

YEP

2025-2026



YOUTH EDUCATION PROGRAM

2025-2026

Administrative Office: 3400 High Point Blvd.
Bethlehem, PA 18017

www.valleyyouthhouse.org



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.



SERVICES PROVIDED

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. We also collaborate with community groups and stakeholders to enhance prevention activities in our communities.



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.



CONTACT INFORMATION

<https://valleyyouthhouse.org>

Ashley Dallas, Director of Prevention Services
adallas@valleyyouthhouse.org



HOW CAN YOU REQUEST EDUCATION SERVICES?

Prevention education groups and classes are the most requested services in our Youth Education Program. Education Specialists are able to deliver prevention education curriculums to students in grades K-12 in schools or other locations in Lehigh and Northampton Counties.

Groups and classes are offered on a quarterly basis throughout the school year. Some curriculums will only last one quarter and others will last the entire duration of the school year. The pages that follow list all of our curriculum offerings and include the target grade levels and duration.

The schedule for the 2025-2026 school year is as follows:

- Quarter 1: September 15, 2025 - November 21, 2025
- Quarter 2: November 24, 2025 - January 23, 2026
- Quarter 3: January 26, 2026 - March 27, 2026
- Quarter 4: March 30, 2026 - May 29, 2026

To maximize our impact and make the best use of our facilitators' time, schools and organizations must allow us to provide direct services for at least 4 hours a day, at least one day a week for at least one quarter. Typically, groups or classes last between 30 to 45 minutes, depending on the age group and content. Please note that this rule does not apply to single-session programs.

To initiate the scheduling process for groups or classes, please click here or visit: <https://bit.ly/YEP2526>. You can also scan the QR code provided below.

If you have any questions, please reach out to Ashley Dallas at adallas@valleyyouthhouse.org.



2025-2026

EDUCATIONAL PROGRAMMING

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Social-Emotional Learning

ALCOHOL AND OTHER DRUGS

Substance use prevention efforts for young people are vital in fostering healthy development and reducing the risk of addiction. By equipping youth with essential skills such as self-awareness and emotional regulation, these initiatives enable them to navigate challenges and resist negative influences. Additionally, strong prevention programs promote resilience and build supportive relationships, empowering young people to make positive life choices.



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.

GRADES 9-12; 1 QUARTER



BOTVIN LIFE SKILLS TRAINING PROGRAM

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.

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.

GRADES 5-12; 4 SESSIONS



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.

GRADES 6-8; 1 QUARTER

ALCOHOL AND OTHER DRUGS



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



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.

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.

GRADES 9-12; 2 QUARTERS



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

ALCOHOL AND OTHER DRUGS



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.

GRADES K-12; 1 QUARTER



Too Good For Drugs and 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.

GRADES 1-12; 2 QUARTERS



Vape Educate

This program of 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.

GRADES 6-12; 1 QUARTER



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.

GRADES K-3; 1-3 SESSIONS

CONFLICT RESOLUTION

Developing conflict resolution skills is crucial for young people as it empowers them to handle disputes and stress in constructive ways. By learning to navigate conflicts effectively, they are less likely to turn to substances as a coping mechanism, fostering healthier choices. Ultimately, these skills contribute to a more resilient and emotionally balanced generation, paving the way for improved mental health and well-being.



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.

GRADES 7-12; 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 1-9; 1 QUARTER



RIDE THE WAVES

This group uses a fun ocean theme to teach elementary students how to cope with different feelings, face difficult situations, adapt when things do not go their way, and expect 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

COPIING SKILLS

Coping skills are vital for young people to manage the stressors of adolescence and early adulthood. Developing strategies like mindfulness and problem-solving, along with building a supportive social network, fosters resilience and emotional well-being. These skills not only help avoid substance use but also lead to healthier lifestyles and improved mental health outcomes.

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EB

EVIDENCE-BASED

COPE: CREATING OPPORTUNITIES FOR PERSONAL EMPOWERMENT

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.

GRADES 2-12; 1 QUARTER

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DON'T WORRY, "BEE" HAPPY

This interactive curriculum aims to assist primary-age children in developing strategies to help them put their worries and anxieties into perspective so they can better relax, learn, and "bee" happier.

GRADES K-2; 1 QUARTER

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EI

EVIDENCE-INFORMED

GRIEF AND LOSS SUPPORT GROUP

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.

