

Ocean County Health Department

Prevention Programs

FOOTPRINTS FOR LIFE

2nd & 3rd grade - six, 40 minute sessions

Evidence-based prevention program designed to build assets and teach skills through the use of puppets and stories that feature “real-life” situations. Promotes the development of necessary assets to deter the first use of alcohol and other drugs.



UNIQUE YOU

3rd & 4th grade - eight, 45 minute sessions

Evidence-based prevention program that helps children realize their specialness and gain skills in communicating, identifying what causes uncomfortable feelings, and coping with their feelings in a healthy way. Students learn cooperation, teamwork, how to make healthy decisions, how to say “no” to drugs, and how to solve problems.

MEDICINE IS NOT CANDY

2nd grade - one, 35 minute session

This program educates participants on the basics of medication identification, giving a short introduction to what a drug is and its effects. We also review safe consumption of medications, driving home the importance of never touching, tasting, or smelling medications without a trusted adult present.

ONLY ONE YOU

3rd grade - one, 60 minute session

In this program, we learn about the different feelings and interests we have, as well as the feelings and interests of our friends. This program will include core competencies of self-awareness, self-management, responsible decision making, social awareness, and relationship skills. Participants will also learn about healthy coping skills.

POWER TO BE DRUG FREE

4th & 5th grade - one, 40 minute session

This program focuses on superhero qualities and pulls on the comparison of how just like comic book superheroes protect people from evil danger, we can protect ourselves and others from harmful substances like tobacco and alcohol. Students will learn about self-esteem, peer pressure, and alcohol/tobacco education.



WE'RE NOT BUYING IT 2.0

6th grade - six, 45 minute sessions

Evidence-based prevention program that focuses on developing media literacy skills for students. WNBI 2.0 will raise awareness on how surroundings can affect life decisions, delay the age of first use of alcohol and marijuana, deter abuse of OTC/prescription medication, and identify bullying behaviors and how social media exploits and encourages it.

DRUGCODE

7th-12th grade - one, 45 minute session

Interactive program that discusses alcohol, vaping, and marijuana and the effects these substances have on the body.

ESCAPING VAPING

7th-12th grade - one, 45 minute session

This interactive program will cover a range of topics related to vaping/e-cigarette utilization, including what vapes are, how nicotine impacts the growing brain, identifying big tobacco company advertising ploys, ingredients found in vapes, and illnesses and diseases directly linked to vaping.

OH THE PLACES YOU'LL GO

10th-12th grade - one, 45 minute session

Interactive program that covers alcohol, vaping/marijuana, and opiates while focusing on how addiction can negatively impact someone's life. This program is great for students who are about to graduate and enter the "real" world.

PARENTING WISELY **Parents - self-paced modules**



Highly interactive online parenting course designed by family and social scientists to equip parents with the necessary tools to engage their children in difficult family scenarios. Parents will learn constructive skills proven to lessen drug and alcohol abuse in youth, school and homework problems, delinquency and other problem behaviors, family conflict, and more.

TO SCHEDULE OR LEARN MORE, CONTACT:

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