NJ4S

MHA
MENTAL HEALTH ASSOCIATION
INSPIRING HOPE AND HEALING

NJ STATEWIDE STUDENT SUPPORT SERVICES
SUPPORTING MORRIS & SUSSEX COUNTIES

NJ4S MORRIS-SUSSEX
PROGRAM CATALOG

2026-2027

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Spanish-Language Availability

Programs are available in Spanish. Contact our NJ4S team for information regarding Spanish-language program availability.

Inclusive Programming

Some program names and descriptions in this catalog use gender-based language. However, all our programs are welcoming and inclusive of students of all gender identities. Our team will work with your school during the consultation process to identify the best program options for your group.



INTRODUCTION

ABOUT NJ4S & TIER 2 PREVENTION PROGRAMMING

About NJ4S

New Jersey Statewide Student Support Services (NJ4S) provides prevention and early intervention supports designed to promote student well-being and strengthen school communities. NJ4S works in partnership with schools, students, families, and community organizations to increase access to prevention programming, mental health education, and evidence-based and evidence-informed supports.

NJ4S services span a continuum of support, including universal prevention programming designed to promote well-being and build skills across broad student populations; targeted small-group prevention programming for students identified as needing additional support in a specific area; and brief clinical intervention services for students who may benefit from short-term, individualized support.

NJ4S programming is designed to complement the supports and services already available within your school. Through consultation and collaboration, our NJ4S team works with school personnel to identify emerging needs and connect students with the level of support that best aligns with those needs.

This catalog focuses specifically on NJ4S Tier 2 Prevention Programming and the targeted, skill-building programs available to support students with identified strengths and needs.

About Tier 2 Prevention Programming

Tier 2 Prevention Programming provides targeted, skill-building support for groups of students who may benefit from additional prevention-focused intervention beyond universal schoolwide programming.

These programs are designed to strengthen skills and protective factors in areas such as:

- Emotional regulation and coping
- Peer and family relationships
- Communication and conflict resolution
- Identity, confidence, and belonging
- School connectedness and engagement
- Resilience
- Healthy relationships and boundaries
- Mental health awareness and help-seeking
- Digital citizenship
- Substance use prevention
- Suicide prevention
- Goal setting and leadership

Tier 2 Programming is preventive rather than clinical. Participation in a Tier 2 program does not indicate that a student has a diagnosis or requires treatment. Instead, these programs provide opportunities for students to build and practice skills within a supportive group environment.

A Collaborative Approach

Program selection begins with a conversation.

Our NJ4S team will work with your school to understand the strengths and needs of the students you hope to support, review available programming options, and consider factors such as grade level, group size, scheduling, student selection, and school priorities.

The goal is not simply to bring a program into your school. The goal is to identify the right program, for the right students, based on the strengths and needs your school is seeing.

SELECTING THE RIGHT PREVENTION PROGRAM

Selecting Prevention Programs Using Student Strengths & Needs Data

Your school already has valuable information that can help guide prevention programming. Consider patterns across multiple sources, including school climate and SEL data, attendance, bullying/HIB or discipline trends, student feedback, screenings, and observations from teachers, counselors, and other school staff.

Look Beyond the Presenting Concern

Consider not only what is happening, but what students may need to be more successful.

FOR EXAMPLE:

Difficulty managing stress or strong emotions →
Emotional Regulation & Coping or Resilience & Protective Factors

Friendship difficulties or social isolation →
Peer Relationships & Social Skills, Communication & Conflict Resolution, or School Connectedness & Engagement

Low confidence or negative self-perception →
Identity & Self-Confidence or Emotional Regulation & Coping

The presenting concern starts the conversation. Understanding the need behind it helps identify the right program.

Use a Strengths-Based Prevention Lens

Rather than focusing on what is "wrong," consider the skills, strengths, relationships, and protective factors that can be developed. Tier 2 prevention programming is an opportunity to build students' capacity before concerns become more significant.

From Concern to Program Selection

WHAT ARE WE SEEING?



Need help deciding? Your NJ4S team can partner with your school to review student strengths and needs and identify prevention programming that best fits your students.

UNDERSTANDING CASEL ALIGNMENT

The CASEL Framework identifies five interconnected social and emotional competencies that support students' development, relationships, decision-making, and well-being. Each program has been reviewed for how strongly its content and objectives address each competency. CASEL ratings are a program-selection tool—not a measure of program quality.

SELF-AWARENESS
Understanding one's emotions, thoughts, values, strengths, and identity.

SELF-MANAGEMENT
Managing emotions, behaviors, stress, and goals effectively

SOCIAL AWARENESS
Understanding others' perspectives, demonstrating empathy, and appreciating differences.

RELATIONSHIP SKILLS
Building healthy relationships through communication, cooperation, boundaries, and conflict resolution.

RESPONSIBLE DECISION-MAKING
Making safe, caring, and constructive choices while considering consequences and well-being.

★★★
Strong Alignment
A central focus that is directly taught and practiced.

★★
Moderate Alignment
Meaningfully addressed, but not a primary focus.

★
Supporting Alignment
Present or reinforced, but not consistently targeted.

HOW TO USE THIS CATALOG

1. IDENTIFY THE NEED
Use your school's data, observations, and student feedback to identify the priority student need.

2. FIND PROGRAM OPTIONS
Use the Student Needs Matrix or Program Index by Student Need to identify programs aligned with that need.

3. COMPARE PROGRAMS
Review the Program Profiles, including Signature Student Need, Also Supports, CASEL Alignment, Ideal For, target audience, group size, and duration.

4. CONFIRM THE FIT
Use the Program Index by Grade Level to confirm eligibility, then work with your NJ4S team to determine the best fit for your students.

QUICK GUIDE

Know the need?	Know the program?	Searching by need?	Searching by grade?
Student Needs Matrix	Program Profiles	Index by Student Need	Index by Grade Level

PROGRAM SELECTION GUIDE – STUDENT NEEDS MATRIX

Use this matrix as a quick-reference tool to identify programs that align most closely with common student needs. See the **Program Index by Student Need** for additional programs that may support each area.

