

Adolescent Support and Knowledge Initiative



Youth Education Program List

Tobacco and Vaping

Program	Category	Substance	Grade	Setting	Details		Facilitation	Cost
CATCH My Breath *- by CATCH Global	Prevention	Tobacco (1 cannabis lesson available grades 6 - 12)	5th - 12th	In -person Group	Lessons:	4	Facilitator-led & Facilitator provided by PCHD & TEPC or Facilitator Training provided	Free
					Duration per lesson:	30-40 min		
Vaping: Know the Truth (Everfi) *- by Truth Initiative	Prevention	Tobacco (2 cannabis lessons)	8th - 12th	Online Individual	Lessons:	6	Self-guided	Free
					Duration per lesson:	10 min		
You and me, Together Vape Free *- by Stanford Medicine	Prevention	Tobacco (1 cannabis lesson)	6th -12th Elmtry. lessons	In-person Group	Lessons:	6	Facilitator-led Training provided	Free
					Duration per lesson:	50 min		
Healthy Futures - by Stanford Medicine	Intervention (Alternative to Suspension)	Tobacco & Cannabis versions	6th - 12th	In-person Online Individual or Group	Lessons:	IP: 6 Online: 1	Facilitator-led Training provided and self-guided	Free
					Total time:	IP: 2 - 4 hrs Online: 40-60 min		
INDEPTH: Alternative to Suspension (Online Version) - by American Lung Association	Intervention (Alternative to Suspension)	Tobacco	6th - 12th	In-person Online Individual or Group	Lessons:	4	Facilitator-led Training provided and self-guided	Free
					Duration per lesson:	50 min		

Risk Prevention Education								
Program	Category	Substance	Grade	Setting	Details		Facilitation	Cost
PreVenture - by Overdose Lifeline, INC.	Prevention & Intervention	all substances	7th - 12th	In-person Small Group	Lessons:	4	Facilitator-led Facilitator provided by PCHD & HUB	FREE
					Duration per lesson:	45 min		
Positive Potential *- by PATH, Inc. 6th grade - Be the Exception	Comprehensive Youth Development & Risk Prevention	Comprehensive Youth Development & Risk Prevention	6th - 8th	In-Person classroom	Sessions:	5 ea. grade	Facilitator-led	provided by PATH, INC
					Duration per session:	45 min		
HORIZON *- by PATH, Inc	Personal Responsibility Education - Life Skills & Healthy	Communication skills - conflict resolution - STIs -healthy vs unhealthy relationships	7th - 8th	In-Person classroom	Sessions:	15	Facilitator-led	provided by PATH, INC
					Duration per session:	45 min		
Botvin LifeSkills Education - by Botvin LifeSkills Training	Lifeskills and risk prevention	Focus varies by grade level	5th 6th - 12th*	In-Person classroom	Sessions:	6 - 10 varies by grade	Facilitator-led	provided by PATH, INC
					Duration per session:	45 min		

General Health Education								
Program	Category	Subject	Grade	Setting	Details		Facilitation	Cost
Longfellow's WHALE Tales* - by American Red Cross	Health Education	Water Safety	K - 3rd	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	30 min		
Kickin' Asthma - by American Lung Association	Health Education	Asthma	6th - 10th	In-person Group	Lessons:	4	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	45 min		
Open Airways - by American Lung Association	Health Education	Asthma	3rd - 5th	In-person Group	Lessons:	5	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	40 min		
Smile Starts!* - by American Dental Association	Health Education	Dental Health	K - 5th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	30 min		
HeartSaver CPR* - by American Heart Association	Health Education	CPR/AED	6th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	2.5 - 3 hrs		
HeartSaver First Aid* - by American Heart Association	Health Education	First Aid	6th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	2 hrs.		

For questions about these programs or to schedule one for your agency, please contact Jamie Pauley.

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* Meets Health Education Standards = Evidence-based

