

# HIGH SCHOOL PROGRAMS

**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 II:** Too Good for Drugs II is 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 communication effectively.

**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.