

BE KIND  
TO YOUR  
MIND

# PROGRAM OVERVIEWS: ELEMENTARY

2026-2027



# ELEMENTARY PROGRAM OVERVIEW: 2026-2027

## Introduction

The Council on Chemical Abuse developed and designed the supplemental programs outlined in this document to help reduce substance use among Berks County youth. Each overview listed provides the program objectives, target audience, education and activities offered and the highlighted prevention skills. All programs encourage students to practice critical thinking skills which are crucial for independent decision making.

### Program Overviews

Escape the Vape - Elementary Lesson

Kids and Technology

Brain Games

Emotion Commotion!

MedSmart Kids

Speak Up, Stand Tall

Friendships Matter: The Key to Good Friends

### Additional Program information

- Programs are facilitated by trained prevention specialists.
- Program length - Programs are designed for a full hour, however lessons easily adapt for a 40-minute class period.
- Data collection surveys required for each program, grades 4<sup>th</sup> and 5<sup>th</sup>
- COCA provides an opt out letter for parents that explains the program and survey. Parents can opt out of the program, survey, or both.
- COCA requests faculty complete our teacher feedback survey.
- All surveys are completed electronically via survey links emailed to school contact person.
- Parent/Professional Programs available for all programs

For additional information please contact:

Alicia Kline

Prevention Program Supervisor

610-451-9399

[akline@cocaberks.org](mailto:akline@cocaberks.org)

# Prevention Program Overview

Program: **Escape the Vape: Quest for the Treasure Chest Key**

## Program Objective

**Escape the Vape** engages students in age-appropriate conversations and activities regarding vaping awareness education and the risk associated with nicotine use.

This program teaches students to:

- Understand how vaping devices deliver harmful chemicals.
- Identify the chemicals found in vaping devices
- Understand the potential health risks associated with vaping
- Identify strategies to protect the brain including avoiding the use of nicotine
- Define Negative Peer Pressure and utilize Refusal Skills

## Program Summary

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|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Population</b> | Appropriate for 3rd–5th grade students                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Education</b>  | <p><b>Part 1- Devices and Effects to the Lungs</b></p> <ul style="list-style-type: none"><li>· Gage students' knowledge on vaping devices</li><li>· Explain the operational components found in all devices</li><li>· Explain E-Liquid and identify ingredients</li><li>· Define differences between water vapor and aerosol</li><li>· Discuss the dangers of chemicals entering the lungs due to vaping</li></ul> <p><b>Part 2 – Nicotine, addiction, and the brain</b></p> <ul style="list-style-type: none"><li>· Identify Nicotine as the addictive substance delivered during vaping</li><li>· Explain how nicotine effects the body including the brain</li><li>· Brief age-appropriate discussion on addiction and brain development</li><li>· Identify ways to protect the brain during development</li></ul> <p><b>Part 3- Refusal Skills</b></p> <ul style="list-style-type: none"><li>· Discuss and define negative peer pressure and refusal skills</li><li>· Identify refusal skill strategies</li><li>· Practice utilizing refusal skills</li></ul> |
| <b>Activities</b> | <p>Students take an adventure to find the treasure chest key while engaging in activities to meet the learning objectives. At the conclusion of the program, all students receive an approved giveaway for completing the activities.</p> <p>Activities include:</p> <ul style="list-style-type: none"><li>• Mystery Bag Game- explaining what is harmful not to body</li><li>• Play-Doh Challenge - explains brain development</li><li>• Refusal Skill Game - practices strategies</li></ul> <p>In addition, students engage in discussion designed to help them practice critical thinking skills.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Skill</b>      | <p>This program teaches refusal and decision-making skills while promoting critical thinking by encouraging independent thoughts regarding the dangers of vaping to the body and the importance of making decisions free from negative influences.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

# Prevention Program Overview

## Program: Kids and Technology

### Program Objective

**Kids and Technology** engages students in activities regarding the appropriate use of technology and developing a balance between life on and offline. Technology remains a large part of our daily lives. This program offers students the opportunity to build skills to successfully navigate both worlds.

