

# School-Based Prevention

Compass Mark's school-based prevention programs adhere to best practices to build students' knowledge and skills for making healthy choices.

## CATCH My Breath

An e-cigarette, JUUL, and vaping prevention program that aligns with school learning standards.

- Teaches youth to resist peer pressure
- Examines media influences around vaping

## Lions Quest

Helps students develop positive commitments to family, school, peers, and community.

- Essential skills for social & emotional health
- Attitudes consistent with a drug-free lifestyle

## PATHS®

Promotes emotional & social competencies, reduces aggression and behavior problems in young children while enhancing the educational process.

- Positive actions for body and mind
- Responsible self-management

## Positive Action®

Teaches students that positive actions result in good feelings. Outcomes range from increased academic achievement to lowered problem behaviors.

- Responsible self-management
- Ongoing self improvement is valued



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SCIENCE-BASED ADDICTION PREVENTION

# Project TND

Project Towards No Drug Abuse lowers risk factors for substance use & increases healthy coping skills.

- Accurate knowledge about the effects of alcohol, tobacco, and other drugs (ATOD)
- Personal commitments to stop or reduce ATOD use

# SSET

Support for Students Exposed to Trauma reduces distress resulting from traumatic experiences.

- Addresses risk factors leading to anxiety, isolation, depressed mood, and impulsive or risky behaviors
- Builds skills to deal with stressors and to relax

# We Know BETter

Designed to teach students about risky behaviors that can lead to addiction, including gambling. Addresses:

- Media literacy; sports betting; gambling myths
- Decision making and refusal skills

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**Compass Mark's mission** is to prevent addiction through education, skill building, and community mobilization.

These School-Based Programs are offered by Compass Mark, a non-profit organization providing addiction prevention services in Lancaster, Lebanon, and Chester Counties.

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