ALL PROGRAM TITLES ARE HYPERLINKED TO THEIR PROGRAM PROFILE PAGE

STUDENT NEED	PROGRAMS TO CONSIDER
Belonging, Inclusion & Cultural Identity	Girls Circle: Honoring Our Diversity; Unity Circle: PRIDE; Unity Circle: Mitigating Gender & Racial Bias
Communication & Conflict Resolution	Girls Circle: Relationships with Peers; Girls Circle: Friendship; Boys Council: Living a Legacy; 7 Habits of Highly Effective Teens
Bullying/HIB	Boys Council: Brothers as Allies; Boys Council: Growing Healthy, Growing Strong; Boys Council: Standing Together; Girls Circle: Empowerment & Identity on Social Media
Digital Citizenship	Common Sense Media: Digital Literacy & Well-Being; Girls Circle: Empowerment & Identity on Social Media; Unity Circle: Sex in the Digital Age
Emotional Regulation & Coping	The POWER Program; Unity Circle: Calm & Connected; Routes to Resilience; Teen SPARK Program
Family Relationships	Girls Circle: My Family; My Self
Goal Setting & Leadership	7 Habits of Highly Effective Teens; Boys Council: Living a Legacy; Boys Council: Men of Honor; Teen Outreach Program (TOP)
Healthy Relationships & Boundaries	Safe Dates; Be Proud! Be Responsible!; Unity Circle: Sex in the Digital Age; Boys Council: Brothers as Allies
Identity & Self-Confidence	Girls Circle: Who I Am; Girls Circle: Expressing My Individuality; Girls Circle: Body Image; The Body Project; Teen SPARK Program
Mental Health Awareness	It's Real; teen Mental Health First Aid (tMHFA); Girls Circle: Wise & Well
Peer Relationships & Social Skills	Girls Circle: Friendship; Girls Circle: Relationships with Peers; Boys Council: Standing Together; Teen Connection Project (TCP)
Resilience & Protective Factors	Routes to Resilience; Boys Council: Journey of the Great Warrior; Teen SPARK Program; Unity Circle: All Together Rising
School Connectedness & Engagement	Teen Outreach Program (TOP); Teen Connection Project (TCP); Routes to Resilience; The POWER Program
Substance Use Prevention	We're Not Buying It (WNBI 2.0); Botvin LifeSkills Training; Girls Circle: Mind, Body, Spirit
Suicide Prevention & Help-Seeking	Signs of Suicide (SOS); teen Mental Health First Aid (tMHFA); It's Real

PROGRAM PROFILES

FAMILY WELL-BEING

Girls Circle – My Family, My Self

Summary:
Girls Circle: My Family, My Self explores how family, culture, relationships, and life experiences influence identity and personal development. Participants build self-awareness while examining family roles and expectations, developing healthy coping strategies and boundaries, and identifying personal goals and sources of support.

Target Audience:
Students in grades 6–12

Number of Students:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
School Connectedness & Engagement

Also Supports:
Peer Relationships & Social Skills • Resilience & Protective Factors • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
Students experiencing social isolation, low school belonging, difficulty developing meaningful peer relationships, or disengagement from their school community. It is particularly appropriate when the goal is to increase connection, trust, peer support, and overall well-being.

FAMILY WELL-BEING

Teen Speak for Parents/Caregivers

Summary:
Teen Speak is a caregiver-focused communication program designed to strengthen relationships between adults and adolescents and increase caregivers' confidence navigating difficult conversations. Using real-world parent-teen interactions, motivational interviewing strategies, and practical communication tools, participants learn how to discuss topics such as mental health, substance use, sexuality, and other challenging issues in ways that promote openness, connection, and healthy decision-making.

Target Audience:
Parents/caregivers of teenagers or tweens

Number of Students:
Minimum 10 participants, maximum 25 participants

Duration:
3-4 hours of pre-work and 4 hours of in-person workshop; workshop can be broken up into four 1-hour sessions, two 2-hour sessions, or one 4-hour session

Signature Student Need:
Family Relationships

Also Supports:
Communication & Conflict Resolution • Healthy Relationships & Boundaries • Mental Health Awareness

CASEL Alignment



Ideal For:
Strengthening parent/caregiver communication with adolescents, increasing family engagement in prevention efforts, supporting caregivers in discussing mental health, substance use, sexual health, and other sensitive topics, improving protective family factors that reduce youth risk behaviors, increasing caregiver confidence in responding to adolescent resistance and challenging conversation, or enhancing collaboration between families and schools around adolescent well-being.

HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Be Proud! Be Responsible!

Summary:
Be Proud! Be Responsible! is an evidence-based sexual health and HIV prevention program that helps adolescents make informed decisions that reduce sexual health risks. Participants build knowledge, examine personal attitudes and perceived risk, and practice communication, negotiation, refusal, and safer-sex skills while strengthening confidence in their ability to make responsible choices.

Target Audience:
Students in grades 9-12

Number of Students:
Ideally 6 to 12 participants

Duration:
Six 50-minute sessions

Signature Student Need:
Healthy Relationships & Boundaries

Also Supports:
Communication & Conflict Resolution • Identity & Self-Confidence • Resilience & Protective Factors

CASEL Alignment



Ideal For:
Strengthening parent/caregiver communication with adolescents, increasing family engagement in prevention efforts, supporting caregivers in discussing mental health, substance use, sexual health, and other sensitive topics, improving protective family factors that reduce youth risk behaviors, increasing caregiver confidence in responding to adolescent resistance and challenging conversation, or enhancing collaboration between families and schools around adolescent well-being.

HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Girls Circle – Mind, Body, Spirit

Summary:
Girls Circle: Mind, Body, Spirit takes a holistic approach to helping youth who identify as female strengthen self-awareness, personal empowerment, and healthy decision-making. Participants explore self-esteem, substance use, peer pressure, sexuality and relationships, personal values, mindfulness, and the connections among emotional, physical, and social well-being.

Target Audience:
Students in grades 6-10

Number of Students:
Minimum 6 students, maximum 10 students

Duration:
12 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Identity & Self-Confidence • Healthy Relationships & Boundaries • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Students who would benefit from strengthening self-esteem and personal values while developing skills to navigate peer pressure, substance use, relationships, sexual decision-making, stress, and overall wellness.

HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Girls Circle – Paths to the Future

Summary:
Girls Circle: Paths to the Future helps youth who identify as female develop the relationship and life skills needed to make healthy choices now and in the future. Participants explore friendships, communication, family relationships, sexuality, dating violence, substance use, body image, stress management, and goal setting while strengthening confidence and decision-making.

Target Audience:
Students in grades 6-12

Number of Students:
Minimum 6 students, maximum 10 students

Duration:
12 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Identity & Self-Confidence • Healthy Relationships & Boundaries • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Students who would benefit from a broad skill-building program addressing healthy relationships, communication, personal boundaries, stress, substance use, body image, decision-making, and future goals.

HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Safe Dates

Summary:
Safe Dates is an evidence-based dating violence prevention program that helps adolescents recognize, prevent, and respond to unhealthy or abusive dating behaviors. Participants explore healthy relationships, dating abuse, gender stereotypes, communication, conflict management, sexual violence, helping friends, and help-seeking while developing skills that promote equality and safety in relationships.

Target Audience:
Students in grades 6-12

Number of Students:
Minimum 5 students, maximum 20 students

Duration:
45-50-minute sessions, can be implemented as follows:

- Ten 45-50-minute sessions
- Six 45-50-minute sessions
- Four 45-50-minute sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Communication & Conflict Resolution • Peer Relationships & Social Skills • Resilience & Protective Factors

CASEL Alignment



Ideal For:
Students who would benefit from strengthening their understanding of healthy versus unhealthy relationships, communication, boundaries, conflict management, dating violence prevention, sexual violence prevention, and how to seek help for themselves or a friend.

HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Unity Circle - Sex in the Digital Age

Summary:
Unity Circle: Sex in the Digital Age helps youth navigate sexuality, relationships, and consent within today's digital environment. Participants explore sexting, digital sexual interactions, pornography and media messages, relationship values, consent, self-advocacy, and healthy communication while developing skills to make informed and respectful choices.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
12 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Identity & Self-Confidence • Healthy Relationships & Boundaries • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Students who would benefit from education and skill-building around consent, sexting, pornography and media messages, digital sexual behavior, relationship values, self-advocacy, and healthy communication.

