

YEP

2024-2025

valleyyouthhouse.org



YOUTH EDUCATION PROGRAM

2024-2025

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THE YOUTH EDUCATION PROGRAM



Beliefs

YEP began in 1989. It operates with the belief that substance abuse, violence, and other self-destructive behaviors can be prevented through alcohol, tobacco, and other drug education coupled with life skills training.



Purpose

We facilitate small groups/ classes using evidence-based, evidence-informed, and other curriculums.

We attend school and community events to promote prevention education.

We creatively disseminate prevention information.



Funding

Thanks to the Lehigh and Northampton County Departments of Drug and Alcohol, all of our prevention activities are implemented at no cost to your school or organization!

We thank them for their commitment to prevention education in the Lehigh Valley.



HOW DOES IT WORK?

To begin the process of scheduling groups or classes, please click [here](#) or visit: <https://bit.ly/YEP2425>.

You can also scan the QR code found below.

Groups and classes will be offered in quarterly scheduling periods throughout the school year. In order to maximize our impact and be mindful of our facilitators' schedules, schools or community organizations must allow us to offer programming for at least half of a school day each week for at least one scheduling quarter. Each group/ class takes 30 minutes- one hour, depending on the age group and content. *Please note that this does not apply to single session programs.*

The quarterly schedule for the 2024-2025 school year is:

Quarter 1: September 10, 2024- November 1, 2024

Quarter 2: November 4, 2024- January 17, 2025

Quarter 3: January 21, 2025- March 28, 2025

Quarter 4: March 31, 2025- May 30, 2025



2024-2025

PREVENTION PROGRAMMING

<u>ANXIETY/ COPING SKILLS</u>	<u>PG. 4</u>
<u>CONFLICT RESOLUTION/ ANGER MANAGEMENT</u>	<u>PG. 5</u>
<u>FAMILY/ HOME LIFE</u>	<u>PG. 7</u>
<u>GAMBLING/ SOCIAL MEDIA</u>	<u>PG. 8</u>
<u>LGBTQ (Offered by Silk Lehigh Valley)</u>	<u>PG. 10</u>
<u>SELF-ESTEEM</u>	<u>PG. 11</u>
<u>SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS</u>	<u>PG. 12</u>
<u>SUBSTANCE-RELATED</u>	<u>PG. 15</u>
<u>ADULT/ FACULTY PROGRAMMING</u>	<u>PG. 18</u>

LET US KNOW IF YOU HAVE A DIFFERENT REQUEST; WE ARE ALWAYS EXPANDING OUR PROGRAMMING!

ANXIETY/ COPING SKILLS

COPE

A cognitive-behavioral approach is utilized to help youth cope with anxiety, depression, and stress by teaching them how to stop negative thoughts and start behaving in more positive ways.



EVIDENCE-BASED



GRADES 2-12



1 QUARTER

DON'T WORRY, BEE HAPPY

This interactive curriculum aims to assist children in developing strategies to help them put their worries and anxieties into perspective so they can better relax, learn, and have a more "happy" life.



GRADES K-2



1 QUARTER

GRIEF SUPPORT GROUPS

Students are encouraged to work together to process, cope with, and navigate the feelings that surround a loss that they've experienced. The topic of grief is presented through hands-on, developmentally activities.



EVIDENCE-INFORMED



GRADES K-12



1 QUARTER

KINDERGARTEN COPING SKILLS

A special group for kindergarteners, these highly-engaging, fun lessons will help little learners better understand their big feelings and how to deal with them!



GRADE K



1 QUARTER

MY PANIC BUTTON

This group is centered around a workbook that supports students to understand their anxiety and learn about coping strategies to help them get out of their head, out of panic mode and into the "here and now."



GRADES 4-8



1 QUARTER

CONFLICT RESOLUTION/ ANGER MANAGEMENT

ANGER MANAGEMENT FOR ELEMENTARY-AGED STUDENTS

This curriculum teaches students about identifying anger triggers, calming strategies, coping skills for angry emotions, and more!



GRADES K-5



1 QUARTER

CONFLICT RESOLUTION FOR TEENAGERS

This curriculum is designed to help you teach teenagers how to solve problems without fighting, becoming aggressive, or escalating them. Students examine explosive scenarios and practice how to resolve them peacefully and maturely.



