

YES

Youth Equipped to Succeed



Wellness Education

Research-Based Programs

IMPACTING K-12TH GRADE STUDENTS, PARENTS, AND EDUCATORS

Our professionally trained team of speakers deliver research-based content, putting students on a positive path toward healthy and successful futures.

DELIVERY OPTIONS:



In Person



Live Stream



Scan to Learn More!

www.justsayyes.org | 888-579-5790 | programs@justsayyes.org

TEKS ALIGNED

TOPICS

Our programs are highly-engaging and address critical topics found in today's youth culture.

*Parent previews offered in all student content areas.



NEW! MENTAL HEALTH

K-12th Grades

It has been said we don't yet know the ramifications the pandemic will have on today's youth. A mental health crisis has emerged due to isolation and loneliness. Our programs destigmatize common misconceptions around mental health and provide tools to help them navigate life's challenges.



PUBERTY & ADOLESCENT DEVELOPMENT

4th & 5th Grades

This program is geared toward 4th and 5th grade students and is presented in gender-separated groups to teach basic functions of the developing reproductive systems, the many changes that happen during puberty, important health information, and outlines a foundation for healthy relationships.



RELATIONSHIPS & SEXUAL HEALTH

6th-12th Grades

Presented by grade level for relevance, these programs encourage students to focus on their dreams and goals by providing them with research-based information on how to achieve optimal health. Content is presented in an approachable and engaging manner, educating students on important topics: pregnancy, STDs, sex trafficking, sexual abuse, sexting, legal consequences, peer pressure and the media.

**All programs follow the guidelines for HB 1525 and key components of SB 9.*



BULLYING PREVENTION

K-12th Grades

Research shows bullying affects all youth, including those who are bullied, those who bully others, and those who witness bullying. Our programs educate students on the various types of bullying, and teach the importance of treating others with kindness, how to be an "Up-Stander", and the power of perspective.



DRUG & ALCOHOL PREVENTION

K-12th Grades

Presented by grade level for relevance, students discover the dangers associated with nicotine (including vaping and dabbing), alcohol, marijuana, synthetic drugs, and misuse of sharing of prescription drugs. They also learn about substance abuse and addiction, and the impact it can have on their health, family, and future goals.



TECHNOLOGY: RISKS & REWARDS

6th-12th Grades

With 24/7 access to technology and social media, there are various affiliated risks and rewards. These programs educate students on how they can help create a more positive online world, while also educating them on the risks such as cyberbullying, sexting and pornography.

**TIME
TO
TALK**

A Parent's Guide to
Navigating those **AWKWARD**
but **NECESSARY** Conversations.

NEW PARENT PROGRAM!

This program educates parents on how to have age-appropriate and meaningful conversations with their child about the topic of sex. Our speakers walk you through every important life stage from toddlers to teens!