

YEP

2026-2027



# YOUTH EDUCATION PROGRAM

2026-2027

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

[www.valleyyouthhouse.org](http://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 deliver services through state-approved prevention strategies, including education, information dissemination, community-based process, alternative activities, and problem gambling prevention. This includes facilitating small groups and classes using evidence-based and evidence-informed curricula; attending school and community events to promote prevention education; creatively sharing prevention information; and collaborating with community groups and stakeholders to strengthen prevention efforts.



## 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>

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# 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 2026-2027 school year is as follows:

- Quarter 1: September 14, 2026 - November 13, 2026
- Quarter 2: November 16, 2026 - January 22, 2027
- Quarter 3: January 25, 2027 - March 26, 2027
- Quarter 4: March 29, 2027 - May 28, 2027

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 Erica Cohen Hamilton at [ecohenhamilton@valleyyouthhouse.org](mailto:ecohenhamilton@valleyyouthhouse.org) or Ashley Dallas at [adallas@valleyyouthhouse.org](mailto:adallas@valleyyouthhouse.org).



# 2026-2027

## EDUCATIONAL PROGRAMMING

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Social-Emotional Learning

# ALCOHOL AND OTHER DRUGS

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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.



## 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.

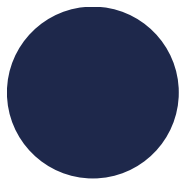
GRADES 3-8; 2 QUARTERS



## 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.

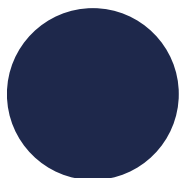
GRADES 5-12; 1 QUARTER



## OPIOIDS: WHAT YOU NEED TO KNOW

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

GRADES 4-12; 2 SESSIONS



## 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

# ALCOHOL AND OTHER DRUGS

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## 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



## 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

# ALCOHOL AND OTHER DRUGS

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## 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 QUARTER



## YOU AND ME, TOGETHER VAPE FREE

This curriculum helps prevent youth e-cigarette use by correcting misconceptions, building refusal skills, reducing stress, improving coping, and lowering both intent to use and actual use.

GRADES 3-12: 1 QUARTER

# CONFLICT RESOLUTION

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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 3-8; 2 QUARTERS

# COPING SKILLS

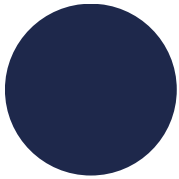
Coping skills are vital for young people to manage the stressors of adolescence and early adulthood. Developing strategies like mindfulness and problem-solving, along with building a supportive social network, fosters resilience and emotional well-being. These skills not only help avoid substance use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



## 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



## 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.

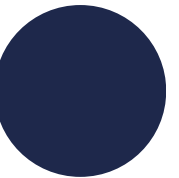
GRADES K-2; 1 QUARTER



## 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



## MY PANIC BUTTON

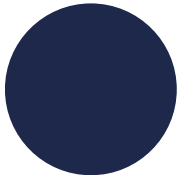
This group is centered around a workbook that supports students to understand their anxiety and learn about coping strategies to help them get out of their head, out of panic mode and into the "here and now."

GRADES 4-8; 1 QUARTER

# FAMILY & HOME LIFE: FOR YOUTH

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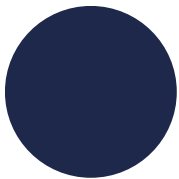
Establishing healthy family relationships is crucial for youth, as they provide emotional support and shape positive behaviors. Open communication within the family creates a safe environment, encouraging young individuals to seek help instead of resorting to unhealthy coping mechanisms. Ultimately, 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

# FAMILY & HOME LIFE: FOR PARENTS

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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

# 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 these interactive computer-based games is to enable adolescents to make responsible choices by informing them about the nature and the risks associated with gambling and modifying undesirable attitudes.

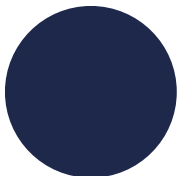
GRADES 3-12; 1 SESSION



## CLEAN BREAK

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

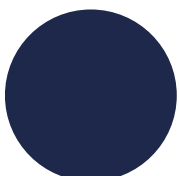
GRADES 6-12; 1 SESSION



## 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



## KIDS/ TEENS/ FAMILIES & TECHNOLOGY

This interactive classroom education program is designed to address the use of technology to engage youth in online activities, including gaming and gambling and the signs of problem gaming/gambling.

GRADES 3-4, GRADES 6-9; 1 OR 2 SESSIONS

# GAMBLING & SOCIAL MEDIA

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## LEAPS & BOUNDS

The focus of this program is to provide the students with accurate information and assist them in acquiring life skills, while emphasizing the importance of internalizing healthy lifestyle choices.

GRADES 3-12; 1 QUARTER

## STACKED DECK

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

GRADES 9-12; 1 QUARTER

## 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

## YOUTH GAMBLING PREVENTION AND AWARENESS: LEVEL 1 AND 2

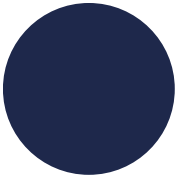
These workshops aim to teach about the nature of gambling and the differences between games of skill and games of chance, introduce the concepts of luck, chance, and the illusion of control. They also reinforce social skills and resistance to peer pressure.

GRADES 4-7; 1 OR 2 SESSIONS

# SELF-ESTEEM

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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.



## 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

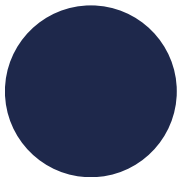
Positive Action is based on the intuitive philosophy that we feel good about ourselves when we do positive actions. This program includes seven units that were developed from a positive youth development framework.

GRADES K-12; 1 QUARTER

# SOCIAL-EMOTIONAL LEARNING

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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.

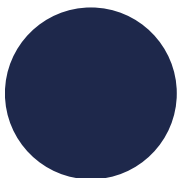
GRADES 1-3; 1 QUARTER



## 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



## 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

# SOCIAL-EMOTIONAL LEARNING

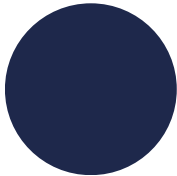
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## SECOND STEP BULLYING PREVENTION UNIT

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

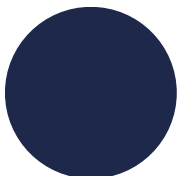
GRADES K-5; 1 QUARTER



## 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.

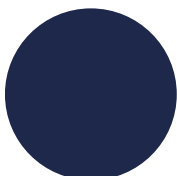
GRADES K-2; 1 QUARTER



## 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

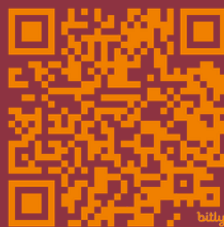


## STORY WEAVERS

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!