FLEXIBLE



1 QUARTER

MANAGING YOUR ANGER

The purpose of this group is to help students understand the origins of their anger and how to control their tempers. Students will learn about their anger triggers, responses to anger, and coping skills to use.



GRADES 4-9



1 QUARTER

RIDE THE WAVES

This group uses a fun ocean theme to teach elementary students how to cope with different feelings, difficult situations, when things do not go their way, change, and the unexpected.



GRADES 1-4



1 QUARTER

TEACHING STUDENTS TO BE PEACEMAKERS

Students are taught competencies needed to effectively resolve conflicts and actively contribute to forming a supportive school community. It aims to reduce violence in schools and motivate healthy decision making.



GRADES 1-8



2 QUARTERS

FAMILY/ HOME LIFE

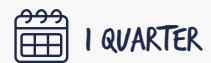
(CHILDREN OF INCARCERATED PARENTS)

This group offers youth opportunities to share ideas and offer support to each other through discussion and activities related to a loved one being away due to incarceration. Supplemental children's literature is utilized as well.



FAMILIES IN SEPRATE HOUSEHOLDS (FISH)/ (HANGING FAMILIES)

The combination of these two curriculums allow for small groups to explore and learn strategies to cope effectively with changes within their family structure. This topic is presented in a developmentally-appropriate, hands-on manner.



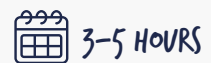
LET'S TALK: RUNAWAY PREVENTION

This program is designed to educate young people about alternatives to running away and teach them healthy coping mechanisms that serve as alternatives to running away or other engaging in other dangerous activities.



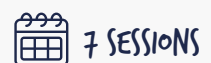
PARENTING WISELY

This online program for parents/ caregivers can be completed anytime and in just a few hours. It presents difficult situations and how to effectively handle them. Parents receive their own login information to access the course.



STRENGTHENING FAMILIES PROGRAM (10-14).

This program takes place one weeknight evening a week and is designed for both parents/ caregivers and youth to attend. Separate sessions cover topics relevant to each group and a closing family session brings everyone together.



GAMBLING/ SOCIAL MEDIA

AMAZING CHATEAU/ HOOKED CITY

The primary objective of this interactive computer-based game is to enable adolescents to make responsible choices by informing them about the nature and the risks associated with gambling and modifying undesirable attitudes.

 GRADES 3-12

 1 QUARTER

CLEAN BREAK

Clean Break is a docudrama intended to enhance adolescents' understanding of the consequences and potential dangers associated with excessive gambling.

 GRADES 6-12

 1 SESSION

DIGITAL CITIZENSHIP

These lessons address timely topics and prepare students to take ownership of their digital lives. Content includes media balance, privacy and security, digital footprint and identity, cyberbullying, and news and media literacy.

 GRADES K-12

 1 QUARTER

SCREEN TIME: HOW MUCH IS TOO MUCH?

This single session explores screen time and how much is too much. It covers the brain and mood changes and how electronics can affect our bodies.

 GRADES 4-12

 1 SESSION

SOCIAL MEDIA SUPERSTARS

In this curriculum developed by Valley Youth House, students learn about their digital footprints and how to stay safe online. Relatable children's books are used to reinforce these important concepts.

 GRADES 3-5

 1 QUARTER

GAMBLING/ SOCIAL MEDIA

STACKED DECK

This is a program that provides information about the myths and realities of gambling and provides guidance on making good choices to prevent gambling behaviors amongst youth.



WANNA BET?

This interdisciplinary program is designed to discourage gambling, including participating in online betting, through improved critical thinking and problem solving.



YOUTH GAMBLING: AWARENESS AND PREVENTION

This workshop covers youth gambling as a whole and how it can be prevented.



LGBTQ SERVICES OFFERED BY SILK LEHIGH VALLEY

Silk Lehigh Valley is a program of Valley Youth House designed for LGBTQ+ youth ages 13+ and their allies and friends. Silk provides a safe drop-in space (located at 315 N. 7th Street in Allentown) that is open Mondays-Fridays from 1:00 p.m.-7:00 p.m. Individuals can access awesome programming and testing events, free HIV and STI testing, linkage to care, and emergency supplies. It also offers case management services and flexible education within school or community settings.

To inquire about Silk, please contact adallas@valleyyouthhouse.org.