HEALTHY RELATIONSHIPS & SEXUAL HEALTH

Unity Circle - Voice & Choice

Summary:
Unity Circle: Voice & Choice empowers youth to strengthen their voices, understand personal boundaries, and make informed decisions within relationships. Participants develop skills related to communication, consent, self-advocacy, peer pressure, healthy relationships, and decision-making while learning to recognize and communicate their own needs and choices.

Target Audience:
Students in grades 6-12

Number of Participants:
6–10 students

Duration:
10 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Goal Setting & Leadership • Healthy Relationships & Boundaries • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
Students who need support with boundaries, consent, self-advocacy, healthy communication, peer pressure, or relationship decision-making.

MENTAL HEALTH & MENTAL WELLNESS

Girls Circle – Wise & Well

Summary:
Girls Circle: Wise & Well promotes healthy decision-making, resilience, and personal empowerment while addressing challenges that can affect adolescent well-being. Participants explore digital safety, substance use, healthy and unhealthy coping, mental health, goal setting, help-seeking, and their ability to make choices that support their future.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
8 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Substance Use Prevention • Mental Health Awareness • Digital Citizenship • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Students struggling with stress, anxiety, or emotional regulation, limited healthy coping strategies, concerns related to alcohol, marijuana, or other substance use, students demonstrating low resilience following setbacks, need to improve mental health literacy and reduce stigma, concerns related to unsafe or unhealthy online behaviors, students who would benefit from strengthening protective factors and healthy decision-making, or school climate or wellness data indicating increased emotional well-being concerns.

MENTAL HEALTH & MENTAL WELLNESS

It's Real

Summary:
Developed by the *American Foundation for Suicide Prevention*, ***It's Real*** introduces adolescents to foundational concepts related to mental health and encourages open, supportive conversations about emotional well-being. Students learn to recognize when someone may need help, practice approaches for having caring conversations, explore self-care, and identify trusted adults and resources for support.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 5 students

Duration:
One 45-minute session

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Suicide Prevention & Help-Seeking • Resilience & Protective Factors • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Mental health awareness, suicide prevention and help-seeking, peer support and caring conversations, reducing mental health stigma, self-care education, or connecting students to trusted adults and resources.

MENTAL HEALTH & MENTAL WELLNESS

Routes to Resilience

Summary:
Routes to Resilience is a prevention-based social-emotional learning program that prepares students to navigate adversity, stress, and loss while strengthening their ability to cope with future challenges. Participants explore resilience, emotions, stress responses, healthy coping, mindfulness, personal strengths and resources, values, empathy, and intentional responses to difficult situations.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 5 students, maximum 20 students

Duration:
5 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Identity & Self-Confidence • Healthy Relationships & Boundaries • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Emotional regulation and healthy coping, resilience and protective factors, stress management and mindfulness, mental health promotion, self-awareness and personal growth, or empathy and peer connectedness.

MENTAL HEALTH & MENTAL WELLNESS

teen Mental Health First Aid (tMHFA)

Summary:
teen Mental Health First Aid (tMHFA) teaches adolescents how to recognize when a friend may be developing a mental health or substance use challenge or experiencing a mental health crisis. Students learn a five-step action plan for providing appropriate peer support, involving a responsible and trusted adult, and responding to concerns such as suicide, panic attacks, self-injury, trauma, bullying, violence, and substance use crises.

Target Audience:
Students in grades 9-12

Number of Participants:
Minimum 5 students, maximum 30 students

Duration:
Six 45-minute sessions OR three 90-minute sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Identity & Self-Confidence • Healthy Relationships & Boundaries • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
Students who would benefit from education and skill-building around consent, sexting, pornography and media messages, digital sexual behavior, relationship values, self-advocacy, and healthy communication.

MENTAL HEALTH & MENTAL WELLNESS

The POWER Program

Summary:
The POWER Program is a school-based intervention designed to strengthen emotion regulation skills for adolescents with or at risk for developing emotional or behavioral health needs. Drawing from cognitive-behavioral, acceptance-based, motivational, and behavioral approaches, participants learn to recognize emotions, manage physiological stress, understand connections among thoughts, feelings, and behaviors, and choose healthier responses to challenging situations.

Target Audience:
Students in grades 7-12

Number of Participants:
Minimum 5 students, maximum 10 students

Duration:
Seven 45-minute sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Resilience & Protective Factors • Mental Health Awareness • School Connectedness & Engagement

CASEL Alignment



Ideal For:
Emotional regulation, healthy coping skills, anxiety and stress management, cognitive-behavioral skill development, self-awareness and emotional wellness, or building resilience and self-regulation.

MENTAL HEALTH & MENTAL WELLNESS

Unity Circle - All Together Rising

Summary:
Unity Circle: All Together Rising helps youth build resilience and connection while exploring significant challenges that can affect individuals, families, and communities. Participants examine topics such as violence, grief and loss, food and housing insecurity, exploitation risks, depression, and suicide prevention while developing coping, empathy, help-seeking, and awareness of supportive resources.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Belonging, Inclusion & Cultural Identity

Also Supports:
Belonging, Inclusion & Cultural Identity • Peer Relationships & Social Skills • Identity & Self-Confidence

CASEL Alignment



Ideal For:
Students who need support understanding community stressors, grief, violence, housing or food insecurity, trafficking risks, depression, suicide prevention, coping, or help-seeking.

MENTAL HEALTH & MENTAL WELLNESS

Unity Circle - Calm & Connected

Summary:
Unity Circle: Calm & Connected is a strengths-based wellness program that helps youth better understand themselves while developing practical strategies for managing emotions, stress, and everyday challenges. Through self-discovery, creative expression, emotional regulation, and exploration of individual strengths, participants develop a personalized approach to supporting their overall well-being.

Target Audience:
Students in grades 6-12

Number of Participants:
6-10 students

Duration:
12 sessions

Signature Student Need:
Emotional Regulation & Coping

Also Supports:
Resilience & Protective Factors • Peer Relationships & Social Skills • School Connectedness & Engagement

CASEL Alignment



Ideal For:
Students who need emotional regulation, coping, grounding, stress-management, self-understanding, confidence, or a personalized wellness plan.

MENTAL HEALTH & MENTAL WELLNESS

Youth Mental Health First Aid

Summary:
Mental Health First Aid is an early-intervention training that teaches adults how to recognize and respond to signs of mental health and substance use challenges in youth. Participants learn how to approach a young person, listen and communicate nonjudgmentally, provide reassurance, respond appropriately during crisis and non-crisis situations, and connect youth with professional and community supports using the Mental Health First Aid Action Plan (ALGEE).

Target Audience:
Adults ages 18+

Number of Participants:
Minimum 5 participants, maximum 30 participants

Duration:
Options include:
1. An in-person, instructor-led 6.5-hour training
2. A blended 2-hour self-paced online course combined with a 4.5-5.5-hour instructor-led training. The instructor-led piece can either be an online video conference or an in-person class.

Signature Student Need:
Mental Health Awareness

Also Supports:
Suicide Prevention & Help-Seeking • Substance Use Prevention • Resilience & Protective Factors

CASEL Alignment



Ideal For:
This program is ideal for schools seeking to strengthen the ability of educators, school staff, parents, caregivers, or other trusted adults to recognize early signs of youth mental health and substance use challenges, respond effectively during crisis and non-crisis situations, reduce stigma, and connect young people with appropriate supports and community resources.

