

## NHI Wellness Initiative Curriculum

NHI Teen Wellness Initiative explores four categories (Nutrition, Control Substance, and Prevention) in assisting our participants lead healthy drug free lives.

This curriculum uses resources from The Foundation for a Drug-Free World. Please take full advantage of all the resources (videos quizzes, assignments, and documentaries)

[Username-nourishinghandsinc@gmail.com](mailto:Username-nourishinghandsinc@gmail.com) Password-Business#2020 Class Code-RGC4F939513. The class code allows each participant to log in and complete quizzes, watch videos etc.

<https://www.drugfreeworld.org/>

### Important Terms

- Nutrition
- Hygiene
- Physical Activity
- Sleep
- Drugs
- Prevention
- Addiction

**Objective:** The participants will:

1. Define and discuss each term above
2. Understand that each term plays an active role in living a healthy lifestyle

**Outcomes:** The participants will:

1. Define and actively apply each term in conversation and scenarios
2. List some advantages of good nutrition, hygiene, physical activity, and sleep
3. Explore ways these terms can be implemented in day to day activities

### Nutrition

- Plant based food
- Unbalanced diet
- Benefits of nutrition on appearance, self-esteem, and decision making

**Objective:** The participants will:

1. Understand the benefits of plant-base fresh food oppose to processed GMO food
2. Understand what makes up an unbalanced/ unhealthy diet practices
3. Understand the how good nutrition enhances an individual's life holistically

**Outcomes:** The participants will:

Ph: 404.604.0734

[www.nourishinghandsinc.org](http://www.nourishinghandsinc.org)

P.O. Box 961072

Fax: 404.393.7500

[clogan@nourishinghandsinc.org](mailto:clogan@nourishinghandsinc.org)

Riverdale, GA 30296

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1. Explore, discuss, and advocate the consumption of plant base foods as it relates to good health and weight control
2. Explain that processed snacks, canned food, and products with extensive shelf life contains heavy infusion of genetically modified products (causes health issues)
3. Learn heathy food choices for snacks and meals
4. Understand through research the benefits of nutrition on individual's ability to live a healthy balanced live

### **Control Substance (2 weeks)**

- Marijuana
- Cigarettes
- Vaping
- Cocaine
- Opioids
- Alcohol
- Crack Cocaine

**Objective:** The participants will:

1. Learn the detrimental effects of the control substance on teens
2. Learn how control substance alter individuals' decision making process
3. Learn that the use control substance once can lead to a path of addiction
4. Lear that use of drugs destroys relationships with friends and love ones
5. Learn that the use of controlled substance can be punishable by criminal offense

**Outcome:** The participant will:

1. Research each control substance and two detrimental effect on individuals using information from Foundation for a Drug-Free World
2. Understand that control substance can divert a person's ability to make judgements that are beneficial for them and their communities
3. Learn that control substance can lead to broken relationships (family, friends, and responsible adults)
4. Research and understand the addictive capability of each control substance
5. Understand that certain levels (research the intoxicated limit) for each control substance and the punishable offenses

### **Prevention**

- Education (lesson 1,3,4,5,6,7,8)
- Conversation

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- Accountability partner
- Boundaries

**Objective:** The participants will:

1. Receive education about control substance prevention utilizing resources from drugfreeworld.org
2. Be able to engage an adult or responsible adult with questions about control substance
3. Understand the importance of forming and accountability partner
4. Understand the purpose for setting boundaries to guard against control substance

**Outcome:** The participants will:

1. Watch video clips and use resources from The Foundation for A Drug- Free World
2. Learn about local health centers and agencies for support against control substance usage
3. Learn the importance of speaking with a responsible adult about control substance concerns
4. Learn what an accountability partner is and explore characteristics of people who might be considered good accountability partners
5. Discuss what it means to set boundaries and the importance of setting boundaries
6. Role play scenarios of setting boundaries and saying to peer of adult pressure
7. Complete any activity of choice from the “additional activity PDF” with mentor’s supervision

Resources: video links

[https://files.ondemandhosting.info/data/virtualacademy/files/resources/dfw/presentation/presentation\\_dfw\\_lesson\\_1.pdf](https://files.ondemandhosting.info/data/virtualacademy/files/resources/dfw/presentation/presentation_dfw_lesson_1.pdf)

[https://d1en0cs4s0ez90.cloudfront.net/videos/antidrug/en/antidrug-commercial-they-said-they-lied\\_640\\_en.mp4](https://d1en0cs4s0ez90.cloudfront.net/videos/antidrug/en/antidrug-commercial-they-said-they-lied_640_en.mp4)

[https://d1en0cs4s0ez90.cloudfront.net/videos/antidrug/en/antidrug-commercial-drugs-just-once\\_640\\_en.mp4](https://d1en0cs4s0ez90.cloudfront.net/videos/antidrug/en/antidrug-commercial-drugs-just-once_640_en.mp4)

[https://d1en0cs4s0ez90.cloudfront.net/videos/antidrug/en/antidrug-commercial-drugs-one-hit\\_640\\_en.mp4](https://d1en0cs4s0ez90.cloudfront.net/videos/antidrug/en/antidrug-commercial-drugs-one-hit_640_en.mp4)

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