

Friend2Friend: Substance Use

Friend2Friend: Substance Use is an interactive role-play simulation for middle and high school students that builds awareness, knowledge, and skills to prevent substance misuse now and later in life by giving students the tools to better navigate real-life situations involving substances.

Learning Objectives

- ✓ Understand positive social norms and refusal skills
- ✓ Understand the differences between healthy and unhealthy coping strategies
- ✓ Analyze risks associated with substance use
- ✓ Identify substance misuse and potential support services
- ✓ Understand how positive self-concept can be used to help self and others
- ✓ Apply communication skills to help a friend
- ✓ Create an action plan around substances based on personal values and goals



Learners interact with Virtual Humans through interactive conversations



Market
PK-12



Audience
Student



Topic
Alcohol and Substance Use,
Social Emotional Learning



Duration
35 Minutes



Overview

Friend2Friend: Substance Use equips students grades 6-12 with the skills and awareness to make positive decisions about alcohol and other substances. This interactive learning experience introduces social norms and addresses media portrayals and misconceptions.



Students identify personal goals that motivate them to make healthy decisions, learn coping and refusal skills, and communication techniques to support a friend. Users have access to customized national, local, and school-specific resources in addition to simulation content.

Features

✓ SEL expertise not required

Friend2Friend: Substance Use can be implemented with fidelity by teachers regardless of background in mental health, substance use prevention, or SEL. Discussion guides are included with the simulation to enhance curriculum.

✓ Gaming technology

Gaming technology and interactivity engage students in learning topics that can be hard to teach at the secondary level.

✓ Tailored to each learner

Conversation scenarios adapt to meet students where they are, and give individual feedback across standardized content.

✓ Upskilling based on evidence

Learning design incorporates evidence-based prevention methods including social norming and values and goal-setting.

Fort Worth ISD Uses Kognito to Create Safer Schools

“Not only are we using funding to acquire and to adopt professional development, but we also use it to strengthen our curriculum.”

– Dr. Roina Baquera, Director,
Health and Physical Education Department



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