PEER RELATIONSHIPS

Boys Council - Standing Together

Summary:
Boys Council: Standing Together is a character development and social-emotional program for youth who identify as male that promotes respect, emotional awareness, and positive peer relationships. Participants explore identity, personal differences, teasing and put-downs, boundaries, emotional expression, power, and popularity while learning healthier ways to connect with and support others.

Target Audience:
Students in grades 6-9

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Peer Relationships & Social Skills

Also Supports:
Bullying/HIB • Communication & Conflict Resolution • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening peer relationships, respectful communication, empathy, emotional expression, conflict prevention, and creating a positive, inclusive group culture. It is particularly well suited for groups working to improve social skills, reduce teasing or bullying behaviors, and foster healthy relationships among peers.

PEER RELATIONSHIPS

Girls Circle – Friendship

Summary:
Girls Circle: Friendship focuses on developing healthy, supportive peer relationships while strengthening self-esteem, empathy, and interpersonal skills. Participants explore inclusion and exclusion, qualities of healthy friendships, individual strengths, fairness, friendship conflict, and strategies for handling common social challenges.

Target Audience:
Students in grades 6-10

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
8 sessions

Signature Student Need:
Peer Relationships & Social Skills

Also Supports:
Communication & Conflict Resolution • Identity & Self-Confidence • Belonging, Inclusion & Cultural Identity

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening friendship skills, empathy, communication, inclusion, conflict resolution, and self-confidence. It is particularly appropriate for groups experiencing peer conflict, friendship challenges, social exclusion, or difficulties developing positive peer relationships.

PEER RELATIONSHIPS

Girls Circle – Honoring Our Diversity

Summary:
Girls Circle: Honoring Our Diversity helps youth who identify as female explore identity, culture, diversity and connection while building confidence in their individual voices. Participants examine stereotypes and cultural influences, celebrate their heritage and strengths, develop empathy for different experiences and explore how they can contribute to positive change in their communities.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
12 sessions

Signature Student Need:
Belonging, Inclusion & Cultural Identity

Also Supports:
Identity & Self-Confidence • Peer Relationships & Social Skills • Goal Setting & Leadership

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from exploring identity and culture, strengthening empathy and inclusion, building positive peer relationships, challenging stereotypes, and developing leadership through community engagement and advocacy. It is particularly valuable for promoting belonging and fostering a positive, inclusive school climate.

PEER RELATIONSHIPS

Girls Circle – Relationship with Peers

Summary:
Girls Circle: Relationships with Peers helps youth who identify as female develop healthier and more effective ways of relating to others. Participants explore stereotypes, identity, emotions, respect, assertive communication, friendship and romantic relationship dynamics, jealousy, and conflict while strengthening self-awareness and interpersonal skills.

Target Audience:
Students in grades 6-8

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Communication & Conflict Resolution

Also Supports:
Communication & Conflict Resolution • Healthy Relationships & Boundaries • Identity & Self-Confidence

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from improving peer relationships, developing healthy communication and assertiveness skills, strengthening emotional awareness, navigating friendship challenges, and building empathy and respect for others. It is particularly effective for groups experiencing friendship conflict, social difficulties, or challenges with self-expression.

PEER RELATIONSHIPS

Teen Connection Project (TCP)

Summary:
Teen Connection Project (TCP) is a relationship-centered program designed to strengthen peer connections, social-emotional skills, school engagement, and overall well-being. Participants develop trust, communication, empathy, vulnerability, coping, and relationship skills while creating meaningful connections with peers and supportive adults.

Target Audience:
Students in grades 8-12

Number of Participants:
Minimum 6 students, maximum 15 students

Duration:
12-14 weeks (lessons are 45-60 minutes in length)

Signature Student Need:
School Connectedness & Engagement

Also Supports:
Peer Relationships & Social Skills • Resilience & Protective Factors • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from building meaningful peer relationships, strengthening communication and trust, increasing school connectedness, improving self-esteem, and developing empathy, resilience, and healthy social coping skills. It is particularly effective for groups experiencing social isolation, difficulty connecting with peers, or decreased engagement in school.

PEER RELATIONSHIPS

Teen Outreach Program (TOP)

Summary:
Teen Outreach Program (TOP) is a long-term positive youth development program that combines social-emotional learning with Community Service Learning and supportive relationships with peers and caring adults. Participants build skills in emotional awareness, decision-making, problem-solving, goal setting, communication, relationships, identity, and leadership while strengthening their connection to school and community.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 5 students, maximum 25 students

Duration:
Must have total of 25 weekly meetings (typically ~9 months)

Signature Student Need:
School Connectedness & Engagement

Also Supports:
Goal Setting & Leadership • Resilience & Protective Factors • Peer Relationships & Social Skills • Identity & Self-Confidence

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from long-term social-emotional skill development, leadership opportunities, stronger peer and adult relationships, increased school connectedness, community engagement, and building confidence through service learning. It is particularly well suited for students who would benefit from strengthening protective factors, life skills, and positive youth development over an extended period.

PEER RELATIONSHIPS

Unity Circle – Mitigating Gender & Racial Bias

Summary:
Unity Circle: Mitigating Gender & Racial Bias helps youth examine how identity, stereotypes, implicit bias, and discrimination influence relationships and experiences. Participants develop greater awareness of intersectionality, challenge harmful narratives, strengthen empathy, and explore how allyship and advocacy can contribute to more inclusive and equitable communities.

Target Audience:
Students in grades 10-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
8 sessions

Signature Student Need:
Belonging, Inclusion & Cultural Identity

Also Supports:
Peer Relationships & Social Skills • Bullying/HIB • Goal Setting & Leadership

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from increasing cultural awareness, exploring identity and intersectionality, strengthening empathy, challenging stereotypes and implicit bias, developing allyship skills, and promoting equity and inclusion within their school and community.

SELF-DEVELOPMENT & CONFIDENCE

Boys Council – Brothers as Allies

Summary:
Boys Council: Brothers as Allies helps youth who identify as male develop healthy relationships, emotional awareness, and the skills to challenge bullying, harassment, and harmful gender expectations. Participants explore identity, empathy, emotions, power, gender roles, intimate relationships, sexuality, and allyship while learning how to use their influence to promote respect and safety.

Target Audience:
Students in grades 6-9

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Bullying/HIB

Also Supports:
Healthy Relationships & Boundaries • Peer Relationships & Social Skills • Belonging, Inclusion & Cultural Identity

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from exploring healthy masculinity, strengthening empathy and emotional expression, preventing bullying and dating violence, building respectful relationships, challenging harmful gender stereotypes, and developing leadership through allyship and positive peer influence.

SELF-DEVELOPMENT & CONFIDENCE

Boys Council – Growing Healthy, Growing Strong

Summary:
Boys Council: Growing Healthy, Growing Strong is a personal development program that helps youth who identify as male build emotional awareness, healthy peer relationships, and positive decision-making skills. Participants explore connection, competition, bullying, emotions, peer pressure, and gender expectations while developing greater empathy, self-awareness, and respect for themselves and others.

Target Audience:
Students in grades 6-9

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Peer Relationships & Social Skills

Also Supports:
Bullying/HIB • Emotional Regulation & Coping • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from developing emotional awareness, healthy peer relationships, empathy, positive communication, and healthy responses to competition, bullying, and gender expectations. It is particularly appropriate for younger adolescent boys developing social-emotional skills and positive interpersonal relationships.

