

HEALTHY LIFESTYLES 2.0

the curriculum

WHAT is Healthy Lifestyles 2.0?

Healthy Lifestyles 2.0 (HL 2.0) is a marijuana early-prevention curriculum uniquely designed for youth in grades 6-8. The goal of this 10-lesson curriculum is to educate youth about the marijuana issues they are (or will be) confronting and equip them with tools to address these challenges. The curriculum is aligned with positive youth development best practices in Program Quality Assessment (PQA), Social-Emotional Learning (SEL), and National Health Education standards that value the role and importance of youth being in control of their decision-making.

How do I USE the curriculum?

Our goal is to make HL 2.0 EASY for you to facilitate, and FUN for students to learn. Each 50-min lesson has the same structure: opening/warm-up activity, main youth-driven activity, and a personal or group reflection opportunity. Each lesson contains dialogue cues and facilitator prompts to provide structure and guidance, but advanced instructors will find that they can tailor the curriculum to their own philosophy and instructional approach.

How is Healthy Lifestyles 2.0 DIFFERENT than other curricula?

HL 2.0 is highly interactive, rather than the more traditional lecture, workbook, and PowerPoint presentation format. It is inquiry-based and student-driven, with an emphasis on student voice and choice, group discussion, and multiple leadership opportunities. The lessons promote a safe, trusting environment that encourages discussion and discovery through fun, peer-led activities, which incorporate the four primary learning modalities: visual, auditory, kinesthetic, and tactile.

SCOPE and SEQUENCE

HL 2.0 contains two levels of lessons (101 and 201), which build upon one another:

101.1: Myths & Facts: Introduction to the curriculum; how to distinguish myths from facts; where youth get information, why it matters

101.2: Marijuana, Brain, & Body: Basic brain anatomy; effects of THC on adolescent brain development; how impaired brain and body functions impact their goals

101.3: Identity & Choice: Evaluate healthy vs. unhealthy relationships; identify how their peers or 'tribe' may influence their choices

101.4: Rights & Consequences: Explore the legal consequences of marijuana use; rights and responsibilities as adolescents; identify how marijuana use may impact their short- and long-term goals

101.5: History, Trends, & Culture: Global history of marijuana and prohibition; historical trends in legalization

201.1: Marijuana as Medicine?: Differences between medical & recreational marijuana; importance of a diagnosis

201.2: Risk and Reward: How to take healthy risks; why youths' brains are wired for risks

201.3: Be Your Best: Social norming; marijuana statistics; making choices consistent with one's identity

201.4: Tools in Your Pocket: How youth can make good decisions in emergency and non-emergency situations

201.5: Consuming Cannabis: Media portrayal of marijuana or marijuana consumption methods



For more information, contact Breanne Goldman, YESS Institute Curriculum Designer
yess.breanne@gmail.com / www.yessinstitute.org

(*Please note: I currently work at YESS on Mondays and Tuesdays, all other days I am unavailable.)

