

2025-2026 In-School Education Programs

Fentanyl Awareness Education

Session can include a Narcan training and free Narcan distribution

Seventh - Twelfth Grades

This presentation can be done in a 1 or 1.5 hour format.

This session educates youth about opioids, particularly fentanyl, and the risks of counterfeit pills. Students can learn how to recognize an overdose or drug poisoning and respond with the overdose reversal medication Narcan (naloxone-generic). This lesson is designed to impact adolescent behavior and attitudes in a positive manner, foster self-esteem, as well as improve peer and family communication skills about opioids, fentanyl, and the risks of counterfeit pills.

Please ask about our peer-to-peer Fentanyl and Narcan Training for Trainers available for Ninth - Twelfth Grades.

Healthy Relationships

Fifth - Eighth Grades

A one-hour session where students learn the qualities of a healthy relationship and how to identify healthy, unhealthy and abusive relationships. Students also learn about boundaries and what works and doesn't work when setting them.

Stress and Coping

Fourth - Twelfth Grades

A three-session social emotional learning curriculum for students. Each session is one hour. Lesson One teaches about stress and coping skills. Lesson Two explores emotions and emotional regulation. Lesson Three covers resiliency, its benefits, and how to build resiliency. All three lessons have skill-building activities including art, physical activity, and meditation.

Vaping and Cannabis

Sixth - Twelfth Grades

A one-hour session on the effects of vaping cannabis and/or nicotine on the brain and body. Utilizing Stanford Medicine's Smart Talk and Safety First curriculum, this informative presentation is centered on sharing information and strategies to prevent or reduce young people choosing to use vapes and e-cigarettes that can contain cannabis and/or nicotine.



2025-2026 In-School Education Programs

Stanford Medicine's Smart Talk: Cannabis Awareness and Prevention Curriculum Fourth - Twelfth Grades



The “Smart Talk: Cannabis Prevention & Awareness Curriculum” includes 3 lessons, one-hour each providing activities, online quiz games and worksheets. They are provided in addition to presentations, resources and other materials aimed at addressing key factors associated with youth cannabis use, including changing adolescents’ attitudes toward and misperceptions about cannabis. This curriculum is available in middle school and high school versions.

The elementary version of Smart Talk About Cannabis is a 2-session theory-based and evidence-informed curriculum created by the Stanford REACH Lab as well as by the Youth Action Board, educators, health care providers and scientists across the U.S. The elementary lessons discuss the impact of cannabis on the body. **For those wanting a single session, we suggest the stand alone Stanford Safety First cannabis lesson. See below.**

Stanford Medicine| Halpern Felsher REACH Lab Safety First: Comprehensive Drug Education and Intervention Ninth - Twelfth Grades



Safety First is made up of 13 lessons on alcohol, cannabis, opioids (including fentanyl), psychedelics and other drugs. **The lessons are available to be presented as stand-alone sessions. You can also pick and choose which sessions would work best for your school community.** The purpose of each lesson is to encourage youth to abstain from use. This curriculum also includes a clear harm-reduction message for high school students who are experimenting with substances to provide them with scientifically accurate information to empower them to quit and/or reduce harm should they choose to continue to use.



2025-2026 In-School Education Programs

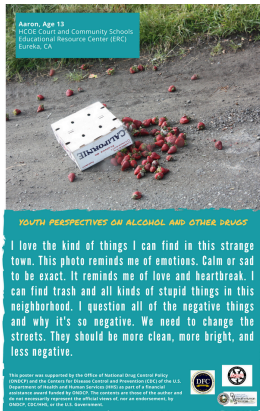


Photo Voice

Sixth - Twelfth Grades

We work collaboratively with local schools to produce annual Photo Voice projects with local students. Photo Voice helps youth share community strengths and challenges around alcohol and other drug issues through photography and narrative. Final projects include posters in English and Spanish. Our team hosts an annual Photo Voice Exhibit event to showcase the poster collection.

Nitrous Oxide and Other Inhalants

Seventh - Twelfth Grades

A one-hour session on the short and long term effects of a variety of inhalants on the brain and body. We discuss recreational nitrous oxide use. Students are encouraged to think critically about why people use inhalants in our community. Students are introduced to local environmental prevention policy work to prevent and reduce the sale of recreational nitrous oxide in our community.

Alcohol Awareness

Fifth - Twelfth Grades

A one-hour session to learn about the effects of alcohol on the brain and body. They will learn about refusal skills and alternative activities to drinking alcohol that promote their health and well-being. This session includes local, state and national data related to underage drinking.

Prescription Drug Safety

Fifth - Tenth Grades

A one-hour interactive session where students learn what prescription drugs are and what they are useful for. Students will learn how to identify prescription drug misuse and go over the reasons why people may misuse medications. Students will learn the importance of keeping medications safely stored and how to keep others safe from an accidental overdose. We will also go over healthy coping skills when dealing with difficult life situations.



Substance Use Prevention Program

DHHS Public Health Branch
Healthy Communities Division

2025-2026 In-School Education Programs

Training for Educators

Educators who serve young people ages 10 to early 20s

We train educators and other school staff to effectively talk to students about alcohol and other drugs. We can include an introduction to substance use prevention at the training. This training can be modified to cover many staff concerns related to substance use prevention for youth.

Training for Parents, Caregivers and Guardians

We offer community-based trainings for parents, caregivers and guardians on effective ways to talk to young people about alcohol and other drugs. Our team is available to provide trainings for parents, caregivers and guardians at schools, service provider agencies and community groups.

Training for Student Leaders and Advocates

Seventh - Twelfth Grades

We provide interactive trainings and presentations for student leaders and advocates, as well as school clubs and health seminars. They are developed to address alcohol and other drug issues that impact training groups and peers at school. Topics include underage drinking, Narcan (aka naloxone), vaping and cannabis and how to effectively talk to friends about substance use. Special topics can be considered by our team upon request.



Substance Use Prevention Program

DHHS Public Health Branch
Healthy Communities Division

Educational Materials for Educator Use in Classrooms

Third - Fourth Grades - Two lessons

Lesson plans, videos and worksheets for educators to use in their classrooms.

Lesson 1 - Prescription Drug Safety includes accessing trusted adults for support, communication, boundaries and refusal skills for risky situations.

Lesson 2 - Cannabis Edible Safety includes the impacts of cannabis, alcohol, tobacco and other drugs, including inhalants and fentanyl, and how to stay safe from these items. There is an emphasis on edible cannabis safety.

Fifth - Eighth Grades - Five lessons

Lesson plans and videos are provided for educators to use in their classrooms.

Lesson 1 - Understanding what constitutes a drug/substance, teen brains and the effect of substances on the growing brain.

Lesson 2 - The risks of substance use to youth.

Lesson 3 - Addiction, addiction language and treatment.

Lesson 4 - Healthy coping skills and cannabis prevention.

Lesson 5 - Alcohol and other drug prevention and refusal skills.

Ninth - Twelfth Grades - Five lessons

Lesson plans, videos, worksheets and activities are provided for educators to use in their classrooms.

Lesson 1 - How alcohol and other drugs impact the teen brain.

Lesson 2 - Review of Lesson 1 and learning the risks of substance use for teens.

Lesson 3 - Addiction, substance use language, risks and protective factors.

Lesson 4 - Healthy coping skills, alternatives to substance use and cannabis prevention.

Lesson 5 - Substance refusal skills.