

YOUTH EDUCATION PROGRAMS

DONNIE DINOSAUR (TOBACCO TROUBLE): Designed for Pre-K to second grade youth to help learn the dangers of tobacco. This program consists of six lessons focusing on the hazards of nicotine and the importance of a healthy body.

THE INCREDIBLE YEARS: This social skills and problem solving curriculum is a comprehensive program for children pre-school through first grade. The ten session program addresses skills such as friendship, emotion language, problem solving, and anger management.

PROMOTING ALTERNATIVE THINKING STRATEGIES (PATHS): A ten session curriculum facilitating self-control, positive self-esteem, emotional awareness, and interpersonal problem solving skills for youth in third grade to sixth grades.

SMALL FOCUS GROUPS: A small group format of ideally six to eight children who meet with a prevention specialist weekly for a minimum of eight weeks. Topics of group focus may include social skills, anger management, divorce and separation, bereavement and loss, peer relationships, positive self-image, etc.

TOO GOOD FOR DRUGS II: An interactive, research based, ten session program for K-12 students. This program is designed to address five interwoven components of goal setting, decision making, boundaries with others, identifying and managing emotions, and communicating effectively. The framework is school-based, but involves families and communities as equal partners.

STEPS TO RESPECT: A ten session bullying prevention program designed for third through fifth grade students or fourth through sixth grade students. They learn how to recognize, refuse and report bullying.

ALL STARS: 13 lessons for fifth through eighth grade students designed to prevent and delay the onset of high-risk behaviors such as drug use, violence and premature sexual activity, through social competency, problem solving and family and school connections.

PROTECTING YOU / PROTECTING ME: Eight lesson alcohol awareness curriculum for second through fifth grade students. This program addresses human brain development and the risks associated with exposure to alcohol before age 21, along with problem solving, friendship skills and social competency.

SECOND STEP: Fifteen lessons for sixth through eighth grade students that are designed to decrease aggression, bullying, and substance abuse, and increase students' social skills and school success. This program provides a foundation for creating a safe, respectful learning environment.

Gang Awareness Training Education (GATE): A school based anti-gang, drug and violence education for youth in Kindergarten through eighth grade. This ten lesson program addresses the dangers of gangs while focusing on positive decision making skills, respect, remaining drug-free, peer pressure refusal skills, and maintaining a positive school environment.

STRENGTHENING FAMILIES PROGRAM (SFP): For Parents and Youth (10-14): This program is intended to reduce adolescent substance abuse and other problematic behaviors in youth 10 to 14 years old. SFP is designed to increase positive communication and stronger relationships within the family. The SFP program is offered one evening per week for seven weeks and hosted at specific Middle Schools.

STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD): A nationally recognized affiliation which provides leadership opportunities to students and assists them with initiating drug prevention strategies in their schools. The Valley Youth House SADD Coordinator works with schools providing technical assistance and organizing county wide activities.

TOBACCO FREE NORTHEAST (TFNE): A program whose mission is to improve the quality of life in our communities by reducing tobacco use. Power of 10 (P10) is an advocacy program under TFNE which engages middle and high school youth in Tobacco prevention activities. The Valley Youth House TFNE Coordinator assists P10 youth in planning community events, peer education and school wide events, and help prevent underage tobacco sales through merchant education and compliance checks.

LEARNING TO CARE (LTC): A 30 session program offered to the Bangor Area School District Kindergarten through second grade students. LTC is a highly interactive program designed to teach nurturing, empathy and child development to children within their school classrooms.

PUBLIC INFORMATION CENTER (PIC): The Public Information Center on Drug Prevention, a Pennsylvania State Regional Alcohol and other Drug Awareness Resources (RADAR) site provides up-to-date information on alcohol, tobacco and other drugs, as well as other health related topics. Materials are available at no cost to the public.

DECISIONS: An educational program designed to reduce drinking, problematic drinking and other drug use among offenders, 23 years old and younger, referred primarily by the criminal justice system, through community referrals from other sources are also accepted.

CHOICES: An educational program designed to reduce underage disorderly conduct or harassment among offenders, 23 years old and younger, referred primarily by the criminal justice system; community referrals from other sources are also accepted.

MARIJUANA AWARENESS CLASS (MAC): An educational program designed to heighten understanding of the negative impact of marijuana use among offenders 18 years old and younger. Referrals may come from any source.

Alternative to Suspension Program (ATS): Created by the American Lung Association, the ATS program is offered as an option to students who face suspension for violation of the school tobacco use policy. This program consists of four 50 minute sessions that address the effects of tobacco use, addiction, healthy alternatives to smoking and making the chance to a non-smoker.

Club Ophelia: Club Ophelia is an after-school program that educates middle school girls about relational aggression and how to form healthy relationships through art and their own creativity. They will learn how to relate the information to their own lives, and think about how they can help other girls who are either bullies or victims. High school mentors are also incorporated into the process.

Not on Tobacco (NOT): NOT is a ten session voluntary program designed to provide a total health approach to help adolescents quit smoking, reduce the number of cigarettes used daily by adolescents who are unable to quit, and improve healthy life style behaviors and life skills.

Small Focus Groups: Groups are facilitated by a prevention specialist. Issues such as conflict resolution, substance use, family dysfunction, or life skills are just a few of the themes that can be addressed through this approach.

Too Good for Drugs and Violence: Too Good for Drugs and Violence is a comprehensive prevention education program for high school students designed to equip them with the knowledge, skills and attitudes they need to remain drug free. This curriculum combines the core concepts of Too Good for Violence and Too Good for Drugs II in an innovative approach that allows students and schools to meet both prevention and academic needs.