



MIDDLE SCHOOL PROGRAMS

Babysitting/ Childcare Skills

Students learn about babysitting, covering:

- Child Development for different age groups
- Basic Baby Care such as feeding and diaper changing
- Handling Emergencies like fire and choking
- Preparing for babysitting jobs including interviews and social media guidelines.

Participants will receive certificates of completion at the end of the workshop.

Recommended Age Range:
6th-8th Grade

Duration: 40 minutes- 1 Hour per session
Of Sessions: 4

Ideal for: After school programs, elective course offerings/ push-in programs for FACS or Health Classes

Be Your Best Self

Based on the SAMHSA "Eight Dimensions of Wellness" framework, this program gives students opportunity to recognize the meaning & importance of overall wellness. The program incorporates coping skills such as deep breathing, mindfulness AND finding 'balance in life'. by providing students with information and activities which focus on each of the 'eight dimensions of wellness'. *The 8 Dimensions of Wellness: Social, Environmental, Physical, Emotional, Spiritual, Occupational, Intellectual, & Financial

Recommended Age Range:
6th-8th Grade

Duration: 40 minutes- 1 hour long per session
Of Sessions: 4 - 8

Ideal for: Health Classes, After school workshop series

Family Talk

Participants will discover the basics of effective communication and have the opportunity to practice new skills with friends and family members.

Recommended Age Range:
Families of Middle & High School Students

Duration: 90 Minutes
Of Sessions: 1

Ideal for: Family Connect Nights

Game Time

Students will have an opportunity to mingle in groups and play a variety of board games. They can socially interact with other students in a relaxed setting, have friendly competition and possibly learn to play new games and meet new friends.

Recommended Age Range:
6th- 8th

Duration: Flexible
Of Sessions: Flexible

Ideal for: After-School Programs

Leadership Skills Bootcamp

This jam-packed, highly interactive program introduces students to specific leadership skills & allows them opportunity to put them into practice immediately. Focus is on preparing them for taking leadership roles in their schools and communities. Students will learn and practice important skills such as: effective communication techniques; group decision making & the planning process; dealing with different personalities & conflict resolution; and how to engage and motivate others.

Students that attend this course as part of an afterschool program will receive 1 hour of community service credit per session attended. If all 4 sessions are attended, that student will receive an additional hour of community service credit for a total of 5 hours.

Recommended Age Range: 6th-8th Grade

Duration: 40 minutes- 1 hour long per session
Of Sessions: 4 Sessions

Ideal for: After school programs, elective course offerings



Town of Smithtown Youth Bureau

MIDDLE SCHOOL PROGRAMS

Relationship-ology: A healthy relationship series

An interactive 4-part workshop delving into all the different connections students juggle daily. From family dynamics to friendships and dating, this course helps students to hone their socio-emotional skills to be able to navigate all types of relationships. Each session aims to equip students with knowledge and hands-on skills practice.

Students that attend this course as part of an afterschool program will receive 1 hour of community service credit per session attended. If all 4 sessions are attended, that student will receive an additional hour of community service credit for a total of 5 hours.

Recommended Age Range: 6th – 8th Grade

Duration: 30 Minutes to 1 Hour
Of Sessions: 4

Ideal for: Health Classes, after school workshop series, elective course offerings/ push-in programs during the school day

Rise UP: Becoming an Upstander Against Bullying

An introspective and relevant program dealing with the roots of bullying & cyberbullying behavior. Students learn what they can intentionally do to take on the Upstander role rather than role of Bully or Bystander. Some of the thought-provoking topics include: bullying versus other forms of conflict; immediately recognizing bullying & cyberbullying; By-standing vs Up-standing; considerate online etiquette; and the great importance of EMPATHY.

Recommended Age Range: 6th- 8th Grade

Duration: 40 minutes- 1 hour long per session
Of Sessions:4

Ideal for: Elective course offerings/ push-in programs during the school day





MIDDLE SCHOOL PROGRAMS

Study Skills

This useful program provides advice and specific strategies for middle school students to improve their time management & organizational skills as it pertains to their study habits. This helps to improve their overall school performance by being better organized in completing tasks and preparing for exams and projects. It also looks at specific strategies that help boost memory retention when studying, and ways to address test anxiety.

Recommended Age Range: 6th-8th Grade

Duration: 40 minutes- 1 Hour per session

Of Sessions: 3

Ideal for: After school programs, elective course offerings/ push-in programs during the school day

Zen Masters: Managing Anger and Frustration

Students learn effective ways of managing emotions of anger and frustration.

Students that attend this course as an afterschool enrichment program will receive 4 hours of community service for attending all 4 sessions.

Recommended Age Range: 6th-8th Grade

Duration: 1 Hour

Of Sessions: 4

Ideal for: After school workshops



Town of Smithtown Youth Bureau

Programming & Scheduling **FAQ:**



1. How much do your programs cost?

All programs are fully funded and able to be provided to Town residents at no cost.

2. I have a program in mind, but it's not on this list. Can you still help me?

Yes! If you have a topic in mind for a program reach out to our Youth Counselor, Melissa Kass, at mkass@smithtownny.gov to see how we can best assist you. If time permits, we are often able to develop additional programs based on community need.

3. How can I register my child for one of these programs?

This program list is included for scheduling purposes. Scheduling is intended for schools and other organizations with groups of 10 or more students. Any student interested in attending a program should check our current newsletter or contact their school to see when their next scheduled program will run.