SELF-DEVELOPMENT & CONFIDENCE

Boys Council – Journey of the Great Warrior

Summary:
Boys Council: Journey of the Great Warrior is an intensive youth development program that helps young men build resilience, self-awareness, connection, and a stronger sense of personal purpose. Through discussion, experiential learning, and nature-based activities, participants explore safety and belonging, coping, past experiences, identity, personal strengths, relationships, goal setting, empathy, and their connection to the larger community.

Target Audience:
Students in grades 6–12

Number of Participants:
6-10 students

Duration:
18 sessions

Signature Student Need:
Resilience & Protective Factors

Also Supports:
Identity & Self-Confidence • Belonging, Inclusion & Cultural Identity • Goal Setting & Leadership • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening identity, resilience, emotional wellness, leadership, healthy coping, positive peer relationships, and a sense of purpose. It is particularly appropriate for youth who have experienced adversity, are seeking stronger connections with supportive peers and adults, or would benefit from a trauma-informed, strengths-based approach that incorporates experiential and nature-based learning.

SELF-DEVELOPMENT & CONFIDENCE

Boys Council – Living a Legacy

Summary:
Boys Council: Living a Legacy helps youth who identify as male develop the identity, relationship, and leadership skills needed to move toward responsible adulthood. Participants explore personal history, diversity, role models, gender expectations, healthy relationships, media influences, conflict resolution, social responsibility, and the kind of positive impact they want to have on others.

Target Audience:
Students in grades 8-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Goal Setting & Leadership

Also Supports:
Identity & Self-Confidence • Communication & Conflict Resolution • Healthy Relationships & Boundaries

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening leadership skills, developing a positive sense of identity, building healthy relationships, exploring mentorship and positive role models, improving conflict resolution skills, and fostering personal responsibility and community engagement. It is particularly appropriate for adolescents preparing for greater independence and leadership within their schools and communities.

SELF-DEVELOPMENT & CONFIDENCE

Boys Council – Men of Honor

Summary:
Boys Council: Men of Honor is a leadership and personal growth program that helps youth who identify as male critically examine traditional messages about masculinity while developing healthier ways to express emotions, manage conflict, and lead. Participants explore gender expectations, emotional awareness, nonviolent leadership, positive role models, and barriers to educational engagement while defining what respectful and responsible leadership means to them.

Target Audience:
Students in grades 8-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Goal Setting & Leadership

Also Supports:
School Connectedness & Engagement • Emotional Regulation & Coping • Healthy Relationships & Boundaries • Identity & Self-Confidence

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from exploring healthy masculinity, strengthening emotional awareness and regulation, developing respectful and nonviolent leadership skills, increasing school engagement, challenging harmful gender stereotypes, and building positive relationships with peers and trusted adults.

SELF-DEVELOPMENT & CONFIDENCE

Girls Circle – Being a Girl

Summary:
Girls Circle: Being a Girl is a supportive program for youth who identify as female that promotes confidence, healthy development, and positive identity during early adolescence. Participants explore self-image, body image, relationships, role models, creativity, healthy living, and self-care while building supportive connections with peers.

Target Audience:
Students in grades 6-8

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
8 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Peer Relationships & Social Skills • Healthy Relationships & Boundaries • Emotional Regulation & Coping

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from developing a stronger sense of identity, improving self-esteem and body image, setting healthy personal goals, practicing self-care, exploring positive role models, and building supportive peer connections during the transition into adolescence.

SELF-DEVELOPMENT & CONFIDENCE

Girls Circle – Body Image

Summary:
Girls Circle: Body Image helps youth who identify as female develop a healthier and more affirming relationship with their bodies. Participants examine media and social messages about appearance, explore internal and external influences on body image, identify harmful self-talk, and practice greater body acceptance, self-awareness, and self-compassion.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Emotional Regulation & Coping • Resilience & Protective Factors • Mental Health Awareness

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening body image, increasing self-confidence, developing healthy self-talk, challenging unrealistic appearance expectations, improving emotional wellness, and building self-compassion. It is particularly appropriate for adolescents navigating body image concerns, media influences, puberty, and identity development.

SELF-DEVELOPMENT & CONFIDENCE

Girls Circle – Expressing My Individuality

Summary:
Girls Circle: Expressing My Individuality is a self-discovery and empowerment program that helps youth who identify as female recognize and celebrate their unique identities, strengths, values, and goals. Participants build self-esteem while developing skills related to stress management, communication, conflict resolution, goal setting, and positive peer relationships.

Target Audience:
Students in grades 6-9

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
8 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Goal Setting & Leadership • Emotional Regulation & Coping • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening self-confidence, exploring personal identity and values, developing healthy coping and stress management strategies, setting meaningful goals, improving self-esteem, and fostering positive peer relationships during adolescence.

SELF-DEVELOPMENT & CONFIDENCE

Girls Circle – Who I Am

Summary:
Girls Circle: Who I Am is a self-discovery program that helps youth who identify as female strengthen confidence, self-expression, and understanding of who they are and who they want to become. Participants explore trust, identity, friendships, assertive communication, personal growth, and future goals within a supportive peer environment.

Target Audience:
Students in grades 8-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
8 sessions

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Peer Relationships & Social Skills • Communication & Conflict Resolution • Goal Setting & Leadership

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from exploring personal identity, strengthening self-confidence, improving assertive communication, developing healthy friendships, setting meaningful life goals, and building confidence as they prepare for increasing independence during adolescence.

SELF-DEVELOPMENT & CONFIDENCE

The Body Project

Summary:
The Body Project is an evidence-based, dissonance-based eating disorder prevention and body acceptance program designed to help students challenge unrealistic appearance ideals and develop healthier attitudes toward their bodies. Through interactive discussion, written reflection, behavioral activities, role-play, and between-session exercises, students examine where appearance ideals come from, identify the personal and social costs of pursuing them, practice challenging appearance-related pressures, and strengthen body acceptance and self-affirmation. The original Body Project has demonstrated reductions in body dissatisfaction, negative mood, dieting, eating disorder symptoms, and future eating disorder risk.

The program includes curricula tailored to the different appearance pressures experienced by male and female participants. The female curriculum focuses particularly on challenging the thin beauty ideal, while the male curriculum addresses pressures associated with an unrealistically lean and muscular appearance ideal.

Target Audience:
Students in grades 9–12

Number of Participants:
Approximately 6 students per group

Duration:
Four 60-minute sessions, six 45-minute sessions, or eight 30-minute sessions

Implementation Note:
Male and female students participate in separate groups using the curriculum designed to address the appearance and body-image pressures most relevant to each group. While both versions share the same prevention framework and overall goals, activities and discussions are tailored to address different appearance ideals.

Signature Student Need:
Identity & Self-Confidence

Also Supports:
Emotional Regulation & Coping • Mental Health Awareness • Resilience & Protective Factors • Digital Citizenship

CASEL Alignment



Ideal For:
Students who would benefit from strengthening body acceptance and challenging unrealistic appearance ideals.