GLSEN: LEARNING EMPOWERMENT AND SELF-IDENTIFICATION

Participants will explore how self-identification can be empowering and have discussions about what it means to be proud of the labels and identities that we all hold. The issue of consent is also explored.



GRADES 9-12



1 SESSION

LOVE, SIMON

Students read *Simon vs. the Homo sapiens Agenda* by Becky Albertalli and watch the movie *Love, Simon*. Afterwards, they will conduct a study of the main characters.



GRADES 9-10



1 QUARTER

ONE LOVE FOUNDATION

These learning tools focus on giving youth guidelines and resources to learn about relationships, determine if they are cultivating healthy relationships, and how to have conversations with others about boundaries.



EVIDENCE-BASED



YOUTH AGES 14-21



1 QUARTER

RIGHTS, RESPECT, RESPONSIBILITY

This program builds on 30 years of research to create effective sexuality education, while respecting young people's right to the information they need to protect their health and make responsible decisions.



EVIDENCE-BASED



YOUTH AGES 13 AND UP



1 QUARTER

SELF-ESTEEM

AMAZING ME

The result of a collaboration between Dove and Discovery Education, this curriculum empowers students to be confident both inside and out. It also explores the correlation between body image, bullying, and social media.



(CELEBRATING THE STRENGTHS OF BLACK YOUTH

This program offers Black and/or African American youth a variety of activities in a supportive group experience designed to promote self-esteem and enhance positive racial identity.



EVERYONE IS DIFFERENT, EVERYONE BELONGS

This curriculum teaches children the value of diversity and how to embrace and celebrate differences. It introduces the concepts of neurodiversity to children and helps them to understand that everyone thinks differently.



POSITIVE ACTION

Positive Action is based on the intuitive philosophy that we feel good about ourselves when we do positive actions. This program includes seven units that were developed from a positive youth development framework.



THE BLUES PROGRAM

This cognitive-behavioral prevention group is intended to actively engage students with depressive symptoms or those who are at risk of the onset of major depression.



SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS

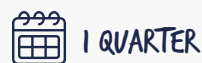
A SEA OF FRIENDSHIP

This program aims to empower students to build foundations for positive friendships by teaching skills such as listening, playing fair, accepting others, conflict resolution, and more.



BULLYING AND CYBERBULLYING PREVENTION

Developed by the Massachusetts Aggression Reduction Center, this curriculum aims to educate youth about bullying and cyberbullying, and to raise their awareness about how these behaviors impact themselves and others.



FEELINGS AND EMOTIONS

This curriculum is loaded with fun activities to teach and build students' emotional vocabulary and social skills while helping them to identify their feelings and emotions.



HARMONY

Harmony SEL is a PreK-6th grade social and emotional learning (SEL) program that helps teachers and other adults that work with youth cultivate strong relationships between all students.



HEALTHY FRIENDSHIPS

This group takes a six-week deep dive into being a good friend. Topics like healthy and unhealthy friendships, ways to make and keep friends, and how to navigate difficult situations are explored.



SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS, (CONTINUED)

KINDERGARTEN SOCIAL SKILLS

It's time to learn through play! This highly engaging program teaches kindergartners to share, take turns, transition between activities, expressing their feelings appropriately, and following directions.



LOWER ELEMENTARY SOCIAL SKILLS

This curriculum helps students in primary grades develop self-control, emotional regulation, and positive relationship skills. It takes a play and movement-based approach to this topic.



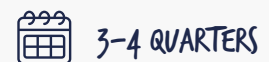
SAFE DATES

This program aims to stop teen dating violence before it begins. It teaches the qualities of healthy relationships and includes strategies for individuals as well as their support systems.



SECOND STEP

By taking a holistic approach to social-emotional learning, students engaged in the Second Step program learn how to set goals, gain confidence, make better decisions, collaborate, and navigate their world effectively.



SECOND STEP BULLYING PREVENTION UNIT

This group teaches students to recognize, report, and refuse bullying. It utilizes an integrated approach that incorporates engaging videos and hands-on activities.



SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS, (CONTINUED)

SELF-REGULATION/ SELF-MANAGEMENT

In this small group, children will learn how to self-regulate and handle big emotions, how to calm down and be mindful of their feelings, and how to learn and develop self-control.



SOCIAL SKILLS: EMPATHY & PERSPECTIVE-TAKING

These lessons teach empathy and perspective-taking with a focus on accepting different perspectives, flexible thinking, understanding social cues, developing empathy, using perspectives to resolve conflicts, and more.



