

## **Health and Opioid Abuse Prevention Education (HOPE) Curriculum launches on StartTalking! Website**

Lesson plans available to help middle and high schools prevent opioid abuse in Ohio's students

**Columbus, OH:** Ohio's schools play a critical role in promoting the health, safety, and academic success of young people and helping them to establish lifelong healthy behaviors. The HOPE Curriculum is a tool schools can use to address the requirements of HB 367 for boards of education in each local district to select a health curriculum that includes instruction to avoid opioid-abuse. The HOPE Curriculum was conceived to fill the growing need for schools and teachers to have curriculum tool to reduce the likelihood of drug use in youth. Following the path started by Start Talking!, the HOPE Curriculum is another integral piece in Ohio's fight in preventing drug abuse. "Since 2011, Governor Kasich has made preventing youth substance abuse a priority," said Sarah Smith, director of Ohio's Start Talking! initiative. "We are pleased to partner with OAHPERD to help share these resources with schools throughout the state, and to continue the conversation with our youngest Ohioans about the importance of being drug-free"

"As we began the attack against the drug epidemic it was clear schools and health education play a key role, but we also realized there was a gap between the requirements of HB 367 and the resources available to schools to engage in the fight," said Ohio Association for Health, Physical Education, Recreation and Dance (OAHPERD) President Kevin Lorson. "OAHPERD and the members of the HOPE Curriculum Project are honored and excited to have the opportunity to develop a tool created by teachers for teachers to battle the epidemic in Ohio's schools. The support from the lesson plans, teacher resources, administrator guides and professional development sessions will be key as schools fully engage in preventing drug abuse."

The HOPE curriculum is designed to meet the diverse learning needs of students in grades K-12 to shape the behaviors and skills to be drug free. The middle and high school curriculum (Grades 6-8, 9-12) is a series of 10 lessons designed for a licensed health educator to implement within health education lessons. The HOPE curriculum is designed to be a part of a larger substance abuse prevention unit within a school district's health education curriculum. The elementary curriculum (K-2, 3-5) is designed for an elementary classroom teacher. The elementary curriculum will integrate Ohio's English Language Arts Standards into short 20-minute opioid abuse prevention lessons. The elementary curriculum will include three lessons for each grade band with additional lesson enhancements to allow schools to flexibility to match school

resources with curriculum needs. The HOPE Curriculum is designed to align with an effective health education curriculum to develop healthy and drug-free students, but is not seen as a total replacement for instruction in alcohol, other drugs and tobacco.

Overall the HOPE curriculum seeks to develop students who can:

1. Apply key concepts about responsible use and misuse/abuse of prescription drugs; and the impact of improper use on health, family, community and future.
2. Develop decision-making skills to make drug-free choices.
3. Develop and use assertive communication and refusal skills to be drug-free.
4. Encourage and support others to make drug-free choices.

*What is included in the HOPE Curriculum?*

- **Lesson Plans** – Each lesson plan includes objectives, assessments, a progression of activities, and learning materials.
- **Assessments** – Student activities and rubrics used to assess learning outcomes.
- **Instructional Materials** – Support materials such as background readings, PowerPoint, worksheets, videos, and diagrams to support lesson plans and student learning.
- **Teacher and School Administrator Guides** – Tips, instructor notes, teacher knowledge packets, FAQs, letter to parents other drug abuse prevention resources.
- **Stay Connected** – ideas for additional follow-up, community and parent engagement, and social marketing.

The HOPE Curriculum is a three-year project funded by the Ohio Department of Higher Education to help teachers and schools develop students who live healthy, drug-free lives. The HOPE Curriculum is led by the Ohio Association of Health, Physical Education, Recreation and Dance (OAHPERD) and is developed through a collaboration among faculty at Wright State University, University of Toledo, Cleveland State University, and Ohio University. The HOPE Curriculum is written with the expertise and perspectives of health educators and classroom teachers from around the state (see below for a list of writing team members). Connections with *Start Talking!* and other school-based drug abuse prevention programs will provide consistent drug-free messaging and support the development of healthy behaviors, at school, home and in the community.

Schools, teachers or administrators who are interested in previewing a draft of the HOPE lessons can visit the Start Talking! website for more details or email [HOPECurriculum@wright.edu](mailto:HOPECurriculum@wright.edu). All of the curriculum materials for the HOPE Curriculum will be available in Summer 2017 at the Start Talking! website.



### **HOPE Writing Team**

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