

<b>LifeSkills Training (LST)</b>	LifeSkills Training is an evidence-based substance abuse and violence prevention program, designed for classroom instruction. <i>Multi-year implementation is strongly recommended.</i>
<b>Too Good for Drugs</b>	Too Good for Drugs is a comprehensive, evidence-based substance use prevention curriculum for students K-12 applying interactive, social games and activities to promote healthy decision-making.
<b>Student Assistance Core Team Training Day</b>	This is an in-service day in August designed to provide SAP core team members with training on current ATOD issues.
<a href="#"><u>Time to Talk</u></a>	This workshop is designed to give parents the skills needed to start the conversation with children about drugs and alcohol.
<b>Vaping education for youth</b>	This single-session education program for grades 3-9 provides an overview of the trends and risks of vaping.
<b>Vaping education for parents and professionals</b>	This single-session education program for parents and professionals provides an overview of the trends and risks of vaping.
<a href="#"><u>Berks Co. Vaping Toolkit</u></a>	This downloadable toolkit provides current information on vaping risks, and strategies to prevent youth use of vaping products.
<a href="#"><u>Clear and Present Danger</u></a>	This is a two-part educational program about prescription medication safety. The program includes hands on activities focused on teaching teens safe medication practices, the link between prescription drugs and heroin, as well as refusal skills.
<a href="#"><u>Youth Leadership Council (YLC)</u></a>	The mission of YLC is to build resilient communities by empowering youth to make informed decisions about substance use. Through innovative prevention programs, peer support, and advocacy, we aim to inspire positive change and create a strong network of substance abuse prevention advocates.
<a href="#"><u>Teens &amp; Technology</u></a> School Education Program	In this two-session program for 6-9 <sup>th</sup> grades, students learn about the connection between technology use and gambling, addiction as a disease and symptoms of gaming/gambling addiction.
<a href="#"><u>Kids &amp; Technology</u></a> School Education Program	In this one-session presentation for elementary through 5 <sup>th</sup> grade, students learn how to be good digital citizens, understand their digital footprint and balance media with other activities.
<a href="#"><u>Red Ribbon Campaign</u></a>	The Red Ribbon Campaign, held every October, serves to mobilize youth and encourage participation in drug prevention activities.
<a href="#"><u>Marijuana Education</u></a>	This highly interactive program aims to build critical thinking skills in high school students by fostering discussions on marijuana and its potential consequences.
<a href="#"><u>Escape the Vape SAVE</u></a>	This is an alternative to suspension program for students who violate school district vaping policies. The program educates students on the health risks of vaping and allows them to determine the need for additional support for vaping use.
<a href="#"><u>NOT (Not on Tobacco)</u></a>	An eight-week vaping and smoking cessation program for youth that helps guide youth to a healthier smoke/vape free lifestyle.



## Countywide School Prevention Activities FY 24/25

*Programs listed are FREE to Berks County schools and provided by the Council on Chemical Abuse.*

<b>Brain Waves</b>	Educates students in grades 1-5 on the brain's different parts, functions. Activities help students understand brain health and develop skills to foster healthy brains.
<b>Cosmic Friends</b>	Teaches students in grades 1-5 the qualities and behaviors of healthy friendships, and includes identifying peer pressure and utilizing refusal skills
<b>MedSmart Kids</b>	Educates children in grades 1-5 about their bodies, how to recognize when they don't feel well, and the importance of medication safety.