

Adolescent Support & 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 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 avail.	In-person Group	Lessons:	6	Facilitator-led & Facilitator provided by TEPC or Facilitator 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	Program coordinated with TEPC	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 or self-guided Training provided by TEPC	Free
					Duration per lesson:	50 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		
Be a Safety Superhero! *- by PCHD	Health Education	General Safety	K & 1st	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	30 min		
It's Real Middle School *- by AFSP	Mental Health	Mental Health Awareness	6th - 8th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	45 min		
It's Real High School *- by AFSP	Mental Health	Mental Health Awareness	9th-12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	45 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	Cost for Certification
					Duration per lesson:	2.5 hrs		
Hands-Only CPR *- by American Heart Association	Health Education	CPR/AED	4th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	1 hr.		
Stop the Bleed *- by American College of Surgeons	Health Education	First Aid	6th - 12th	In-person Group	Lessons:	1	Facilitator-led facilitator provided by PCHD	Free
					Duration per lesson:	1 hr.		

Risk Prevention Education								
Program	Category	Topic	Grade	Setting	Details		Facilitation	Cost
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 facilitator provided by PATH	Free provided by PATH, INC
					Duration per session:	45 min		
READY4LIFE *- by PATH, Inc.	Lifeskills & Adult Prep	Building resilience, mental health skills, and Success Sequence for life readiness	9th - 12th	In-Person classroom	Sessions:	13	Facilitator-led facilitator provided by PATH	Free provided by PATH, INC
					Duration per session:	45-50 min		
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	Free provided by PATH, INC
					Duration per session:	45 min		
* Meets Health Education Standards  = Evidence-based								

The Adolescent Support & Knowledge (ASK) Initiative represents a collaborative effort among dedicated organizations within Porter County, unified by a common purpose: to support, empower, and uplift the youth of our community. Our shared mission is clear—to inspire and equip every young person to make positive choices that promote their overall wellness. Through prevention, education, and restorative change, we aim to foster a safe and supportive environment that helps adolescents thrive.

Together, ASK envisions a future where every youth is equipped with the knowledge and resources to make healthy, informed decisions, paving the way for a healthier and more resilient community. Our commitment to collective action allows us to maximize our impact, leveraging each organization's strengths to provide comprehensive, community-centered support for young people.

For All Inquiries, Please Contact
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