

The following programs fit the needs of schools seeking programs focused on a specific topic. These programs are evidence/research based or informed, incorporating proven best practices.

### **Girls Empowerment Group**

Girls Empowerment help girls develop/maintain a positive body image and mental health; deals with bullying, and gay-straight understanding and acceptance.

[Girls Empowerment is offered for grades 6-8.](#)

### **Sibling Group**

Sibling Group is designed for children who have siblings diagnosed with special needs.

[Sibling Group is offered for grades K-12.](#)

### **College Prep**

College Prep addresses topics such as: how to write a college resume, college essay, and how and when to apply for financial aid.

[College Prep is offered for grades 11 and 12.](#)

### **Character Education**

Character Education teaches students the six pillars of character: respect, responsibility, citizenship, caring, fairness, and trust.

[Character Education is offered for grades K-8.](#)

### **Art Expression**

Art Expression helps students improve their physical, mental, and emotional well-being through the use of art. You don't need to be an artist to benefit from Art Expression.

[Art Expression is offered for grades 6-12.](#)



[www.smithtownny.gov/youthbureau](http://www.smithtownny.gov/youthbureau)

### **Town of Smithtown**

Supervisor - Patrick R. Vecchio  
Councilman - Thomas J. McCarthy  
Councilman - Edward R. Wehrheim  
Councilman - Robert J. Creighton  
Councilwoman - Lynne C. Nowick

**We serve all public and private schools  
in Smithtown, Commack, Kings Park,  
and Hauppauge.**



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# **Smithtown Youth Bureau School Programs 2014**



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# Evidence Based Programs

## Aligned with New York State Learning Standards

Learning Standards Key:

- 1 - Health
- 2 - Math, Sci, Tech
- 3 - English

- 4 - Other Language
- 5 - The Arts
- 6 - Career
- 7 - Social Studies

### Too Good for Drugs/Violence 1, 3, 4, 6, 7

The Too Good for Drugs/Violence curriculums focus on the risk factors that can be positively affected in the classroom; attitudes toward drugs, violence, and other problem behaviors; and friends who engage in problem behaviors.

Too Good for Drugs and Violence offer ten lessons each for grades K-12.

### Second Step 1, 3, 4, 7

The Second Step curriculum teaches empathy, bullying & violence prevention, anger & emotional management, and communication and coping skills. Second Step offers 15 lessons at 45 minutes each for grades Pre-K-8.

### Safe Dates 1, 3, 6

Safe Dates deals with attitudes and behaviors associated with dating abuse and violence. This program equips students with the necessary skills to develop healthy dating relationships, including positive communication, anger management, and conflict resolution.

Safe Dates offers six sessions for grades 9-12.

### Stranger Awareness 1, 2, 3

Stranger Awareness teaches young students about the dangers of interaction with strangers. This course instills confidence and empowers students to say no to a stranger and strange situations.

Stranger Awareness offers two to four sessions for grades K-5.

### Job Readiness Skills 1, 2, 3, 4, 6, 7

Students will learn different sets of transferrable skills to be a marketable employee for varied job opportunities.

Programs include: Babysitting Skills  
Leadership Development  
Leadership in the Community

These programs offer five to seven sessions for grades 6-12.

### Children in Change 1, 3, 4

Children in Change is for students who are experiencing a change in their family dynamics. Students will learn coping mechanisms and will have a safe place to talk about their feelings, while learning how to deal with these life changes.

Children in Change offers five sessions for grades 6-8.

### Ready by 21? 3, 4, 6, 7

Ready by 21? helps students identify their strengths and interests, as well as prepares them for life after high school.

Ready by 21? Offers four sessions for grades 9-12.

### WhyTry? 1, 3, 4, 6, 7

WhyTry? helps build personal resilience at home, in school, in the workplace, and in the community. The curriculum teaches important life skills, such as building support systems, resisting peer pressure, and developing resiliency.

WhyTry? Offers ten sessions for grades K-12.

### LifeSkills 1, 3, 5

Lifeskills is a substance abuse prevention program. The curriculum has three learning objectives: Personal self-management skills, general social skills and drug resistance skills.

LifeSkills offers 45 minute sessions for grades 3-6.

### Volcano Group 1, 3, 4

The Volcano Group helps students identify the common triggers of anger, gain awareness of how anger escalates, identify the physical and physiological symptoms associated with anger and strategies for conflict resolution.

Volcano Group offers ten sessions for grades 6-8 and can also be used as an alternative suspension group.

### Healthy Body Image 1, 3, 4

Healthy Body Image consists of getting students to understand that individual differences are okay and teaches them to critically look at messages the media conveys about body image.

Healthy Body image offers four sessions for grades 6-12.

### Positive Action 1, 3, 4, 5, 6, 7

Positive Action teaches and reinforces the intuitive philosophy that you feel good about yourself when you take positive action toward the physical, intellectual, social and emotional areas of the self.

Positive Action offers over 140 lessons to choose from, at 15 minutes each for grades 9-12.