SOCIAL SKILLS GROUP INTERVENTION (S.S. GRIN)

This targeted, small-group program covers topics such as communication, cooperation, impulse control, perspective taking, conflict management, empathy, and more.



STORY WEAVERS

Developed by Valley Youth House, this curriculum utilizes children's books to explore topics like anger management, communication, problem-solving, social skills, avoiding harmful substances, and more.



UPPER ELEMENTARY SOCIAL SKILLS

Each session includes an engaging comic book or graphic novel-style page introducing the topic, a strategies sheet, sorting cards or a worksheet, and discussion/task/practice cards to use with a cooperative learning activity.



SUBSTANCE-RELATED

ALCOHOL EDU

This program takes a public health approach to alcohol education in schools and aims to reduce the prevalence of underage drinking. Students are empowered to make safer and healthier choices with regards to alcohol.



EVIDENCE-BASED



GRADES 9-12



1 QUARTER

BOTVIN LIFE SKILLS TRAINING

Based on more than 35 years of research, the Botvin Life Skills Training program is developmentally designed to promote mental health, positive youth development, and substance resistance skills.



EVIDENCE-BASED



GRADES 3-8



2 QUARTERS

CATCH MY BREATH

This peer-led teaching approach empowers students with information and skills to help them make healthy decisions with regards to e-cigarettes and resist peer pressure to vape.



EVIDENCE-BASED



GRADES 5-12



MODEL SMOKING PREVENTION PROGRAM

This is an evidence-based, comprehensive program to help prevent youth from using cigarettes and tobacco. It also teaches healthy alternatives to tobacco products.



EVIDENCE-INFORMED



GRADES 6-8



1 QUARTER

OPIOIDS: WHAT YOU NEED TO KNOW

This single session is an introduction to opioids and provides helpful information that is relevant to the particular grade level and preventative in nature.



GRADES 4-12



1 SESSION

SUBSTANCE-RELATED

PROJECT ALERT

This prevention program motivates students against drug use, cultivates new non-use attitudes and beliefs, and equips teenagers with skills and strategies needed to resist drugs and alcohol.



EVIDENCE-BASED



GRADES 7-8



2 QUARTERS

PROJECT TOWARDS NO DRUG ABUSE

This is an interactive classroom-based substance abuse program. It focuses on three factors that predict tobacco, alcohol, and other drug use, violence-related behaviors, and other problem behaviors among youth.



EVIDENCE-BASED



GRADES 9-12



2 QUARTERS

THE TOBACCO PREVENTION TOOLKIT

These flexible resources are aimed at preventing middle and high school students from using tobacco and nicotine products. It has been updated to include vape, hookah, and smokeless tobacco.



GRADES 6-12



1 QUARTER

THE REAL RISKS OF MARIJUANA

Although more and more states have made marijuana legal, it still poses dangers. This single session focuses on marijuana use and how this substance can affect our health and relationships.



GRADES 4-12



1 SESSION

TOO GOOD FOR DRUGS

A universal prevention program, Too Good for Drugs teaches social and emotional skills for making healthy choices while resisting peer pressure and influence.



EVIDENCE-BASED



GRADES 1-12



1 QUARTER

SUBSTANCE-RELATED, (CONTINUED)

TOO GOOD FOR DRUGS & VIOLENCE

Too Good for Drugs & Violence prepares students with the skills they need for academic, social, and life success. Interactive games and activities provide practical guidance on many different areas of functioning.



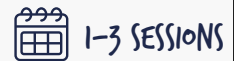
VAPE EDUCATE

This program Up-to-date content includes information from a recent government study regarding vaping trends and THC. It has many accessible user interfaces and helps students respond to peer pressure.



WISE OWL'S DRUG SAFETY KIT

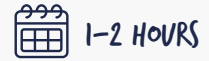
This curriculum carefully introduces young students to the concepts of healthy decisions related to drugs and medicines. There are three videos and interactive components to this program.



FACULTY PROGRAMMING

AVOIDING SECONDARY STRESS, VICARIOUS TRAUMA, AND BURNOUT

This presentation provides adults/ faculty members with an overview of secondary stress, vicarious trauma, and burnout, and offers practical strategies to avoid them.



QUESTION, PERSUADE, REFER: QPR

Just as people trained in CPR can help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