SELF-DEVELOPMENT & CONFIDENCE

Unity Circle - PRIDE

Summary:
Unity Circle: PRIDE provides an inclusive and affirming space for LGBTQ+ youth and allies to explore identity, belonging, relationships, resilience, and community. Participants strengthen self-acceptance and supportive connections while exploring family and culture, healthy relationships, equity, advocacy, personal strengths, and available sources of support.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Belonging, Inclusion & Cultural Identity

Also Supports:
Identity & Self-Confidence • Resilience & Protective Factors • Healthy Relationships & Boundaries • Mental Health Awareness

CASEL Alignment



Ideal For:
This program is ideal for LGBTQ+ youth and allies who would benefit from exploring identity, strengthening self-acceptance and resilience, building supportive peer relationships, developing healthy relationship skills, increasing connection to trusted adults and community resources, and fostering a greater sense of belonging within their school and community.

SOCIAL MEDIA

Common Sense Media: Digital Literacy & Well-Being

Summary:
Common Sense Media: Digital Literacy & Well-Being helps students develop the knowledge, skills, and habits needed to navigate technology safely, critically, and responsibly. Participants explore healthy technology use, privacy and safety, digital identity, online relationships, cyberbullying and online harms, misinformation, media literacy, and the impact of digital experiences on overall well-being.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 5 students, maximum 30 students

Duration:
9 sessions

Signature Student Need:
Digital Citizenship

Also Supports:
Bullying/HIB • Peer Relationships & Social Skills • Emotional Regulation & Coping • Identity & Self-Confidence

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening digital citizenship, media literacy, online safety, healthy technology habits, critical thinking, respectful online communication, and responsible decision-making in digital environments. It is appropriate for schools seeking to proactively address the academic, social, emotional, and behavioral challenges associated with technology and social media use.

SELF-DEVELOPMENT & CONFIDENCE

Girls Circle – Empowerment & Identity on Social Media

Summary:
Girls Circle: Empowerment & Identity on Social Media helps youth who identify as female navigate social media in healthy, safe, and empowering ways. Participants explore digital identity, media balance, body image, cyberbullying, sexting, mental health, online safety, empathy, and leadership while developing strategies for making thoughtful choices online.

Target Audience:
Students in grades 6-12

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
10 sessions

Signature Student Need:
Digital Citizenship

Also Supports:
Bullying/HIB • Identity & Self-Confidence • Mental Health Awareness • Goal Setting & Leadership

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from developing healthy social media habits, strengthening digital citizenship, improving self-esteem and body image, building empathy and leadership, preventing cyberbullying, and making safe, responsible decisions in online environments. It is particularly appropriate for schools seeking to address the social-emotional impact of technology while promoting positive digital engagement.

SUBSTANCE USE

7 Habits of Highly Effective Teens

Summary:
7 Habits of Highly Effective Teens uses the 7 Habits framework to help adolescents develop personal responsibility, leadership, resilience, and healthy decision-making skills. Participants learn to identify what they can control, set meaningful goals, prioritize responsibilities, communicate effectively, resolve conflict collaboratively, work with others, and maintain balance across different areas of their lives.

Target Audience:
Students in grades 8-12 in Morris County

Number of Participants:
Minimum 5 students, maximum 25 students

Duration:
Seven 45-minute sessions

Signature Student Need:
Goal Setting & Leadership

Also Supports:
School Connectedness & Engagement • Resilience & Protective Factors • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening leadership skills, executive functioning, goal setting, time management, resilience, healthy lifestyle habits, communication, teamwork, and positive decision-making. It is particularly appropriate for students preparing for increased academic demands, greater independence, or leadership opportunities while building protective factors that reduce engagement in risky behaviors.

SUBSTANCE USE

Botvin LifeSkills Training Program

Summary:
Botvin LifeSkills Training is an evidence-based prevention program designed to reduce the risk of substance use, violence, and other problem behaviors by strengthening personal and social competencies. Participants develop self-esteem, decision-making, goal-setting, stress-management, communication, conflict-resolution, assertiveness, and resistance skills while learning about substance-related risks and media influences.

Target Audience:
Students in grades 6-8 in Morris County

Number of Participants:
Varies

Duration:
Eight 45-minute sessions

Signature Student Need:
Substance Use Prevention

Also Supports:
Communication & Conflict Resolution • Emotional Regulation & Coping • Goal Setting & Leadership

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening decision-making, communication, stress management, assertiveness, self-esteem, and healthy coping skills while building protective factors that reduce the likelihood of substance use and other risk behaviors. It is particularly appropriate for middle school students during the developmental period when peer influence and health-related decision-making become increasingly important.

SUBSTANCE USE

Teen SPARK Program

Summary:
Teen SPARK is a strengths-based mentoring program that helps youth recognize their internal potential, resilience, and capacity for positive growth. Participants explore self-awareness, thoughts and emotions, decision-making, habits, stress, confidence, self-esteem, empathy, and the ways their state of mind can influence their experiences and choices.

Target Audience:
Students in grades 6-12 in Sussex County

Number of Participants:
Minimum 6 students, maximum 10 students

Duration:
Thirteen 40-45-minute sessions

Signature Student Need:
Resilience & Protective Factors

Also Supports:
Identity & Self-Confidence • Emotional Regulation & Coping • Healthy Relationships & Boundaries

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening self-awareness, resilience, emotional regulation, confidence, healthy coping skills, stress management, and positive mentoring relationships. It is particularly appropriate for students experiencing emotional challenges, transitions, or stress who would benefit from a strengths-based approach that promotes personal growth and well-being.

SUBSTANCE USE

We're Not Buying It (WNBI 2.0)

Summary:
We're Not Buying It (WNBI 2.0) is a media literacy-based substance use prevention program that helps middle school students critically examine messages and influences related to alcohol, marijuana, vaping, smoking, and prescription and over-the-counter medications. Participants build knowledge of substance-related risks while learning to recognize media influences, challenge myths, strengthen coping skills, and make healthier decisions.

Target Audience:
Students in grades 6-8

Number of Participants:
Minimum 5 students

Duration:
Six 45-minute sessions

Signature Student Need:
Substance Use Prevention

Also Supports:
Digital Citizenship • Emotional Regulation & Coping • Resilience & Protective Factors

CASEL Alignment



Ideal For:
This program is ideal for students who would benefit from strengthening media literacy, resisting peer and advertising influences, increasing knowledge about alcohol, vaping, marijuana, and prescription drug misuse, and developing healthy decision-making skills before or during early adolescence. It is particularly appropriate for universal middle school prevention programming.

SUICIDE PREVENTION

More than Sad - Parents

Summary:
More Than Sad: Parents teaches parents and caregivers how to recognize signs of depression and other mental health concerns in adolescents and understand their relationship to suicide risk. Participants learn about risk and warning signs, the role of treatment, how to initiate supportive conversations about mental health, and how to connect their child with appropriate help.

Target Audience:
Parents

Number of Participants:
Minimum 5 parents

Duration:
One 90-minute session

Signature Student Need:
Suicide Prevention & Help-Seeking

Also Supports:
Mental Health Awareness • Family Relationships • Communication & Conflict Resolution

CASEL Alignment



Ideal For:
This program is ideal for parents and caregivers who want to better understand adolescent mental health, recognize signs of depression and suicide risk, strengthen communication with their child, and learn when and how to seek professional support. It is particularly appropriate for school communities seeking to increase caregiver confidence in supporting youth mental health.