This program teaches students to:

- Understand their digital footprint
- Define Digital Citizenship and positive digital citizen
- Understanding Ai- Where to find it, how to use it safely
- Technology safety
- Understanding the connection between gaming and gambling
- Maintain healthy balance

### Program Summary

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|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Population</b> | Appropriate for 3rd-4th grade students                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Education</b>  | <p><b>Part 1- Gaming and Gambling</b></p> <ul style="list-style-type: none"><li>· Define Gambling and Identify examples</li><li>· Connection to Gaming</li><li>· Games Designed to keep youth playing/risk for addiction</li></ul> <p><b>Part 2 – Digital Citizenship</b></p> <ul style="list-style-type: none"><li>· Define Digital Citizenship</li><li>· How to be a good digital citizen</li><li>· How to keep ourselves and others safe while online/Ai Usage</li></ul> <p><b>Part 3-Balance</b></p> <ul style="list-style-type: none"><li>· Defining balance</li><li>· Disconnecting</li></ul> |
| <b>Activities</b> | Students watch short, animated videos to help explain digital citizenship and digital footprint. In addition, students engage in an interactive role-play scenario about empathy online/cyber bullying. Additionally, they will do a turn and talk activity explaining balance online versus offline.                                                                                                                                                                                                                                                                                               |
| <b>Skill</b>      | <ul style="list-style-type: none"><li>• Online safety strategies</li><li>• Strategies to become a positive digital citizen</li><li>• Strategies to maintain life on and offline</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                           |

# Prevention Program Overview

## Program: Emotion Commotion!

### Program Objective

**Emotion Commotion:** Introduces students to the concept of mental health in a relatable way. Students will learn that mental health is about how we think, feel, and act, and that it is just as important to care for our minds as it is to care for our bodies.

Through interactive activities, students will:

- Identify and name a variety of emotions.
- Recognize physical signs of different feelings.
- Practice mindfulness techniques, including deep breathing and the “Five Senses” exercise, to help calm and focus the mind.
- Explore positive thinking strategies and the importance of gratitude

### Program Summary

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|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Population</b> | Appropriate for 1st-5th grade students                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Education</b>  | <b>Emotions/Feelings</b> <ul style="list-style-type: none"><li>• Identify/Name emotions and recognize the physical signs</li></ul> <b>Mindfulness</b> <ul style="list-style-type: none"><li>• Explain what mindfulness is and practice techniques</li></ul> <b>Positive Thinking</b> <ul style="list-style-type: none"><li>• Practicing positive thinking strategies seeing the good in yourself, others, and situations/and exploring gratitude.</li></ul> |
| <b>Activities</b> | <ul style="list-style-type: none"><li>• Act it Out -Student act out various emotions for their classmates to identify and then identify the physical feelings that accompany those emotions.</li><li>• Five Senses Activity</li><li>• Gratitude Jar</li></ul>                                                                                                                                                                                               |
| <b>Skill</b>      | This program teaches emotional awareness and a healthy expression of feelings, mindfulness, positive thinking and coping skills.                                                                                                                                                                                                                                                                                                                            |

# Prevention Program Overview

## Program: Brain Games

### Program Objective

**Brain Games** educates students on brain development, different parts of the brain, and its responsibility for the functionality of the entire body. The material and activities make connections for the students to understand why brain health is important.

This program teaches students to:

- Understand how the brain works and how it's connections to the rest of the body.
- Learn the different parts and functions of the brain
- Define Neurons and their importance to brain growth and learning.
- Develop healthy skills for taking care of their overall brain health.

### Program Summary

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|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Population</b> | Appropriate for 1st-5th grade students                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Education</b>  | <ul style="list-style-type: none"><li>• Gauge students' knowledge of the brain, the importance of brain health</li><li>• Discuss neurons and brain development.</li><li>• Identify healthy ways to maintain good brain health.</li><li>• Discuss the importance of eating a balanced diet, engaging in physical and mental exercise, and avoiding dangerous and unhealthy substances.</li></ul>                                                                                                               |
| <b>Activities</b> | <ul style="list-style-type: none"><li>• <b>Choose Wisely:</b> Helps students identify healthy and safe choices that protect brain health.</li><li>• <b>Movie Picture Puzzle:</b> Engages students in a mental exercise that challenges them to solve a mental puzzle.</li><li>• <b>Brain Boost Physical Challenge:</b> Involves students in a physical activity that provides an example of how physical activity can boost their blood flow to the brain and have a positive effect on their mood.</li></ul> |
| <b>Skill</b>      | This program teaches students ways to improve and maintain their overall brain health by learning and understanding the importance of making healthy decisions, engaging in physical and mental exercise and avoiding harmful substances.                                                                                                                                                                                                                                                                     |

# Prevention Program Overview

## Program: Friendships Matter: The Key to Good Friends

### Program Objective

**Friendships Matter** focuses on exploring the qualities and behaviors of healthy friendships.

This program teaches students to:

