



Curriculum Guide & Crosswalk

Alcohol Education: Safe and Smart™

Introducing an improved course for the 2026 school year

EVERFI is excited to launch Alcohol Education: Safe and Smart™, a reimagined and updated version of our previous course, available for the 2026 school year. This refreshed program builds on the foundation of the original while delivering greater depth, stronger skill-building, and expanded standards alignment to better support student success.

What’s new and improved?

- All original standards retained – ensuring continuity for educators and compliance with health education requirements.
- Stronger emphasis on skills-based learning – including refusal strategies, planning, and advocacy skills that empower students to make safe, informed choices.
- Expanded standards alignment – now includes goal setting, proactive safety behaviors, and advocacy competencies introduced in the latest NHES framework.
- More interactive, real-world scenarios – helping students apply knowledge in practical contexts like social settings, media influence, and emergency response.

This Teacher Crosswalk document shows exactly where topics from the previous version appear in the new course and highlights new content areas designed to deepen engagement and meet updated standards.

Course structure

Pre-Survey	Lesson 1: Making Smart Choices	Lesson 2: Know Your Influences	Lesson 3: Understanding Alcohol’s Impact	Lesson 4: Smart Decisions	Lesson 5: Bringing It All Together	Post-Survey
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By lesson

Original Course	NEW!	Refreshed Course
Lesson 1 – Introduction Students will be able to: <ul style="list-style-type: none">• Define a standard drink of beer, wine, and liquor• Assess personal values and goals• Challenge common misconceptions about alcohol use• Understand goals of the course		Lesson 1 – Making Smart Choices Added goal-setting and deeper analysis of risks; expanded myth-busting with evidence-based approach. Students will be able to: <ul style="list-style-type: none">• Explain how alcohol affects the brain and body.• Analyze risks of underage drinking related to health, legal, and academic outcomes.• Distinguish standard drink sizes and evaluate why serving size matters.• Debunk common myths using evidence-based information.• Develop personal goals that support safe and healthy choices.
Lesson 2 – Know Your Influences Students will be able to: <ul style="list-style-type: none">• Explain where common myths about alcohol come from• Recognize what influences people's drinking-related attitudes and behaviors• Identify reasons to abstain from drinking		Lesson 2 – Know Your Influences Expanded to include refusal skills, boundary-setting, and personal reasons for abstaining. Students will be able to: <ul style="list-style-type: none">• Evaluate how media and advertising influence beliefs about alcohol.• Identify personal and social reasons for choosing not to drink.• Demonstrate refusal and negotiation skills in peer scenarios.• Analyze strategies for resisting peer pressure and maintaining boundaries.

Lesson 3 – Brain and Body

Students will be able to:

- **Describe** the dangers of drinking from communal sources
- **Assess** personal background risks for drinking-related problems
- **Explain** the basic facts concerning BAC, factors that influence it, and the biphasic effect
- **Recognize** how parts of the brain and body are affected by alcohol use
- **Demonstrate** effective strategies to help someone who may have alcohol poisoning

Lesson 4 – Smart Decisions

Students will be able to:

- **Analyze** internal and external factors that may impact decisions
- **Demonstrate** positive examples of refusing a drink and resisting peer pressure
- **List** strategies for staying safe if choosing to drink
- **Identify** options for handling a situation involving someone who might drive under the influence

Lesson 3 – Understanding Alcohol's Impact

Added BAC interpretation, biphasic effect, and emergency response steps.

Students will be able to:

- **Describe** how alcohol moves through the body and impacts systems.
- **Interpret** blood alcohol concentration (BAC) and the biphasic effect.
- **Assess** personal risk factors that influence alcohol's effects.
- **Recognize and respond** to signs of alcohol poisoning using safe steps.

Lesson 4 – Smart Decisions

Expanded to include proactive planning and hosting strategies.

Students will be able to:

- **Differentiate** internal and external influences on decision-making.
- **Demonstrate** verbal and nonverbal refusal strategies with confidence.
- **Plan** safe transportation options and alternatives to impaired driving.
- **Apply** decision-making strategies to support friends in risky situations.

Lesson 5 – Conclusion

Students will be able to:

- **Understand** the laws surrounding underage drinking
- **Demonstrate** positive techniques to approaching difficult alcohol-related conversations
- **Reassess** their personal values and goals
- **Create** an action plan for future alcohol-related behaviors

Lesson 5 – Bringing It All Together

Added peer messaging, advocacy, and communication skills for real-world application.

