HEALTHY LIFESTYLES

EMPOWERING YOUTH IN A POST-LEGALIZED WORLD
Communities across the country are grappling with how they can help youth make healthy decisions when it comes to marijuana, asking questions like:

*What facts do youth need to know?*

*What are the messages that resonate the most?*

*What myths are youth perpetuating?*

Denver was the first U.S. city to confront these questions following marijuana legalization in 2014. After hearing directly from youth service providers and youth themselves, it was clear that there were few resources with credible and relatable information.
Responding to the need for a modern approach to marijuana awareness and education, the YESS Institute and the Denver Afterschool Alliance have developed Healthy Lifestyles, a 10-hour marijuana curriculum for middle school youth.
After participating, youth leave with the information and skills needed to make healthy decisions about marijuana.

THE APPROACH

Trusted adult facilitators lead youth through a series of hands-on activities that provides balanced information and lets them explore how marijuana can impact their lives.
Prepare quickly, facilitate with confidence

Each 50-minute lesson includes learning objectives, a materials list, preparation notes and dialogue cues. Additionally, each lesson uses the same structure: a warm welcome, youth-driven activities, and a closing reflection.
Healthy Lifestyles puts youth in the driver’s seat.

Specifically designed for afterschool providers, middle schools and mentoring agencies, each lesson includes engaging activities and interactive materials that encourage youth to consider for themselves what marijuana is and how it can impact their own life.

Topics were carefully chosen based on prevention research, input from youth-serving providers, and from youth themselves. These include:

- myths & facts · marijuana, brain & body
- identity & choice · rights & consequences
- history, trends & culture · marijuana as medicine?
- risk & reward · be your best
- tools in your pocket · consuming cannabis
To use Healthy Lifestyles, a site license and materials box(es) are required. The site license authorizes your agency to administer Healthy Lifestyles for one calendar year and includes access to the curriculum guide, sample consent forms, evaluation tools and ongoing Q&A support. Cost is dependent upon the number of youth served at each site.

To ensure that facilitators are prepared to deliver Healthy Lifestyles, please choose one of three training options. In-person options better suit large/multi-site organizations, while video trainings may make more sense for smaller organizations.

<table>
<thead>
<tr>
<th>Youth per site</th>
<th>1-25</th>
<th>26-50</th>
<th>51-75</th>
<th>76-100</th>
<th>100-150</th>
<th>150-300</th>
<th>300+</th>
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<tbody>
<tr>
<td>Annual site license</td>
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<td>$625</td>
<td>$1,000</td>
<td>$1,250</td>
<td>$1,625</td>
<td>$2,750</td>
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<td>Group training (in-person, local, half-day)</td>
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<td>$900</td>
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<tr>
<td>Group training (in-person, away, half-day) †</td>
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<td>Individual training videos</td>
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<tr>
<td>Minimum number of materials boxes (&amp; cost) ‡</td>
<td>1 box ($295)</td>
<td>1 box ($295)</td>
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<td>2 boxes ($490)</td>
<td>3 boxes ($885)</td>
<td>4 boxes ($1,180)</td>
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* Contact us for large volume requests.
† Does not include travel costs.
‡ Each materials box is designed to accommodate groups of 20-25 youth.
“Healthy Lifestyles has been an engaging way to have conversations with students about marijuana ... and has opened up a space for staff and students to talk openly and honestly about issues that are affecting them and our community.”

*Mi Casa Resource Center*

“The curriculum facilitates positive, fact-based, in-depth conversations between youth of all backgrounds, while reducing the shame or stigma often associated with marijuana use. It has been an entry point for staff to deeply engage with youth on an important topic that affects their lives on an everyday basis.”

*Boys and Girls Club of Metro Denver*

“The Healthy Lifestyles curriculum has improved our ability to provide accurate and relevant marijuana prevention programs to girls.”

*Girls Inc. of Metro Denver*

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**LET’S START A CONVERSATION.**

Reach out to [info@HL4youth.org](mailto:info@HL4youth.org) to learn about how *Healthy Lifestyles* can work for your organization.