



BACK-TO-SCHOOL NEWSLETTER

New curriculums, more research, and an evergrowing REACH

A summer of updates from the Stanford REACH Lab - all of it free for educators, clinicians, parents, adolescents, and young adults

A note from Dr. Bonnie Halpern-Felsher

Welcome to the **Summer 2026** newsletter. I hope you had a restful summer and are ready to jump into the new school year.

It has been a busy few months for the Stanford REACH Lab. We've updated many of our existing substance use prevention and intervention curriculums, released new curriculums, and released new videos, infographics, posters, and lessons - with more coming very soon. New collaborations have opened opportunities in additional states, countries, and cultures. We are also announcing dates for our Annual Teaching Cannabis (and other drugs) Awareness and Prevention Virtual Conference, our Youth Action Board Forum Theater, and our NEW REACH Together Summer Institute: Adolescent and Young Adult Mental Health, Substance Use, and Decision-Making.

Everything we make is **free**. Sign-up for a **free training** on any of our curriculums, and keep **visiting our website** to see much more.



Bonnie Halpern-Felsher, PhD, FSAHM
Marron and Mary Elizabeth Kendrick
Professor in Pediatrics II, Founder and
Director, Stanford REACH Lab



A Decade of Impact

This month marks the **10th anniversary** of the launch of our Tobacco Prevention Toolkit, followed by a decade of work to prevent and reduce adolescent substance use! We thank you for being a crucial part in educating our youth. See below our reach by numbers.

OUR REACH BY NUMBERS

50 states **160** countries **6,654,877+** youth **61,672+** educators **15+** curriculums

Let's keep our FREE curriculums and resources going for another decade. **Please consider donating:**

DONATE TO THE LAB →

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02 Curriculum updates

FREE • EVIDENCE-BASED • RESEARCH-BACKED



You and Me, Together Vape-Free & Smart Talk

Updates: We have greatly updated both our **You and Me, Together Vape-Free** and **Smart Talk** curriculums! We have the same trusted evidence-based lessons that educators, community partners, and others have relied on for years, but after extensive review and feedback we have: shortened all lessons to 35-40 minutes long; added in a focus on healthy decision-making throughout all lessons; given greater attention to diverse learning styles, neurodiversity, and different experiences, resulting in updated slides, fonts, colors, content, and activities that also include flexible participation options, the removal of fast animations, and the replacement of potentially distressing emojis and images; and ensured that all activities are aligned with the National Health Education Standards. Further, You & Me now includes updated content emphasizing that all e-cigarettes, including non-nicotine e-cigs, can harm the developing brain and body. The new lessons will be uploaded by September 9th. Go to the [curriculum pages](#) to download the new lessons at that point. To ensure you have the latest versions, please check the updated date in the upper left corner of the first slide of each lesson. Hope you enjoy the revised curriculums!

[VIEW YOU & ME, TOGETHER VAPE-FREE](#) →

[VIEW SMART TALK](#) →



Aware & Prepare: Fentanyl & Opioid Overdose Prevention

This evidence-based curriculum and its resources provide information on the dangers of illicit fentanyl, their impact on teens and young adults, harm-reduction strategies—such as using naloxone and test strips—to prevent overdose, and educational resources for educators, students, parents, and more.

Updates: Aligned with new California AB2429 Law and aligned to many other state requirements related to opioid/fentanyl instruction in schools.

[VIEW CURRICULUM](#) →



Safety First

Safety First covers alcohol, opioids/fentanyl, psychedelics, and other drugs. While encouraging not using, it also includes a harm-reduction message to support youth who are experimenting or using, providing accurate information to help them quit or reduce harm.

Updates: Updated hallucinogen/psychedelics lesson including slides on galaxy gas with a lesson on galaxy gas/inhalants coming soon. ALL lessons now available in Spanish!

[VIEW CURRICULUM](#) →

03 Curriculum updates

NEW



The Kratom Conversation

This two-lesson curriculum and its resources provide information on what kratom is, the dangers of kratom, and it's growing popularity.

One lesson on what Kratom/7-OH is, how it affects the body, and overall safety and another lesson on marketing, messaging, labeling, and media literacy.

[VIEW CURRICULUM](#) →

NEW



Not So Sweet

A two-lesson, evidence-informed, middle-school and high-school curriculum on oral nicotine and smokeless tobacco, including prevention of nicotine pouches like Zyn and nicotine gum like Lucy, and more.

One lesson on the health risks of smokeless tobacco and oral nicotine pouches and another lesson on media and marketing tactics.

