

We have also developed programs to fit the needs of our community who were looking for a program for a specific topic. The following programs are adapted from textbooks, reputable resources, and programs we already have that are evidence/research based.

Girls Empowerment Group

Girls Empowerment is designed to help girls deal with developing/maintaining a positive body image and mental health, dealing with bullying, and gay-straight alliance.

[Time Out 4 Me 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 is designed to discuss 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

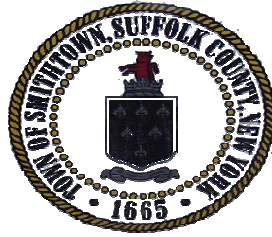
Character Education teaches students the six pillars of character: respect, responsibility, citizenship, caring, fairness, and trustworthiness.

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

Art Expression

Art Expression is designed to help students improve their physical, mental, and emotional well-being through the use of art. You do not need to be an artist to utilize Art Expression.

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



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.](#)



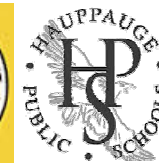
www.facebook.com/smithtown.youthbureau.7



www.twitter.com/smithtownyouthb



SMITHTOWN
Youth Bureau
School Programs
2014



Stacey Sanders
Executive Director
(631) 360-7595
ssanders@tosgov.com

161 East Main Street
Smithtown, NY 11787

Evidence Based Programs

Too Good for Drugs/Violence

The Too Good for Drugs and Violence curriculums focus on the risk factors that can be positively affected in the classroom; favorable 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

The Second Step curriculum teaches empathy, bullying and violence prevention, anger and emotion management, and communication and coping skills.

Second Step offers 15 lessons at 45 minutes each for grades Pre-K-8.

Safe Dates

Safe Dates deals with attitudes and behaviors associated with dating abuse and violence. This program strives to equip students with the 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

Stranger Awareness teaches young students about the dangers of interaction with strangers. This course uses skills and activities to build a students confidence in saying no to a stranger and strange situations.

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

Aligned with New York State Learning Standards

Job Readiness Skills

In these programs, students will learn different sets of skills to be a marketable employee for many different 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

Children in Change is for students who are going through 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?

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








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

WhyTry?

WhyTry? helps build resilience at home, in the schools, 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.

Learning Standards Key:

	Health		Other Language
	Math, Sci, Tech		The Arts
	English		Career
			Social Studies

LifeSkills

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

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 angers, 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

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

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

Positive Action

Positive Action teaches and reinforces the intuitive philosophy that you feel good about yourself when you do positive actions for 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.

