

SPRING NEWSLETTER

A note from Dr. Bonnie Halpern-Felsher

Welcome to our 2026 Spring Newsletter. I know this is a busy time as you wind down the academic year, but I hope you will take just a few minutes to read through this newsletter to learn about many new and updated FREE Stanford REACH Lab substance use prevention and intervention curriculums, research, and other opportunities to engage with our team.

It is also not too late to register for our [7th Annual Teaching Cannabis \(and other Drugs!\) Awareness & Prevention Virtual Conference](#) and our [annual REACH Lab Youth Action Board's Forum Theatre](#). These are amazing ways to learn about substance use research, prevention, and intervention from other colleagues and youth across the U.S. and globally! Don't miss out!

We also want to hear from you! We are creating a video to support the work we do. Please consider [submitting a testimonial](#) about our work together, we would strongly appreciate it!

As the work we do together has now reached over **6 million youth** across the globe, and as we build new partnerships with you as well as many counties, states, and countries, I cannot thank you enough. There is still so much more to do, and so glad that we can continue to do it together. As I used to say to my own kids, "Do it Together, Get it Done Better!"

I hope you all have a great end of the academic year, and a wonderful summer!

My sincere gratitude,
Bonnie



Bonnie Halpern-Felsher, PhD, FSAHM
Marron and Mary Elizabeth Kendrick Professor in Pediatrics II
Taube Endowed Research Faculty Scholar
Professor (by courtesy), Epidemiology & Population Health; Psychiatry & Behavioral Sciences
Founder & Executive Director, Stanford REACH Lab

Help Keep Our Curriculums Free

Consider supporting our work in empowering and educating youth by donating to our lab. All donations will be utilized in developing and disseminating our free curriculums.



DONATE TO THE LAB

What You'll Find in This Issue (click to navigate)

- ① Welcome Message
- ②+③ Evidence-Based Curriculums
- ④ Infographics + NEW Videos
- ⑤ Research & Publications
- ⑥ Coming Soon & REACH
- ⑦ Upcoming Events

GET TO KNOW OUR EVIDENCE-BASED CURRICULUMS

Curriculums are now mapped to the latest national health education standards!

NEWEST

Not So Sweet

A **NEW 2-lesson** curriculum on oral nicotine and smokeless tobacco, including prevention of nicotine pouches like Zyn.

Features: 1 lesson on knowledge of the products and health effects and 1 lesson on marketing

[VIEW CURRICULUM](#)



Healthy Habits, Healthy Planet

A new three-lesson curriculum on the impacts of tobacco products on the environment. Created through a collaboration between **Stanford University's REACH Lab** and **San Diego State University's Center for Tobacco and the Environment**.

Features: Lessons geared for middle and high school students that are packed with a variety of printable resources.

[VIEW CURRICULUM](#)

NEWEST

Smart Talk

NEW NEW YORK ADAPTATION!

This curriculum prevents and reduces all forms of youth cannabis use by **changing attitudes, improving refusal skills, reducing stress/ depression, and enhancing coping skills.**

Features: Elementary, Middle, and High School versions with Spanish available!
Updated lessons coming out in August 2026

[VIEW CURRICULUM](#)



You and Me, Together Vape-Free

Addressing key factors in youth e-cigarette use by **correcting misperceptions, strengthening refusal skills against marketing and peer influence, reducing stress and depression, improving coping, and lowering both intention and use of e-cigarette products.**

Features: Elementary, Middle, and High School versions in English, Spanish, and Vietnamese, with more coming soon!

[VIEW CURRICULUM](#)



Healthy Futures

An **Alternative-to-Suspension (ATS) and Cessation** Program including a 40-60 minute self-paced, interactive course (MY Healthy Futures) and a 2- or 4-hour facilitated course (OUR Healthy Futures). This course is for any student found using nicotine and/or cannabis on school campus, or anyone working with students who want to quit and/or reduce use.

Features: MY Healthy Futures is available in Spanish, Simplified Chinese, Vietnamese, German, and English.

[VIEW CURRICULUM](#)

Safety First

NOW AVAILABLE IN SPANISH!

Safety First covers alcohol, opioids/fentanyl, hallucinogens/psychedelics, cannabis, vaping, and other drugs. While **encouraging no use**, 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**.