[VIEW CURRICULUM](#) →

Other Curriculums and Lessons:



[VIEW OUR FULL SUITE OF CURRICULUMS](#) →

Coming soon



Lessons on Healthy Social Decisions, Romantic Relationships, and Consent



Lessons on Driving Under the Influence



College Mobile App featuring Self-Paced Safety First lessons



Parent Toolkit and Resources



Lessons on Substance-Use and Athletes



Revisited Toolkit for Clinicians

04 Latest research and publications

01 - TOBACCO-RELATED

Zyn and other oral nicotine pouch use, correlates, and advertising exposure among a national sample of United States adolescents, young adults and adults

Authors: Jessica Liu, Bonnie Halpern-Felsher

The purpose of our study was to identify prevalence and correlates of oral nicotine pouch use, Zyn use, and Zyn susceptibility in the U.S. and identify sources of advertising exposure for Zyn.

[VIEW PUBLICATION](#) →



02 - FENTANYL/OPIOIDS

Connect to protect: Evaluating fentanyl overdose prevention education among parents and caregivers

Authors: Claire Lange-McPherson, Jennifer Epstein, Bonnie Halpern-Felsher

Overdoses from illicit fentanyl remain a threat to adolescents and young adults in the United States. Prevention programs for parents/caregivers can be important to address this crisis. This evaluation assessed changes in adults' fentanyl-related knowledge, perceptions, and communication efforts after attending a parent fentanyl awareness film presentation.

[VIEW PUBLICATION](#) →



03 & 04 - YOU AND ME, TOGETHER VAPE-FREE

Evaluation of a brief school-based e-cigarette prevention program (You and Me, Together Vape-Free) for elementary school students

Authors: Madeleine A. Gerson, Holly Lung, Bonnie Halpern-Felsher

School-based programs that address reasons for use, provide education on risks, and improve refusal skills are important in preventing e-cigarette use. This program evaluation assessed changes in learning outcomes, refusal skills, coping skills, social self-efficacy, and intentions to use e-cigarettes following implementation of our You and Me, Together Vape-free elementary school curriculum.

[VIEW PUBLICATION](#) →

Reach and impact of You and Me, Together Vape-Free: a school-based E-cigarette prevention curriculum for elementary, middle, and high school students

Authors: Devin McCauley, Holly Lung, Michael Baiocchi, Scott Gerbert, Bonnie Halpern-Felsher

This evaluation assessed the reach and impact of You and Me, Together Vape Free with versions for elementary, middle, and high school students. The results of this evaluation showed positive changes for all items related to perceptions of e-cigarette harm and targeted marketing by the tobacco industry.

[VIEW PUBLICATION](#) →

[Explore all of our publications and research articles](#)

**WE NEED
YOU!**

Project CLEAR

We are inviting schools to participate in an exciting new study evaluating our curriculum, Smart Talk! **Monetary incentives available for participating schools! Contact agamroop@stanford.edu.**

Calling CA High School Educators and Administrators!

We need your thoughts on how schools are mitigating substance use. Take a short survey and receive **\$100 for your input**. If interested, please email eshenkar@stanford.edu.

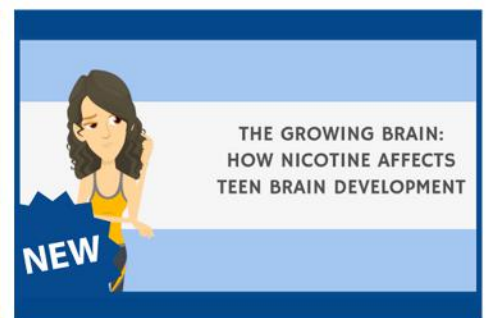
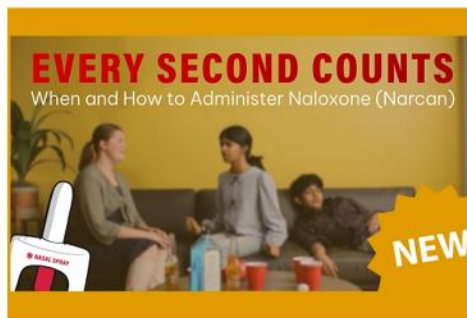
05 Videos and campaign kits

DOWNLOAD • PRINT • SHARE

NEW Educational Videos

[VIEW ALL VIDEOS](#) →

Coming soon: Cycle of Addiction, Parent Naloxone, Consent is Key (Elementary version), and more...

