

Alcohol & Other Drugs

Alcohol & Other Drugs for Students is an interactive role-play simulation that equips students with the skills to support healthy decisions for themselves and their peers, reducing adverse outcomes associated with alcohol and other drug misuse.

Learning Objectives

- ✓ Understand the social norms around drinking and other drugs
- ✓ Apply refusal strategies that help an individual know when and how to say no
- ✓ Examine the risks associated with alcohol and other drug use
- ✓ Recognize when and how to refer peers to seek out additional help
- ✓ Apply safe, positive, actionable strategies for intervening in situations where alcohol or other drugs are being misused
- ✓ Compose a personal positive behaviors action plan



Learners interact with Virtual Humans through interactive conversations



Market
Higher Ed



Audience
Student



Topic
Alcohol and Substance Use



Duration
55 Minutes



Overview

Alcohol & Other Drugs equips students with the skills and awareness to make positive decisions about alcohol and other drug use. The product introduces social norms and harm reduction strategies. Students practice refusal and bystander skills, identify goals that motivate them to make positive decisions in their personal alcohol or drug use, and support a friend by recognizing and effectively communicating their concerns about misuse.



The course is individualized for each student, with paths for abstainers, light to moderate drinkers, and heavy drinkers. Feedback is customized based on the students' interactions within the learning experience. Students have access to customized school-specific and national support resources in addition to simulation content.

Features

- ✓ **More than definitions**
Research shows that with experiential practice, increased emotional engagement and reflective thinking leads to stronger self-efficacy and behavior change.
- ✓ **Tailored to each learner**
Students receive customized information based on their choice of a virtual coach that represents their level of risk – low, mid, or high.
- ✓ **Developed by prevention experts**
Public health prevention specialists, campus wellness professionals, and real students contributed to simulation content.
- ✓ **Upskilling built on evidence**
Learning design incorporates evidence-based prevention methods including social norming, bystander skills, and values and goal-setting.
- ✓ **Part of a powerful prevention strategy**
With Kognito's experiential role-play scenarios, students learn through practice to build health promoting behaviors while reducing harmful ones.



The simulation is available online 24/7. Users are asked to complete pre-, post-, and 3-month follow up surveys to assess changes in skills, attitudes, and behavior. Upon completion, users receive a certificate of completion. Clients have access to usage reports and evaluation data via the Kognito client portal.



Learn more at kognito.com

Contact us at info@kognito.com or 212-675-9234