend: while high-risk alcohol use among adolescents (defined as consuming 5+ drinks in a single occasion) has generally declined, measures of extreme alcohol use (having 10 + and 15 + drinks) has increased.

10.5% of high school seniors report consuming 10+ drinks in a row

5.6% of high school seniors report consuming 15+ drinks in a row
High school students who don’t use alcohol and drugs are more likely to succeed academically in school, to graduate, and to go on to college. Prevention efforts arming students with skills and knowledge to resist use and offers while in their high school years will enable them to achieve their academic and educational potential.
ACADEMIC OUTCOMES AND EDUCATIONAL ATTAINMENT

As High School Drinking Frequency Increases, GPA Decreases

- Nondrinker: 2.92
- Occasional Drinker: 2.77
- Frequent Drinker: 2.64

OK Dept of Mental Health & Substance Abuse Services
OKLAHOMA UNDERAGE DRINKING DATA

• Average age of first use of alcohol (more than just a sip) is age 12.

• 40% of high school students are current alcohol users.

• 20% of the alcohol sold in Oklahoma is consumed by underage people.

• 11% of high school students report driving a vehicle while drinking in the last 30 days.
Guiding Principles For Success in School-Based Prevention

1. Conduct a needs assessment.
2. Avoid use of scare tactics.
3. Infuse prevention content into other subjects.
4. Develop comprehensive, complementary efforts.
5. Engage teachers.
6. Provide treatment referral for students who are at-risk or dependent.
7. Evaluate your efforts.
✓ AlcoholEdu is an evidence-based online alcohol prevention course.
✓ AlcoholEdu is a nationally recognized online alcohol prevention program.
✓ AlcoholEdu is designed for 7\textsuperscript{th} – 12\textsuperscript{th} graders.
✓ AlcoholEdu increases student alcohol-related knowledge.
✓ AlcoholEdu discourages acceptance of underage drinking.
✓ AlcoholEdu prevents or decreases alcohol use and negative consequences.
Course Map

PART 1: Primary Course Content

Course Lessons

9 learning modules focused on strategic decision making through real life examples

Pre-assessment
Survey 1

Survey 2
Post-assessment

INTERSESSION

30+
days

PART 2: Review

Survey 3
Follow-up Lessons

SURVEYS measure changes in attitudes and behaviors
TESTS AND EXAMS measure student knowledge

Statistical Analysis

Educational Impact
Module 1
Standard drink measurement

Module 2
Myths and facts about alcohol

Module 3
Blood alcohol concentration

Module 4
Brain and body science

Module 5
Peer pressure and decision making

Module 6
Addiction and community impact

Module 7
Underage drinking laws

Module 8
Talking to parents, person goal setting
Oklahoma Program Results
32 Active Schools

2,693 Students Reached

1,101 Students Who Completed Primary Course Content

1,539 Students Who Completed Full Course Content & 3 Surveys

19,917 Online Modules Completed

SUMMER EDUCATION EVENT

OSDE
## Knowledge Change – Pre/Post Formative Assessments

<table>
<thead>
<tr>
<th>Knowledge Change</th>
<th>Overall Knowledge Gain</th>
<th>Pre-Assessment</th>
<th>Post-Assessment</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decision Making Skills</td>
<td>59%</td>
<td>68</td>
<td>78</td>
<td>19%</td>
</tr>
<tr>
<td>Laws and Community Issues</td>
<td>10%</td>
<td>68</td>
<td>83</td>
<td>15%</td>
</tr>
<tr>
<td>Brain and Body Impact</td>
<td>30%</td>
<td>52</td>
<td>82</td>
<td></td>
</tr>
<tr>
<td>Basic Alcohol Knowledge</td>
<td>10%</td>
<td>59</td>
<td>69</td>
<td></td>
</tr>
</tbody>
</table>

**Overall Knowledge Gain**

- **Pre-Assessment**: 59%
- **Post-Assessment**: 78%
- **Increase**: 19%
Primary Sources For Obtaining Alcohol

From a friend who is 21 or over (Oklahoma Students: 26%, National Average: 22%)

Friend who is under 21 (Oklahoma Students: 16%, National Average: 21%)

A store using a fake ID (Oklahoma Students: 4%, National Average: 5%)

Another family member 21 or older (Oklahoma Students: 17%, National Average: 8%)

Parent or guardian (Oklahoma Students: 12%, National Average: 13%)

Home without asking (Oklahoma Students: 12%, National Average: 14%)
Negative Consequences From Drinking

- Embarrassed myself: State Average 20%, National Average 11%
- Said things I didn't mean: State Average 12%, National Average 8%
- Felt sick: State Average 18%, National Average 12%
- Had a hangover: State Average 21%, National Average 17%
- Got behind in schoolwork: State Average 9%, National Average 7%
- Performed poorly on an assignment: State Average 7%, National Average 7%
- Rode with a driver who had been drinking: State Average 21%, National Average 13%
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