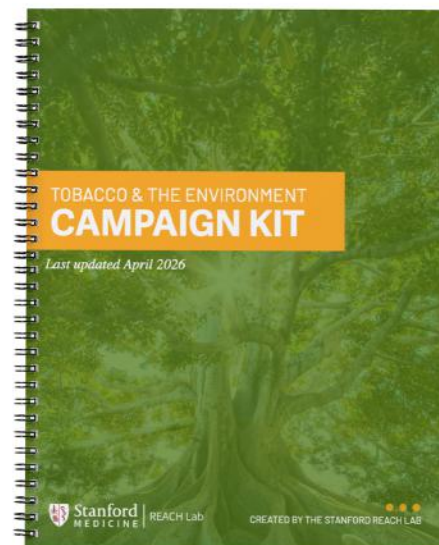


Campaign Kits

[VIEW ALL CAMPAIGNS](#) →

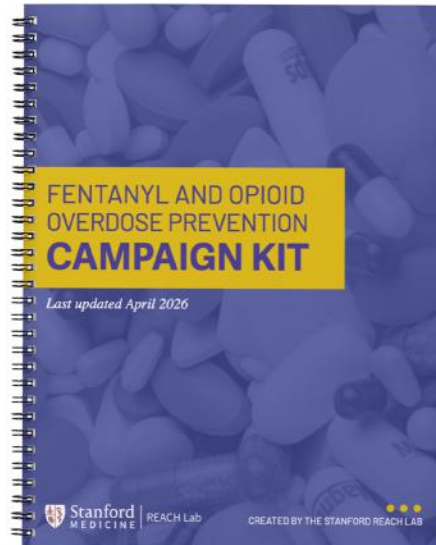
Kits coming soon: Cannabis Awareness & Prevention, Kratom, and more.

Our campaign kits highlight different types of substances, their impacts on youth, day-to-day activities and materials, and other educational resources. It is designed for anyone who would like to help prevent and reduce adolescent and young adult use through a week-long intensive campaign. This includes educators, health professionals, youth, parents, community groups, and beyond.



**Tobacco & The Environment
Campaign Kit**

[VIEW NOW](#) →



**Fentanyl & Opioid Overdose
Prevention Campaign Kit**

[VIEW NOW](#) →



**Tobacco/Nicotine
Campaign Kit**

[VIEW NOW](#) →

06 Training, events, and what's next

SAVE THE DATES

Free curriculum trainings and talks

As the school year begins, we offer a bunch of sessions to help you hit the ground running with our curriculums.

Click on each title to register!

UPCOMING TRAININGS

SEP 8	Healthy Habits, Healthy Planet	11 AM PT
SEP 10	You & Me, Together Vape-Free	9 AM PT
SEP 14	Smart Talk: Cannabis Awareness...	1 PM PT
SEP 17	Safety First	8 AM PT

[VIEW ALL TRAININGS](#) →

UPCOMING TALKS

SEP 10	Zyn and Other Nicotine Products...	12 PM PT
SEP 29	Beyond Suspension: Effective...	12 PM PT
OCT 7	Beyond Vapes: What every parent...	12 PM PT
OCT 8	Cannabis and Youth	12 PM PT

[VIEW ALL TALKS](#) →

NEW! Communities of Practice (CoPs)

Connect with peers from across the country, and the globe, to share ideas, tackle real-world challenges, discover practical strategies, and build lasting professional connections. These interactive, discussion-based learning communities are open to anyone interested in prevention, intervention, restorative practices, or youth engagement, whether you're new to the field or bring years of experience. Register for one, two, or all three CoPs below!

[Alternatives to Suspension and Restorative Approaches \(9/22\)](#)

[Youth Engagement and Peer Leadership Strategies \(9/23\)](#)

[Building Sustainable Prevention and Intervention Programs \(9/30\)](#)

Stay tuned for upcoming Communities of Practice! We'll announce new topics, dates, and registration details through our social media channels and email updates!

MARK YOUR CALENDARS

Stanford REACH Lab's Youth Action Board Forum Theater

March 20th, 2027

Save the date for our Stanford REACH Lab's Youth Action Board Forum Theater, an event by youth for youth and their allies, focusing on real life drug stories created by the REACH Lab YAB!

8th Annual Teaching Cannabis (and other drugs) Awareness & Prevention Virtual Conference

April 14-15th, 2027

With our latest conference being a success with almost **2,700 attendees**, **150 speakers** and **75 workshops**, we are excited to announce the dates for next year's conference in hopes that you can

NEW: The REACH Together Summer Institute: Adolescent and Young Adult Mental Health, Substance Use, and Decision-Making

June 10-11th, 2027

Join the REACH Lab for a 2-day in-person intensive institute to learn all about adolescent and young adult development, mental health, substance use, and what you can do to support young people. CEUs will be provided. More details including location and cost forthcoming. Hope you join us, and spend some extra time in the Bay!

Love what we do?

It only takes 2-3 minutes! Submit a video testimonial about either the Cannabis Conference and/or the curriculums!

[SUBMIT A TESTIMONIAL](#) →

Know that the REACH Lab is always here to help!

For any questions or inquiries, e-mail us at stanfordreachlab@stanford.edu! Stay connected with us on social media and follow to us get constant updates.

