

LifeSkills Training (LST)	LifeSkills Training is an evidence-based substance abuse and violence prevention program, designed for classroom instruction. <i>Multi-year implementation is strongly recommended.</i>
Too Good Programs	Too Good Programs are a comprehensive, evidence-based substance use prevention curriculum for students K-12 applying interactive, social games and activities to promote healthy decision-making.
<u>Time to Talk</u>	This workshop is designed to give parents the skills needed to start the conversation with children about drugs and alcohol.
<u>Escape the Vape</u>	This single-session education program for grades 2-12 provides an overview of the trends and risks of vaping.
<u>Escape the Vape SAVE</u>	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.
<u>Clear and Present Danger</u>	This program includes interactive activities focused on teaching teens safe medication practices, the link between prescription drugs and opioid use, as well as refusal skills.
<u>Teens & Technology</u>	This two-part series engages students in activities regarding appropriate technology use and creating a balance between life on and offline. Students learn about the risk of addiction associated with technology and gaming and gambling, and they gain insight into their own technology use.
<u>Kids & Technology</u>	In this one-session presentation for elementary through 5 th grade, students learn to be good digital citizens, understand their digital footprint, the connection between gaming and gambling, and balance media with other activities.
<u>Marijuana Real Talk</u>	This highly interactive program aims to build critical thinking skills in high school students by fostering discussions on marijuana and its potential consequences.
Emotion Commotion!	In this elementary lesson, students will interactively learn about what mental health is and, how to recognize our emotions both physically, and internally. Additionally, students will discuss how to be mindful with various activities. Lastly, students will talk about positive thinking and have the opportunity to make a classroom gratitude jar.
Speak Up, Stand Tall	This program helps elementary students to recognize bullying and the impact it has on feelings and friendships. Students learn positive responses to bullying and what to do if they see others being bullied. The program also promotes inclusion and kindness and encourages students to commit to at least one kind act in their daily lives.
Speak Up, Stand Tall, Stay Connected:	This program educates middle school students about modern bullying issues, including the role of social media, and empowers them to create a safer, more supportive environment both online and in the classroom. This lesson helps students to understand the impact of online bullying, recognize the warning signs of online bullying, and learn how to respond in a positive manner. Students learn effective conflict resolution strategies and develop skills to manage disagreements through communication, empathy, and problem solving.
Brain Games	Educates students in grades 1-5 on the brain's different parts and functions. Activities help students understand brain health and develop skills to foster healthy brains.



Countywide School Prevention Activities FY 26/27

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

Friendships Matter	Teaches students in grades 1-5 the qualities and behaviors of healthy friendships, and includes identifying peer pressure and utilizing refusal skills
Friendships: Strengthening Your Circles	This interactive middle school lesson helps students build healthy friendships by recognizing the qualities of positive relationships, identifying unhealthy behaviors, and practicing effective communication skills. Through engaging activities and real-life scenarios, students learn how to set boundaries, resist negative peer pressure, and make choices that support their well-being. The lesson empowers youth to build strong, respectful connections that contribute to a safe and supportive community.
MedSmart Kids	Educates children in grades 1-5 about their bodies, how to recognize when they don't feel well, and the importance of medication safety.
Parent & Professional Education Program	Single session presentations for parents and professionals on Vaping, Teens and Technology, Talking to Youth, and Drug Trends.