



# WORKSHOPS

Alcohol and Drug Education and Prevention Team

*Promoting healthy communities through alcohol and other drug (AOD) prevention*

## for Youth

### Single Session Workshops

(1 hour each)  
Designed for middle and high school youth.

#### There's More to the Story

Explore the influence of the media on beliefs, perceptions and decisions around substance use. Enhance goal setting, decision making and media literacy skills.

#### Life>Drugs

Learn about cannabis/marijuana, alcohol, opioids/fentanyl as well as refusal skills. The value of and ways for living a drug-free lifestyle are also covered.

#### What's the Big Deal?



Learn basic facts and health impacts of cannabis/marijuana and alcohol, types of peer pressure and refusal skills.

### Multi-Session Workshops

(10 sessions, 1 hour each)

#### Too Good for Drugs

Life skills, character values, resistance skills to negative peer influence, and resistance to substance use are promoted. Lessons foster confidence and build resiliency through interactive activities. Proven to reduce youth substance use, this program has been designed for students in elementary, middle and high school.

#### Media Detective

Designed for 3rd-5th grade students and proven to reduce youth use of alcohol and tobacco, lessons unravel alcohol and tobacco media messages through engaging and motivational activities.

# for Parents

## Single Session Workshops

(1 hour each)

### Marijuana/Cannabis

Gain insight into the consequences and prevention of underage use.

### Got Assets?

Learn about the Search Institute's 40 Developmental Assets®, also known as the building blocks of youth development, and how they can be used to help young people grow to be healthy, caring and responsible.

### Parenting In Today's Society

Equip parents with additional tools for empowering youth and opportunities to strengthen family connections.

### Rx for Prevention

Learn about prescription misuse and simple steps to manage medication in the home to keep your family safe.

# for Educators

## Single Session Workshops

(1 hour each)

### Fun Failure

Encourage students to enjoy the process of learning and overcoming obstacles to achieve success.

### Red Ribbon READY

Celebrate Red Ribbon with fun and engaging activities in October and learn how to integrate substance use prevention all year.

## In Focus: Fentanyl - Addressing the Opioid Crisis in Orange County (1 Hour)

This drug is 50 times stronger than heroin. It is being illegally made and found in a variety of pills, sold on social media sites and can cause poisoning, overdose and death. Learn prevention strategies and about the lifesaving overdose reversal drug, Naloxone.

## To Schedule a No Cost Workshop

Call (714) 834-4058 or email [ADEPT@ochca.com](mailto:ADEPT@ochca.com)



Looking for something different? We can modify our services to suit the needs of your school or community. Programs can be provided virtually or in person.