Features: 13 lessons packed with activities, check-ins, and more for middle, high school and college students. **NEWLY updated hallucinogen/psychedelics lesson including slides on galaxy gas.**

[VIEW CURRICULUM](#)



FENTANYL AND OPIOID

Awareness and Overdose Prevention

Fentanyl and Opioid Awareness and Overdose Prevention

This 2-lesson curriculum and associated resources are dedicated to providing information on **the dangers of illegal fentanyl, impact on teens and young adults**, harm-reduction strategies to avoid overdose, educational resources, available to educators, students, parents and more.

Features: For ALL ages! Packed with a TON of resources around around fentanyl overdose prevention, use of naloxone, and more.

[VIEW CURRICULUM](#)

The PRIDE Curriculum

This 4-lesson curriculum addresses both tobacco and cannabis, including **health effects, identity and intersectionality, stress and wellness**, and how marketing targets particular groups and especially members of the LGBTQ+ community.

Features: For middle and high school students!

[VIEW CURRICULUM](#)



What's Menthol Got to Do With It?

This two-lesson curriculum focuses on how menthol nicotine/tobacco products are marketed to **attract youth, people of color, and LGBTQ+ youth**.

Features: For ALL ages! Packed with activities, online quiz games, worksheets, presentation resources, and other materials.

[VIEW CURRICULUM](#)

INFOGRAPHICS



We offer 50+ FREE printable infographics on all things substance use including 20+ NEW Spanish infographics on our Spanish resources webpage!



For example, download our NEW nicotine pouch infographic and many more on our REACH Lab Resources webpage!



EDUCATIONAL VIDEOS



Every Second Counts: When and How to Administer Naloxone (Narcan)

- How to recognize signs of an opioid overdose
- How to administer naloxone (Narcan) nasal spray
- When to give a second dose & when and why to call 9-1-1

[WATCH NOW](#)



The Great MIST-Understanding: Vapor vs. Aerosol

- The difference between vapor and aerosol
- How e-cigarette companies trick youth
- Secondhand and thirdhand aerosol

[WATCH NOW](#)



Consent is Key: An Interactive Video on Consent

- Six "choose your own path" scenarios highlighting the concept of consent
- How nonverbal cues and power dynamics play into consent
- Linked to our curriculum on healthy social and romantic relationships: coming soon

[WATCH NOW](#)

ADDITIONAL VIDEOS TO EXPLORE:



(Elementary, Middle, & High School Versions)

A 10-video series for adults

NEW RESEARCH & PUBLICATIONS

The REACH Lab recently published three new papers relevant to the work we all do:

Reach and Impact of You and Me, Together Vape-Free: A School-Based E-Cigarette Prevention Curriculum for Elementary, Middle, and High School Students

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

[READ NOW](#)

A Deeper Breath of Knowledge: Review of Adolescent E-cigarette Prevention and Cessation Programs in the U.S.

Jessica Liu, Claire Lange-McPherson, and Bonnie Halpern-Felsher

[READ NOW](#)

Adolescents' and Adults' Perceptions and Intentions to Use E-cigarettes Following FDA Authorization: Insights from Two Survey Experiments

Devin McCauley, Michael Baiocchi, Lauren Lempert, and Bonnie Halpern-Felsher

[READ NOW](#)

Also check out the recently released SAMHSA report!

SAMHSA Report: Comprehensive Approaches to Substance Use Overdose Prevention in Youth

Key Discussions & Recommendations From The Health and Human Services Event, 2025

[READ NOW](#)



CALLING MIDDLE & HIGH SCHOOL EDUCATORS...
Join Stanford REACH Lab's Smart Talk: Cannabis Prevention & Awareness Curriculum Study

ABOUT THIS STUDY
Stanford REACH Lab is inviting schools to participate in an exciting new study evaluating Smart Talk, a 6-session, evidence-based curriculum designed to promote cannabis awareness and prevention among middle and high schoolers. Smart Talk is available in both English and Spanish and has been developed to engage students through interactive lessons, activities, and discussions that spark meaningful learning and dialogue.

ACTIVITIES
Participating schools will be randomly assigned to one of two groups:
• Group 1: Teach Stanford's Smart Talk Curriculum during the study.
• Group 2: Keep using your school's current substance use program for the first year, then switch to Smart Talk Curriculum in the following years.

