

School Prevention Activities Support

VAPE OUT/QUIT DAY Support - These events ask students to commit to not vaping or make a quit attempt on a specific day. Before the predetermined "Quit Day" we can provide posters and other materials announcing the event, tips on quitting, and incentives for completing a quit plan. On the day, in partnership with the school's counseling team, we can provide activities that raise awareness of the dangers of nicotine and vaping, incentives to participate in activities, and cessation support in the way of candy, fidget spinners, and other materials that will help with managing withdrawal symptoms associated with quitting.

Cessation Stations- These are stations that can be placed in counseling, nurses' offices or other supportive places where students can come and get cessation support in the way of candy, fidget spinners, access to quit support, and other materials that will provide support and education for managing withdrawal symptoms associated with quitting.

Lunch Time Activities- Offering substance use prevention activities during lunchtime that provide a relaxed, accessible way to educate them on the risks of substance use. These activities could be community organizations or district staff working with student groups to design and implement prevention campaigns, presentations, guest speakers, and interactive sessions, helping students resist peer pressure and fostering a supportive school culture focused on well-being.

Family Nights Support and Table Events: A network of community organizations provides services and resources to families at events like family nights, resource fairs, parent-teacher conferences, sporting events, and other opportunities. They provide engaging activities that teach prevention skills, substance use awareness, and educational activities for parents, community members, and students in an enjoyable manner.

All Recovery Meeting (ARM) is a meeting where any person in recovery, their allies, friends, and family can attend. Usually, these meetings engage people in a share-out about successful components of their recovery and work to build community. Young People facilitate these meetings, for more information email YPR provides resources

Parent Education and Prevention Seminars

This presentation is designed for parents and caregivers to gain insight into the substances young people are using, the effects of substance use on the developing body, and how to have age-appropriate discussions. It highlights prevention as an ongoing process, ensuring parents stay connected with their children to promote well-being and prevent substance misuse.

Examples of Opportunities for Parent Prevention and Education

- **Back-to-School Nights/Parent Orientation/Parent-Teacher Conferences:** During school events, district staff provide 15-20 minute presentations on substance prevention, education, and awareness, offering high-level information, prevention activities, resources, and opportunities for parents and students to ask questions.
- **Parent Coffees or Parent Advisory Boards:** Community organizations with subject matter expertise present prevention education, support, and resources. These presentations can be tailored to meet the specific needs of different communities and cultures.

Classroom Support or Social Club Support

Aurora Public Schools (APS) offers resources to assist classes, clubs, and student groups in educating students about the effects of substance use, developing and implementing prevention programs, creating awareness campaigns, and other student-focused initiatives. We assist and support teachers, health classes, and club leaders in implementing projects to prevent substance misuse and build protective factors within students.

Student Education and Prevention Classroom Presentation- A standalone classroom presentation designed to provide students with an understanding of drugs and alcohol, their effects on developing bodies, the reasons behind drug use, safety, and health risks, and the potential consequences of use.

Problem-Based Learning Projects. A multi-day class learning project or a school club community service project. We can assist teachers or club leaders in working with students to identify and implement prevention activities in the school or the community.

Examples of some projects that we can provide assistance and support:

- **Prevention Poster Contest:** A Poster Contest is designed to engage students in identifying the root causes of substance abuse and expressing their understanding through art. This project encourages creativity while fostering a deeper comprehension of the factors contributing to substance misuse.
- **Youth-Led Prevention Projects:** Youth-led prevention projects empower students to take an active role in addressing substance misuse within their school or community. Using evidence-based frameworks, these projects guide students through a comprehensive process of assessing substance use prevention needs, identifying effective strategies, and implementing targeted initiatives.

Education Materials: Interactive games and activities to enhance lessons on prevention and substance use, designed to make learning about these critical topics engaging and accessible for students. These resources support a variety of learning styles and complement traditional teaching methods by providing interactive, hands-on experiences. Available for free to all Aurora Public Schools (APS) personnel, these educational tools can be checked out by teachers and staff to integrate into classrooms or special health and wellness sessions, aiding in the effective education and protection of students.

[SUD Material and games](#)

Haley Foster at Hfoster@AuroraK12.org with any questions or to bring these activities to your school or schedule a presentation.