

# Volcano Group

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

This program offers ten sessions and can also be used as an alternative suspension group for **grades 6-8**.

# Healthy Body Image

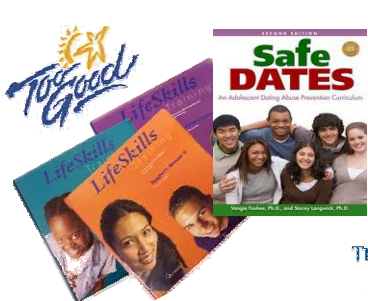
Healthy body image consists of getting students to understand that differences are okay, helps them become aware of the different tactics used by advertisers to sell their products, and to help teens look critically at the messages these ads convey.

This program offers four sessions for **grades 6-12**.

# Ready by 21?

This group helps students identify their strengths and interests, as well as prepare the students for life after high school.

This program offers four sessions for **grades 9-12**.



## 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

161 East Main Street  
Smithtown, NY 11787  
Phone: (631) 360-7595  
Fax: (631) 360-7687  
[youthb@tosgov.com](mailto:youthb@tosgov.com)

[smithtownny.gov](http://smithtownny.gov)—services—youth bureau

## Too Good for Drugs/Too Good for 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. They provide opportunities for pro-social involvement; establishing positive norms, including healthy beliefs and clear standards; promotes bonding to pro-social peers; and increase personal and social skills.

Too Good for Drugs and Violence offer ten lessons each for **grades 6-12**.

## Lifeskills

Lifeskills is an effective, research-validated substance abuse prevention program. The program has three learning objectives: Personal Self-Management Skills, General Social Skills, and Drug Resistance Skills.

Each session is approximately 45 minutes long for **grades 3-6**.

## Second Step

The research-based Second Step program teaches substance abuse, bullying, and violence prevention, empathy and communications, and emotion management and coping.

Second step offers 15 lessons at approximately 45 minutes long 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**.

## WhyTry?

WhyTry, an evidence-based program, helps build resilience at home, in the schools, in the workplace, and in the community. The curriculum and student journals teach important life skills—such as keeping laws and rules, building support systems, resisting peer pressure, and developing resiliency.

WhyTry offers ten sessions for **grades K-12**.

## Positive Action

Positive Action is a program that works by teaching and reinforcing the intuitive philosophy that you feel good about yourself when you do positive actions. The program teaches the positive actions for the physical, intellectual, social, and emotional areas of the self.

The program offers over 140 lessons to choose from, at fifteen minutes each for **grades 9-12**.



**Kelly Devito, MA, CHES**  
Executive Director

## Babysitting Skills

Babysitting skills prepares our babysitters with the information and skills necessary to provide safe and responsible childcare in the absence of parents or guardians. The students will get a chance to work with Real Care babies and will learn about basic first aid, safety, age appropriate games and activities, and discipline procedures.

This program offers seven sessions for **grades 6-8**.

## 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.

This program offers five sessions for **grades 6-8**.

## Stranger Awareness

Our stranger awareness program teaches young students about the dangers of interactions with strangers. This course uses skills and activities to build a students confidence in saying no to a stranger and strange situations for **grades 2-4**.



**Lindsay Sommeso, MSMH**  
Lisa Belli, BA  
Concetta Valenti, MS  
Jackie Levine, BS (MSW 2014)