GRADES K-12; 1 QUARTER

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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

FAMILY & HOME LIFE: FOR YOUTH

Establishing healthy family relationships is crucial for youth, as they provide emotional support and shape positive behaviors. Open communication within the family creates a safe environment, encouraging young individuals to seek help instead of resorting to unhealthy coping mechanisms. Ultimately, nurturing family dynamics foster resilience and promote healthier choices, leading to fulfilling lives for young people.



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.

GRADES 3-5; 1 QUARTER



FAMILIES IN SEPARATE HOUSEHOLDS/ CHANGING FAMILIES

The combination of these two curriculums allows 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.

GRADES 2-5; 1 QUARTER



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.

GRADES 6-12; 2 QUARTERS

FAMILY & HOME LIFE: FOR PARENTS

Parenting and caregiver skills play a vital role in preventing substance use among young people by fostering strong emotional connections and trust. When caregivers establish open lines of communication, it empowers youth to discuss their challenges and seek guidance, reducing the likelihood of turning to drugs or alcohol. Furthermore, by modeling healthy behaviors and coping strategies, caregivers can instill resilience and decision-making skills that help young individuals navigate peer pressures and life stresses effectively.



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.

PARENTS OF YOUTH AGES 11-18; 3-5 HOURS; OFFERS COMPLETION CERTIFICATE



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.

YOUTH AGES 10-14 AND THEIR PARENTS/ CAREGIVERS; 7 SESSIONS OFFERED IN THE EVENINGS

GAMBLING & SOCIAL MEDIA

Gambling prevention programs can leverage social media to educate young people about the risks and consequences associated with gambling, creating awareness that can deter risky behaviors. By sharing informative content and engaging stories, social media can foster a sense of community and support among peers, encouraging healthier lifestyle choices.



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.

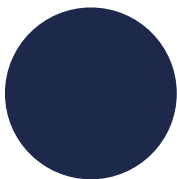
GRADES 3-12; 1 QUARTER



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



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.

GRADES 9-12; 1 QUARTER

GAMBLING & SOCIAL MEDIA



WANNA BET?

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

GRADES 3-8; 1 QUARTER

SELF-ESTEEM

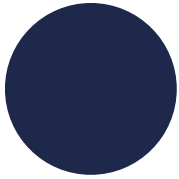
Self-esteem is essential for young people as it empowers them to make healthier choices and resist negative influences. A positive self-image fosters confidence, allowing individuals to seek fulfillment through constructive activities rather than substances. Additionally, strong self-esteem equips youth with effective coping strategies to manage stress and challenges, reducing the likelihood of substance use.



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.

GRADES 3-6; 1 QUARTER



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.

GRADES K-5; 1 QUARTER



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.

GRADES K-12; 1 QUARTER

SOCIAL-EMOTIONAL LEARNING

Social emotional learning (SEL) is crucial in substance use prevention as it helps young people develop self-awareness and emotional regulation skills. By fostering resilience and positive relationships, SEL empowers youth to make informed decisions and resist peer pressure. Furthermore, as individuals gain confidence and effective coping mechanisms through SEL, they are better equipped to handle life's challenges without turning to substances.



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.

GRADES 1-3; 1 QUARTER



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.

GRADES K-12; 1 QUARTER



HEALTHY FRIENDSHIPS

This group takes a 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.

GRADES 3-6; 1 QUARTER



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.

GRADES 8-12; 1 QUARTER

SOCIAL-EMOTIONAL LEARNING



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.

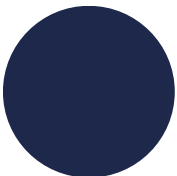
GRADES K-5; 4 QUARTERS



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.

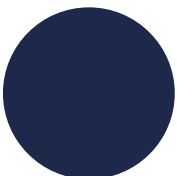
GRADES K-5; 1 QUARTER



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.

GRADES K-2; 1 QUARTER



SOCIAL SKILLS: EMPATHY AND 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.

GRADES 5-10; 1 QUARTER

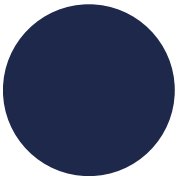
SOCIAL-EMOTIONAL LEARNING



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.

GRADES 3-5; 1 QUARTER



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.

GRADES K-2; 1 QUARTER

THE PREVENTION PLATFORM



Our podcast explores different prevention-focused topics relevant to parents, caregivers, and educators. We share practical strategies and expert insights while empowering you with information to nurture resilient, thriving children in today's fast-paced world!