- Identify the behaviors and qualities of safe, healthy friendships, and learn the benefits of bonding with pro-social behaviors.
- Identify the behaviors and qualities of unhealthy friendships
- Identify situations of peer pressure and what that means
- How to utilize refusal skills in situations of peer pressure

### Program Summary

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|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Population</b> | Appropriate for 1st-5th grade students                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Education</b>  | <p><b>Healthy Friendships:</b></p> <ul style="list-style-type: none"><li>• Youth will learn the qualities of healthy friendships and be able to decipher what they think is important in friendships.</li><li>• Benefits of prosocial behaviors and effective communication to lift our friends up.</li></ul> <p><b>Peer Pressure/Refusal Skills</b></p> <ul style="list-style-type: none"><li>• Discuss and define unhealthy friendships, peer pressure, and refusal skills.</li><li>• Touch on identifying refusal skill strategies/practice using them.</li></ul> |
| <b>Activities</b> | <ul style="list-style-type: none"><li>• Buddy Backpack Game</li><li>• Friendship Detectives Game</li><li>• Refusal Skill Activity</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Skill</b>      | This program teaches refusal skills, as well as decision making skills regarding the promotion of making good friends.                                                                                                                                                                                                                                                                                                                                                                                                                                               |

# Prevention Program Overview

Program: **Speak Up, Stand Tall- Elementary**

## Program Objective

**Speak Up, Stand Tall** is an interactive bullying prevention program that utilizes discussion, movement-based activities, and role-playing to engage students in understanding the difference between bullying, conflict, and kindness while developing practical skills for creating a safe and inclusive school environment.

- Understand the definition and characteristics of bullying
- Identify the differences between bullying, conflict, and acts of kindness.
- Recognize the emotional impact bullying can have on others.
- Practice positive ways to respond when they witness bullying or exclusion.
- Learn how and when to seek support from trusted adults.

## Program Summary

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|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Population</b> | Appropriate for 1st- 5th grade students                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Education</b>  | <ul style="list-style-type: none"><li>• Define types of bullying - physical, verbal, social, and online</li><li>• The difference between bullying and normal peer conflicts.</li><li>• The importance of kindness, inclusion, and respect.</li><li>• How words and actions affect the feelings and well-being of others.</li><li>• The role of trusted adults in maintaining safety and support.</li><li>• Peaceful conflict-resolution strategies and effective communication skills.</li></ul> |
| <b>Activities</b> | <ul style="list-style-type: none"><li>• Kind Words vs. Hurtful Words discussion activity.</li><li>• Is It Bullying, Conflict, or Kindness? movement-based classification game.</li><li>• Interactive analysis of real-life school scenarios.</li><li>• Peace Path Role-Play exercises that practice problem-solving and communication skills.</li><li>• Guided reflection on ways students can create a positive school environment.</li></ul>                                                   |
| <b>Skill</b>      | Students build protective social-emotional skills that help prevent bullying and promote positive peer relationships. They learn to communicate respectfully, recognize unsafe or hurtful behaviors, stand up for themselves and others, include peers who are being left out, and use problem-solving strategies to resolve conflicts.                                                                                                                                                          |

# Prevention Program Overview

Program: MedSmart Kids

## Program Objective

**MedSmart Kids** is a medication safety program that educates children about their bodies, how to recognize when they don't feel well, and the importance of medication safety tailored to their age group.

This program teaches students to:

- Never share medication.
- Store medications safely.
- Proper usage and the importance of taking medication exactly as prescribed.
- Recognize danger signs of medication misuse and the importance of seeking help immediately.

## Program Summary

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|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sessions</b>   | One                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Population</b> | Appropriate for 1st-5th grade students                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Education</b>  | <ul style="list-style-type: none"><li>• Education on understanding their bodies.</li><li>• How the body signals it's unwell - common symptoms of illness (e.g., fever, cough, pain).</li><li>• Medication safety practices</li><li>• Emphasize the importance of talking to parents or caregivers when symptoms persist or worsen.</li></ul>                                                                                                                |
| <b>Activities</b> | <ul style="list-style-type: none"><li>• <b>Safe or Not Safe?</b> This activity offers medication safety scenarios. The objective is to help children identify safe and unsafe situations related to medication use their interactive scenarios.</li><li>• <b>Pill or Candy?</b> The objective of this interactive activity is to teach children the importance of identifying medications and the potential dangers of confusing them with candy.</li></ul> |
| <b>Skill</b>      | Children will learn to identify safe and unsafe practices related to medication use and understand the importance of following safety rules. Children will gain a better understanding of the visual similarities between candy and medication and learn the critical importance of verifying substances with an adult to ensure safety.                                                                                                                    |