Students will be able to:

- **Analyze** evidence-based facts about alcohol and their implications for health.
 - **Evaluate** media and peer messages for techniques that influence perceptions.
 - **Demonstrate** decision-making and communication strategies in realistic scenarios.
 - **Apply** personal values to create a plan for safe choices in social settings.
 - **Compose** a peer message that promotes informed and positive decision-making.
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Detailed course outline

Lesson 1: Making Smart Choices

- Intro: Myths vs. reality; pressures teens face.
- Think Before You Drink: Alcohol basics and risks.
- Pre-Assessment: Quick knowledge check.
- Understanding Drinks: What counts as a drink and why it matters.
- Drink Size Can Be Misleading: Size vs. alcohol content.
- Why It Matters: Health, mental well-being, school, future.
- Reality Check: How common is teen drinking?
- Set Your Goals: Goal-setting tips and reflection.
- Wrap-Up & Post-Assessment: Summary and quiz.

Lesson 2: Know Your Influences

- Intro: Media influence overview.
- Pre-Assessment: Quick check.
- Message Behind the Scenes: Analyze implied messages in media.
- Reality Check: Media glamorizes drinking; most teens don't drink.
- Reasons Not to Drink: Real teen perspectives.
- Effects of Alcohol: Impact on stress, sleep, decision-making.
- Why Media Avoids Showing Drinking: Advertising strategies.
- What's Missing from Alcohol Ads: Risks hidden in ads.
- How Media Shapes Beliefs: Spot unrealistic portrayals.
- Say No with Confidence: Refusal skills.

- Speak Clearly: Social responses and supporting friends.
- Wrap-Up & Post-Assessment: Summary and quiz

Lesson 3: Understanding Alcohol's Impact

- Intro & Pre-Assessment.
- What's in Your Drink?: Risks of unlabeled or mixed drinks.
- Personal Effects of Alcohol: Factors increasing risk.
- How Risk Factors Work: Why age, body size, family history matter.
- How Do We Know?: BAC explained.
- What Affects BAC?: Factors that change BAC vs. myths.
- Reflection: True statements about BAC.
- The Biphasic Effect: Low vs. high BAC effects.
- Alcohol Poisoning: Signs and emergency steps.
- Wrap-Up & Post-Assessment.

Lesson 4: Smart Decisions

- Intro & Pre-Assessment.
- Influences on Choices: Internal vs. external factors.
- Refusal Skills: Key phrases and nonverbal strategies.
- Driving Safety: Plan ahead and speak up.
- Safe or Risky: Evaluate choices.
- Your Safe Ride Plan: Build a personal plan.
- Wrap-Up & Post-Assessment.

Lesson 5: Bringing It All Together

- Intro & Pre-Assessment.
- Knowledge Review: Alcohol facts recap.
- Real-Life Scenarios: Making smart choices.
- Communication Skills: Asking for help and setting boundaries.
- Media Literacy: Identify persuasive techniques.
- My Safe Plan: Strategies for planning.
- Wrap-Up & Post-Assessment.

NHES standards alignment

Added standards alignment in refreshed course

- 6.12.4 – Develop a detailed plan, with a timeline, for achieving a personal health goal (Goal-setting activity in L1 & L5)
- 7.12.1 – Demonstrate age and developmentally appropriate health and safety practices that prevent or reduce the risk of disease and injury and improve quality of life. (Driving safety strategies in L4)
- 8.12.1 – Use valid and reliable information to identify advocacy positions that meet personal, family, peer, school, and community health needs. (Peer messaging in L5)

- 8.12.2 – Create an action plan with advocacy strategies related to a position that promotes personal, family, peer, school, and community health. (Hosting boundaries and advocacy in L5)

Crosswalk

NHES Standards Alignment Comparison: Original vs Refreshed Course

Original Course	Refreshed Course	Coverage Expansion / Change
1.12.1 (L1)	Retained alignment (L1, L3, L4, L5)	Retained; reinforced with science-based BAC content and decision-making scenarios
1.12.7 (L1)	Retained alignment (L1, L3, L4, L5)	Expanded with practical strategies for planning ahead and refusal skills
2.12.2 (L1)	Retained alignment (L1, L2, L4, L5)	Broader cultural context and peer influence examples
2.12.4 (L2)	Retained alignment (L2, L5)	Media literacy strengthened with interactive ad analysis and social media scenarios
3.12.1 (L1)	Retained alignment (L1, L3, L5)	Added evaluation of BAC myths and emergency response info
4.12.2 (L2)	Retained alignment (L2, L4, L5)	Expanded with verbal + nonverbal refusal strategies and peer support
4.12.3 (L2)	Retained alignment (L2, L4, L5)	Added conflict resolution in hosting and peer-pressure scenarios
5.12.1 (L1)	Retained alignment (L1, L4, L5)	Broader coverage of barriers in social and driving contexts
5.12.4 (L1)	Retained alignment (L1, L4, L5)	Added alternatives for safe rides and emergency planning
7.12.1 (L3)	Retained alignment (L3, L4)	Reinforced with BAC and biphasic effect explanations
7.12.3 (L3)	Retained alignment (L3, L4)	Expanded emergency response steps for alcohol poisoning
8.12.3 (L5)	Retained alignment (L5)	Strengthened with advocacy and peer messaging activities