

CTC Academy

Free, online courses are available through Everfi for students who are interested in learning more about specific topics.

Courses are broken down into multiple lessons, which can be completed over time. Courses do not need to be completed all at once.

This is NOT a CTC requirement - just an extra opportunity for learning.



TO GET STARTED:

- Visit **everfi.com/student** and enter the Class Code: **3497d200**
- Follow the steps to create a new account. Don't forget to save your log-in credentials.

Note: If you already have an Everfi account, please log in and enter your class code from there.

- Once logged in, select the course you'd like to complete. Course details are on the back of this page.

When the lesson is complete, you will receive a completion certificate. Feel free to hold on to this for your student records or portfolio.

Questions? Contact Mrs. Black or Mrs. Lange

COURSE	# OF LESSONS	TIME TO COMPLETE	DESCRIPTION
Alcohol Education: Safe and Smart	5	1 hr, 40 mins	This health & wellness course takes a public health approach to preventing alcohol abuse and is designed to scaffold students' understanding of how to address difficult alcohol-related scenarios. Through interactive real-world scenarios, students learn how to leverage their personal values and goals, resist peer pressure, and step in when they see someone who may be in trouble. The lessons end with the debunking of a common myth associated with alcohol.
Vaping: Know the Truth	6	1 hr, 30 mins	(Available in Spanish) This health & wellness course gives students core knowledge around the health effects associated with using vaping products (nicotine, cannabis, or co-use) and offers resources to help young people quit if they already vape. It was created by Truth Initiative, the public health organization behind truth®, the nationally recognized youth tobacco prevention and education campaign.
Understanding Mental Wellness	6	1 hr, 15 mins	(Available in French and Spanish) This health & wellness course introduces students to the topic of mental health and the ways in which they can implement coping strategies to manage their own challenging thoughts, emotions, and behaviors. The course recognizes that students can be faced with external circumstances beyond their control which can impact their mental health. Through interactive real-world scenarios, students learn the impact of thought patterns, trauma, stigma, and times of uncertainty.
Prescription Drug Safety: Know the Truth	8	2 hrs, 40 mins	(Available in Spanish) This health & wellness course educates students about the potential dangers of misusing prescription medications, including fentanyl. The course—developed in partnership with Truth Initiative, the public health organization behind the nationally recognized truth® youth tobacco prevention and education campaign—explores the impact misuse can have on teens' physical and mental health, relationships, communities, and futures.
Character Playbook: Building Healthy Relationships	5	1 hr, 40 mins	(Available in Spanish) This course, sponsored by the NFL, teaches students how to establish and maintain healthy, supportive relationships with their classmates. Students engage in true-to-life scenarios that explore the fundamentals of communication, conflict resolution, and managing emotions. EVERFI partnered with the National Medal of Honor Griffin Institute to enhance the course by adding three videos focused on the values of courage, commitment, and integrity to help guide students in their decision-making and choices.
Honor Code: Bullying Prevention	5	50 minutes	(Available in French) This health & wellness course empowers students to create change, whether they're engaging in bullying, on the receiving end of it, or witnessing it in their school. Through an interactive learning experience, students engage in true-to-life scenarios that allow them to recognize their leadership potential in preventing bullying in their community. The course helps students identify their unique talents, grow their resilience in the face of adversity, and build strong connections with others.