SUICIDE PREVENTION

More than Sad - Teachers

Summary:
More Than Sad: Teachers is a suicide prevention education program that helps educators recognize signs of mental health distress and suicide risk among students and respond through appropriate referral and support. Participants learn about suicide risk and warning signs, mental health treatment, strategies for helping students at risk, and the role of school-wide suicide prevention.

Target Audience:
School Staff

Number of Participants:
Minimum 5 staff

Duration:
One 120-minute session

Signature Student Need:
Suicide Prevention & Help-Seeking

Also Supports:
Mental Health Awareness • School Connectedness & Engagement • Resilience & Protective Factors

CASEL Alignment



Ideal For:
This program is ideal for teachers, school staff, administrators, coaches, and other school personnel who want to strengthen their ability to recognize signs of depression, suicide risk, and other mental health concerns, respond appropriately to students in distress, and connect students with school and community supports. It is particularly appropriate for schools seeking to strengthen suicide prevention and early identification practices.

SUICIDE PREVENTION

QPR (Question, Persuade, Refer)

Summary:
QPR is a suicide prevention gatekeeper training that teaches adults how to recognize warning signs that someone may be at risk for suicide and take immediate action. Participants learn three core steps—Question, Persuade, and Refer—to directly ask about suicide, encourage an individual to accept help, and connect them with appropriate professional or crisis support.

Target Audience:
Adults

Number of Participants:
Minimum 5 participants, maximum 30 participants

Duration:
One 60- or 90-minute session

Signature Student Need:
Suicide Prevention & Help-Seeking

Also Supports:
Mental Health Awareness • Resilience & Protective Factors

CASEL Alignment



Ideal For:
This program is ideal for parents, educators, coaches, community members, healthcare professionals, faith leaders, and other adults who want to recognize suicide warning signs, respond confidently during a mental health crisis, and connect individuals with appropriate professional support. It is particularly appropriate for organizations seeking to strengthen community-wide suicide prevention and gatekeeper capacity.

SUICIDE PREVENTION

Signs of Suicide (SOS)

Summary:
Signs of Suicide (SOS) is an evidence-based youth suicide prevention program that teaches students how to recognize warning signs of depression and suicide and respond when they are concerned about themselves or a friend. Using the ACT framework—Acknowledge, Care, Tell—students learn that mental health concerns should be taken seriously and that involving a trusted adult is an essential part of seeking help. The program also incorporates student screening and structured follow-up procedures with school staff.

Target Audience:
Students in grade 6-12

Number of Participants:
Minimum 5 students, maximum 25 students

Duration:
One 45-60-minute session

Signature Student Need:
Suicide Prevention & Help-Seeking

Also Supports:
Mental Health Awareness • Resilience & Protective Factors • School Connectedness & Engagement

CASEL Alignment



Ideal For:
This program is ideal for middle and high school students who would benefit from learning to recognize the warning signs of depression and suicide, reduce stigma surrounding mental health, strengthen peer support skills, and understand when and how to seek help for themselves or a friend. It is particularly appropriate as a universal suicide prevention program delivered in partnership with school mental health staff.

SUICIDE PREVENTION

Talk Saves Lives

Summary:
Talk Saves Lives is an introductory suicide prevention education program developed by the American Foundation for Suicide Prevention. Participants learn about the scope and complexity of suicide, research-informed risk and protective factors, warning signs, prevention strategies, and how to have a supportive conversation and connect someone who may be struggling with appropriate resources.

Target Audience:
Adults

Number of Participants:
Minimum 5 participants

Duration:
One 45-60-minute session

Signature Student Need:
Suicide Prevention & Help-Seeking

Also Supports:
Mental Health Awareness • Resilience & Protective Factors

CASEL Alignment



Ideal For:
This program is ideal for parents, caregivers, educators, community members, faith leaders, and organizations seeking a foundational understanding of suicide prevention. Participants learn to recognize warning signs, understand risk and protective factors, reduce stigma, initiate supportive conversations, and connect individuals with appropriate mental health resources. It is particularly appropriate for community awareness events, parent education, and introductory suicide prevention training.

PROGRAM INDEX BY STUDENT NEED

ALL PROGRAM TITLES ARE HYPERLINKED TO THEIR PROGRAM PROFILE PAGE

Programs are organized by their ***Signature Student Need*** and meaningful ***Also Supports*** areas. Programs listed first within each category generally have the strongest alignment to that need.

Belonging, Inclusion & Cultural Identity

Primary/Strongest Fits: Girls Circle: Honoring Our Diversity; Unity Circle: PRIDE; Unity Circle: Mitigating Gender & Racial Bias
Also Consider: Teen Outreach Program (TOP); Girls Circle: Friendship; Girls Circle: My Family, My Self; Boys Council: Brothers as Allies; Boys Council: Journey of the Great Warrior; Unity Circle: All Together Rising

Communication & Conflict Resolution

Strongest Fits: Girls Circle: Relationships with Peers; Girls Circle: Friendship; Boys Council: Living a Legacy; 7 Habits of Highly Effective Teens
Also Consider: Girls Circle: Expressing My Individuality; Girls Circle: Paths to the Future; Girls Circle: Who I Am; Boys Council: Standing Together; Boys Council: Growing Healthy, Growing Strong; Unity Circle: Voice & Choice; Unity Circle: Sex in the Digital Age; Teen Connection Project (TCP); Botvins LifeSkills; Safe Dates; Be Proud! Be Responsible!

Bullying/HIB

Primary/Strongest Fit: Boys Council: Brothers as Allies
Also Consider: Boys Council: Standing Together; Boys Council: Growing Healthy, Growing Strong; Girls Circle: Empowerment & Identity on Social Media; Common Sense Media: Digital Literacy & Well-Being; Unity Circle: Mitigating Gender & Racial Bias

Digital Citizenship

Primary/Strongest Fits: Common Sense Media: Digital Literacy & Well-Being; Girls Circle: Empowerment & Identity on Social Media
Also Consider: The Body Project; Girls Circle: Wise & Well; Unity Circle: Sex in the Digital Age; We're Not Buying It (WNBI 2.0)

Emotional Regulation & Coping

Primary/Strongest Fits: The POWER Program; Unity Circle: Calm & Connected
Also Consider: Routes to Resilience; Teen SPARK Program; Girls Circle: Being a Girl; Girls Circle: Body Image; Girls Circle: Expressing My Individuality; Girls Circle: Mind, Body, Spirit; Girls Circle: My Family, My Self; Girls Circle: Wise & Well; Boys Council: Standing Together; Boys Council: Growing Healthy, Growing Strong; Boys Council: Journey of the Great Warrior; Boys Council: Men of Honor; Common Sense Media: Digital Literacy & Well-Being; Botvins LifeSkills; It's Real

Family Relationships

Primary/Strongest Fits: Girls Circle: My Family, My Self

Goal Setting & Leadership

Primary/Strongest Fits: 7 Habits of Highly Effective Teens; Boys Council: Living a Legacy; Boys Council: Men of Honor
Also Consider: Teen Outreach Program (TOP); Girls Circle: Expressing My Individuality; Girls Circle: Honoring Our Diversity; Girls Circle: Paths to the Future; Girls Circle: Who I Am; Girls Circle: Empowerment & Identity on Social Media; Boys Council: Journey of the Great Warrior; Unity Circle: Voice & Choice; Unity Circle: Mitigating Gender & Racial Bias; Botvins LifeSkills

