

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 6 - 12)	5th - 12th	In -person Group	Lessons:	4	Facilitator-led Training provided	Free
					Duration per lesson:	30-40 min		
Vaping: Know the Truth (Everfi) *- by Truth Initiative	Prevention	Tobacco (2 cannabis lesson)	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 (1lesson on cannabis)	6th -12th Elm try. 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 version	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		

Other Substances								
Program	Category	Substance	Grade	Setting	Details		Facilitation	Cost
Smart Talk: Cannabis Prevention & Awareness Curriculum - by Stanford Medicine	Prevention	Cannabis	6th - 12th	In-person Group	Lessons:	5	Facilitator-led Training provided	provided by Hub Coalition
					Duration per lesson:	approx. 60 min		
Media Ready - by Innovation Research and Training	Prevention through media literacy	Tobacco & Alcohol	6th - 8th	In-person Group	Lessons:	10	Facilitator-led Training provided	provided by Hub Coalition
					Duration per lesson:	45 min		
This Is NOT About Drugs - by Overdose Lifeline, INC.	Prevention	Opioids	6th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided	provided by Hub Coalition
					Duration per lesson:	45 min - can be expanded		
Risk Prevention Education								
Program	Category	Substance	Grade	Setting	Details		Facilitation	Cost
PreVenture - by Overdose Lifeline, INC.	Prevention & Intervention	all substances	7th - 12th	In-person Group	Lessons:	2	Facilitator-led facilitator provided	provided by Hub Coalition
					Duration per lesson:	90 min		
Positive Potential *- by PATH, Inc. 6th grade - Be the Exception 7th grade - Push the Limits 8th grade - Unstoppable	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		

Risk Prevention Education Continued								
Program	Category	Substance	Grade	Setting	Details		Facilitation	Cost
HORIZON* - by PATH, Inc	Personal Responsibility Education - Life Skills & Healthy Relationships	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
Kickin' Asthma- by American Lung Association	Health Education	Asthma	6th - 10th	In-person Group	Lessons:	4	Facilitator-led facilitator provided	provided by PCHD
					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	provided by PCHD
					Duration per lesson:	40 min		
Smile Starts!- by American Dental Association	Health Education	Dental Health	K - 6th	In-person Group	Lessons:	1	Facilitator-led facilitator provided	provided by PCHD
					Duration per lesson:	30-45 min		

General Health Education Continued								
HeartSaver CPR - by American Heart Association	Certification	CPR/AED	6th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided	provided by PCHD
					Duration per lesson:	2.5 - 3 hrs.		
HeartSaver First Aid - by American Heart Association	Certification	First Aid	6th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided	provided by PCHD
					Duration per lesson:	3 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								