Either way, your school will have the opportunity to bring Smart Talk Curriculum to your students – it's just a matter of when!

Participation is simple and meaningful!
• Students complete two brief in-class surveys, and we repeat follow-up surveys for 3 more years.
• Educators complete one short implementation survey each semester.
• Some students and educators may be invited to share feedback in short interviews.

INTERESTED IN PARTICIPATING?
Download the sample participation letter via the QR code, print it on your school's letterhead, and email it to our team.
For any questions or concerns, please email cbalpern@stanford.edu or dbyer@stanford.edu.

ELIGIBILITY
• Schools that serve students in grades 6-12.
• School administration AND staff who are interested in being part of the study.

INCENTIVES
• Schools: \$500 for participation
• Educator(s): \$750 annual stipend for 2 years, to be shared among the educators involved in the study
• Student: \$10 per survey completed

WE NEED YOU!

Incentives available!

Stanford REACH Lab is inviting schools to participate in an exciting new study evaluating our curriculum, **Smart Talk!**

Monetary incentives available for participating schools!

[LEARN MORE](#)

NEW

THE FUTURE OF EVERYTHING

The Future of Substance Abuse in Youth
Featuring Dr. Bonnie Halpern-Felsher and Dr. Russ Atman

Future of Everything Podcast

The Future of Substance Abuse in Youth with Dr. Bonnie Halpern-Felsher and Dr. Russ Atman

Learn about why teens are drawn to alcohol, cannabis, and vaping.

[LISTEN NOW](#)

COMING SOON!



Lessons on Substance-Use
and Athletes

Summer-Fall 2026



College Mobile App featuring self-
paced Safety First lessons

Early Summer 2026



Lessons on Driving
Under the Influence

Summer-Fall 2026



Parent Toolkit and Resources

Summer-Fall 2026



Clinician Resources and
VISIT Toolkit Rehaul

Summer 2026



Spanish and other languages
translations for all assets

Ongoing



A new comprehensive curriculum that equips middle and high school students with knowledge and skills regarding personal health decisions, healthy social and romantic relationships, and mindful consent.

Summer 2026

LET'S TALK REACH

15+

Full Evidence-Based
Curriculums

50+

Infographics and resources
including other languages

18

Educational videos with
more coming soon

We've reached...

OVER
6,000,000
YOUTH

OVER
37,500
EDUCATORS

We're in...

ALL

50
U.S. STATES

We're in...

112
COUNTRIES

We've conducted...

842+
EDUCATOR
TRAININGS HELD

150+

**NATIONAL &
INTERNATIONAL TALKS**

in 2024-2026, reaching over 9,000
educators, school administrators,
& health care professionals

APRIL 22ND - 23RD, 2026



7th Annual Teaching Cannabis (and other drugs!) Awareness & Prevention Virtual Conference

Virtual Conference Available Everywhere!

Register to our highly anticipated cannabis and other drug virtual conference! Registration comes with access to all recordings of every workshop and resources for one year.

[REGISTER NOW](#)

APRIL 18TH, 2026

Stanford REACH Lab's Youth Action Board Forum Theatre

FREE Virtual Event, for youth, parents, educators, and more!

Come join us in a forum theatre performed by the Stanford REACH Lab's Youth Action Board. Join us for raffle prizes, community service hours, and more!

[REGISTER NOW](#)



2025 Forum Theatre

UPCOMING TALKS

Cannabis Community Talk

April 16th, 2026
4 - 4:30 p.m. (PST)

Dr. Halpern-Felsher will discuss: "Community Talk About Concerns over Youth Cannabis Use."

[REGISTER NOW](#)

Project CLEAR Study

April 20th, 2026
8 - 8:30 a.m. (PST)

Learn our latest research study featuring Smart Talk, our Cannabis Awareness & Prevention curriculum.

[REGISTER NOW](#)

Project CLEAR Study

May 4th, 2026
8 - 8:30 a.m. (PST)

Learn our latest research study featuring Smart Talk, our Cannabis Awareness & Prevention curriculum.

[REGISTER NOW](#)

GET FEATURED!



Submit a Testimonial

Love what we do?

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

[REGISTER NOW](#)

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 us to get constant updates.