PROGRAM INDEX BY STUDENT NEED

ALL PROGRAM TITLES ARE HYPERLINKED TO THEIR PROGRAM PROFILE PAGE

Healthy Relationships & Boundaries
Primary/Strongest Fits: Safe Dates; Be Proud! Be Responsible!; Unity Circle: Sex in the Digital Age
Also Consider: Girls Circle: Being a Girl; Girls Circle: Mind, Body, Spirit; Girls Circle: Relationships with Peers; Boys Council: Brothers as Allies; Boys Council: Living a Legacy; Boys Council: Men of Honor; Unity Circle: Voice & Choice; Unity Circle: PRIDE; Teen SPARK Program

Identity & Self-Confidence
Primary/Strongest Fits: Girls Circle: Being a Girl; Girls Circle: Body Image; Girls Circle: Expressing My Individuality; Girls Circle: Who I Am; The Body Project; Unity Circle: Voice & Choice
Also Consider: Girls Circle: Friendship; Girls Circle: Honoring Our Diversity; Girls Circle: Mind, Body, Spirit; Girls Circle: My Family, My Self; Girls Circle: Paths to the Future; Girls Circle: Relationships with Peers; Boys Council: Journey of the Great Warrior; Boys Council: Living a Legacy; Boys Council: Men of Honor; Unity Circle: PRIDE; Teen Outreach Program (TOP); Teen SPARK Program; Be Proud! Be Responsible!; Common Sense Media Digital Literacy & Well-Being

Mental Health Awareness
Primary/Strongest Fits: It's Real; teen Mental Health First Aid (tMHFA)
Also Consider: Girls Circle: Wise & Well; Girls Circle: Body Image; The Body Project; Unity Circle: PRIDE; Routes to Resilience; The POWER Program; Common Sense Media: Digital Literacy & Well-Being; Signs of Suicide (SOS); Youth Mental Health First Aid (YMHFA); Talk Saves Lives

Peer Relationships & Social Skills
Primary/Strongest Fits: Girls Circle: Friendship; Girls Circle: Relationships with Peers; Boys Council: Standing Together; Boys Council: Growing Healthy, Growing Strong
Also Consider: Girls Circle: Being a Girl; Girls Circle: Honoring Our Diversity; Girls Circle: Who I Am; Boys Council: Brothers as Allies; Unity Circle: Calm & Connected; Unity Circle: All Together Rising; Unity Circle: Mitigating Gender & Racial Bias; Teen Outreach Program (TOP); Teen Connection Project (TCP); Routes to Resilience; Common Sense Media Digital Literacy & Well-Being; teen Mental Health First Aid (tMHFA)

Resilience & Protective Factors
Primary/Strongest Fits: Routes to Resilience; Teen SPARK Program; Boys Council: Journey of the Great Warrior; Unity Circle: All Together Rising
Also Consider: Teen Outreach Program (TOP); Teen Connection Project (TCP); The POWER Program; Girls Circle: Body Image; The Body Project; Girls Circle: Wise & Well; Unity Circle: Calm & Connected; Unity Circle: PRIDE; 7 Habits of Highly Effective Teens; We're Not Buying It (WNBI 2.0); Safe Dates; Be Proud! Be Responsible!; It's Real; teen Mental Health First Aid (tMHFA); Signs of Suicide (SOS)

School Connectedness & Engagement
Primary/Strongest Fits: Teen Outreach Program (TOP); Teen Connection Project (TCP)
Also Consider: Routes to Resilience; The POWER Program; 7 Habits of Highly Effective Teens; Boys Council: Men of Honor; Unity Circle: Calm & Connected; Signs of Suicide (SOS)

Substance Use Prevention
Primary/Strongest Fits: We're Not Buying It (WNBI 2.0); Botvins LifeSkills Training; Girls Circle: Mind, Body, Spirit
Also Consider: Girls Circle: Wise & Well; Youth Mental Health First Aid (YMHFA)

Suicide Prevention & Help-Seeking
Primary/Strongest Fit for Students: Signs of Suicide (SOS)
Also Consider: teen Mental Health First Aid (tMHFA); It's Real; Youth Mental Health First Aid (YMHFA)

PROGRAM INDEX BY GRADE LEVEL

● = Program is available for this grade level

How to Use this Index: After identifying programs available for a particular grade, review the **Program Index** by ***Student Need, Also Supports, CASEL Alignment,*** and ***Ideal For*** sections to determine which program most closely aligns with the strengths and needs of the students being considered.

ALL PROGRAM TITLES ARE HYPERLINKED TO THEIR PROGRAM PROFILE PAGE

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7 Habits of Highly Effective Teens			•	•	•	•	•
Be Proud! Be Responsible!				•	•	•	•
Botvin LifeSkills Training Program	•	•	•				
Boys Council: Brothers as Allies	•	•	•	•			
Boys Council: Growing Healthy, Growing Strong	•	•	•	•			
Boys Council: Journey of the Great Warrior	•	•	•	•	•	•	•
Boys Council: Living a Legacy			•	•	•	•	•
Boys Council: Men of Honor			•	•	•	•	•
Boys Council: Standing Together	•	•	•	•			
Common Sense Media: Digital Literacy & Well-Being	•	•	•	•	•	•	•
Girls Circle: Being a Girl	•	•	•				
Girls Circle: Body Image	•	•	•	•	•	•	•
Girls Circle: Empowerment & Identity on Social Media	•	•	•	•	•	•	•
Girls Circle: Expressing My Individuality	•	•	•	•	•		
Girls Circle: Friendship	•	•	•	•			
Girls Circle: Honoring Our Diversity	•	•	•	•	•	•	•
Girls Circle: Mind, Body, Spirit	•	•	•	•	•		
Girls Circle: My Family, My Self	•	•	•	•	•	•	•
Girls Circle: Paths to the Future	•	•	•	•	•	•	•
Girls Circle: Relationships with Peers	•	•	•				
Girls Circle: Who I Am			•	•	•	•	•
Girls Circle: Wise & Well	•	•	•	•	•	•	•
It's Real	•	•	•	•	•	•	•
Routes to Resilience	•	•	•	•	•	•	•
Safe Dates	•	•	•	•	•	•	•
Signs of Suicide (SOS)	•	•	•	•	•	•	•
Talk Saves Lives	•	•	•	•	•	•	•
Teen Connection Project (TCP)			•	•	•	•	•
teen Mental Health First Aid (tMHFA)				•	•	•	•
Teen SPARK Program	•	•	•	•	•	•	•
Teen Outreach Program (TOP)	•	•	•	•	•	•	•
The Body Project				•	•	•	•
The POWER Program		•	•	•	•	•	•
Unity Circle: All Together Rising	•	•	•	•	•	•	•
Unity Circle: Calm & Connected	•	•	•	•	•	•	•
Unity Circle: Mitigating Gender & Racial Bias					•	•	•
Unity Circle: PRIDE	•	•	•	•	•	•	•
Unity Circle: Sex in the Digital Age	•	•	•	•	•	•	•
Unity Circle: Voice & Choice	•	•	•	•	•	•	•
We're Not Buying It (WNBI 2.0)	•	•	•				
Youth Mental Health First Aid (YMHFA)							•

MENTAL HEALTH ASSOCIATION
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