



Town of Smithtown



Smithtown Youth Bureau

2024-2025 | PROGRAM LIST

For Questions or to Schedule Contact: Melissa Kass, Youth Counselor | mkass@smithtownny.gov



ELEMENTARY SCHOOL PROGRAMS

Feelings & Friendships

A fun, engaging series where children can explore their emotions, better understand interactions with others, & learn how to develop healthy friendships.

Versions are available for 1st-2nd Grade & 3rd-4th Grade

Duration: 1 Hour 15 Minutes per session

Of Sessions: 3

Ideal for: Classroom Settings



Study Skills

This useful program provides an introductory look to students on how 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.

Recommended Age Range: 5th Grade | Duration: 1 Hour per Session # Of Sessions: 3

Ideal for: Push-in programs during the school day

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: 4th- 5th Grade

**Duration: Flexible
Of Sessions: Flexible**

Ideal for: Before/After-School Programs

Relationship-ology: A healthy relationship series

The curriculum explores the basic concepts of healthy relationships in a student's life, with a central focus on healthy friendships. The goal of each presentation is to expand their insight through conversation and activities.

Recommended Age Range: 4th- 5th Grade

**Duration: 30 minutes per session
Of Sessions: 4**

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

Rise UP: Becoming an Upstander Against Bullying

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: 4th- 5th Grade

**Duration: 1 Hour per session
Of Sessions: 4**

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



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



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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



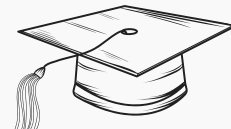


Be Your Best Self

Based on the SAMHSA "Eight Dimensions of Wellness" framework, this program gives students opportunity to recognize the meaning & importance of overall wellness. Program content and activities focus on each of the eight dimensions of wellness, incorporating 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: 9th-12th
Duration: 40 minutes- 1 hour long per session
Of Sessions: 4 - 8
Ideal for: Health Classes, After school workshop series



College 101

An informational session about the college application process.

Topics covered may include:

- Getting organized
- Telling your story
- Building a college list
- Application deadlines
- Essays and supplements
- Extracurricular activities
- Paying for college

Recommended Age Range: 9th-11th Grade Students & Parents

Duration: 1 Hour
Of Sessions: 1

Ideal for: Evening Presentations, push-in programs during the school day

College Kickstart Workshop

Discuss everything you wanted to know about starting the college experience:

- Residential and commuter student life,
- Managing college academics,
- New roommates and friends,
- Homesickness,
- Greek life,
- Campus safety and security,
- How and when to advocate for yourself
- Mental health concerns

Recommended Age Range: High School Seniors

Duration: 1 Hour
Of Sessions: 1

Ideal for: After school/ evening workshops, student assemblies

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 High School Students
Duration: 90 Minutes





Leadership Skills Bootcamp

This jam-packed, highly interactive program introduces students to specific leadership skills and 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: 9th-12th Grade

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

Ideal for: After school programs, elective course offerings

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: 9th to 12th 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



Relationships Decoded

This seminar explores the differences between healthy and unhealthy relationships with activities built in for a discussion of what love is and what love is not. The concept of love languages and discussion of how we show and receive love and forgiveness are covered.

Recommended Age Range: 9th to 12th Grade

Duration: 1 Hour
Of Sessions: 1

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



HIGH SCHOOL PROGRAMS

Study Skills

This program looks at specific strategies that help boost memory retention when studying, and ways students can address test anxiety.

Recommended Age Range: 9th Grade

Duration: 40 minutes

Of Sessions: 1

Ideal for: Push-in programs during the school day in the beginning of the school year or around midterms/finals



Zen Masters: Managing Anger and Frustration

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

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

Recommended Age Range: 9th-12th Grade

Duration: 1 Hour

Of Sessions: 4

Ideal for: After school workshops





PARENT PROGRAMS

For Questions or to Schedule Contact: Melissa Kass, Youth Counselor | mkass@smithtownny.gov

College 101

An informational session about the college application process. Topics covered may include:

- Getting organized
- Telling your story
- Building a college list
- Application deadlines
- Essays and supplements
- Extracurricular activities
- Paying for college

Recommended Age Range:
9th- 11th Grade Students & Parents

Duration: 1 Hour
Of Sessions: 1

Ideal for: Evening Presentations, Parent Universities, PTSA Meetings

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





Town of Smithtown Youth Bureau



GIRL SCOUT BADGE PROGRAMS



Babysitting/ Child Care Skills

A modified hour-long version of our babysitting program specifically for Girl Scout troops looking to earn their babysitting badges. The curriculum we provide at these private programs is the same curriculum we utilize for the classes we teach at the Girl Scout Main Office in Commack. We do not provide the badges themselves, but we do provide a certificate stating that they attended our course.

Recommended Age Range: 6th-8th Grade

Duration: 1 Hour

Of Sessions: 1



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.

