

WINTER NEWSLETTER

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A note from Dr. Bonnie Halpern-Felsher

As the days grow shorter and the air turns crisp, we're excited to welcome you to our Winter 2025 REACH Lab Newsletter. This season invites us to slow down, reflect on the year, and find moments to take a breath as we approach this year's final stretch.

In this issue, we're sharing updates, highlights, and resources to help you close out the year with everything you need to enter the next.

We have updated many of our existing FREE substance use prevention and intervention curriculums and resources, added new languages, added voiceovers, and more. We have also been innovating, creating new videos, infographics and posters, lessons and curriculums, and other resources. New collaborations across the U.S. and other countries have also led to some additional exciting opportunities and resources.

Registration is now open for our 7th Annual Teaching Cannabis (and Other Drugs!) Awareness and Prevention virtual conference, and other REACH Lab events.

Keep reading to learn more details about these exciting updates, and keep visiting our [REACH Lab website](#) to see so much more!

Have a great holiday season, and we'll "see" you soon in the new year!

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 curriculums.



DONATE TO THE LAB

GET TO KNOW OUR EVIDENCE-BASED CURRICULUMS



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](#)

Smart Talk

This program prevents and reduces youth cannabis use by **changing attitudes, improving refusal skills, reducing stress/ depression, enhancing coping skills,** and decreasing cannabis use.

Features: Elementary, Middle, and High School versions with Spanish available!

[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/or 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 available in Spanish, Simplified Chinese, Vietnamese, German, and English.

[VIEW CURRICULUM](#)

Safety First

Safety First covers alcohol, opioids/fentanyl, hallucinogens/psychedelics, and other drugs. While **encouraging abstinence,** 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

This lesson and 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 fentanyl and more.

[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: Middle and High School versions packed with a variety of printable resources.



[VIEW CURRICULUM](#)



What's Menthol Got to Do With It?

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

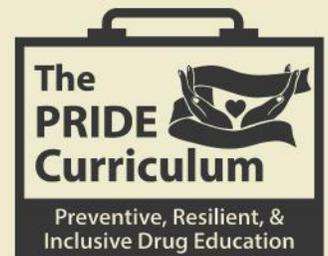
Features: For ALL ages! Packed with activities, online quiz games, worksheets, presentation resources, and other materials.

[VIEW CURRICULUM](#)

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](#)

View **ALL our curriculums** and **toolkits** by visiting our website: www.stanfordreachlab.com

COMING VERY SOON:



**ZYN/Nicotine Pouches
Preventative Lesson**
[Visit tinyurl.com/REACHLabZYN](http://tinyurl.com/REACHLabZYN)
January 2026



**College Mobile App featuring self-paced
Safety First and MY Healthy Futures lessons**
Spring 2026



**Lessons on Driving
Under the Influence**
Spring-Summer 2026



Parent Toolkit and Resources
Spring 2026



**Clinician Resources and
VISIT Toolkit Rehaul**
Summer 2026



**Spanish and other languages
translations for all assets**
Ongoing

RESOURCES AND MORE



Educational Videos

Drugs and the Brain (brain development, drug dependency, etc.), **Box Breathing** (stress management), **Becoming a Trusted Adult** (how to talk to youth about drugs), **True to Yourself - Refusal Skills** (for ALL ages, teaching how to refuse in different scenarios), with **more on the way** including what to do during an overdose, how to use naran/naloxone, and more.

[VIEW VIDEOS](#)



Flyers and Infographics

As a reminder, we have a variety of posters, infographics, one-pagers, and even brochures on tobacco/nicotine, cannabis, fentanyl, and other drugs that are downloadable and printable!

Check them out by clicking below.
Click here to suggest new posters and flyers!

[VIEW RESOURCES](#)



Podcasts

Dr. Bonnie Halpern-Felsher and the Stanford REACH Lab have been featured in various podcasts throughout the last year. Click below to listen to podcasts from: **Huberman Lab, Let's Talk Podcast, Operation Parent, NPR, KQED** and more!

Click below to listen now!

[LISTEN NOW](#)



Free Curriculum Trainings

As we approach the new year, we're here to support educators with free trainings on our curriculums. These sessions are designed to help you hit the ground running and make the most of our curriculums and resources in your classroom.

Click below to look at our upcoming trainings!

[VIEW TRAININGS](#)

View **ALL** of our resources: quitting tips, naloxone map, and MORE by visiting our website!

DATA DASHBOARD UPDATES

NEW Home Page to release January 1st, 2026

Updated roles for data dashboard new registrants

NEW Filters for the metrics page (specific date range)

[Visit the Data Dashboard](#) today and explore all of the features!

WELCOME NEW REACH LAB MEMBERS



Fiona Ralston
Research Coordinator



Angelique Canchola
Education Coordinator



Ella Shenkar
Research Coordinator



Natalie Andrade, MPH
Education Coordinator



Julia H Raney, MD
Assistant Professor



Dania Abubaker, PhD
Postdoctoral Scholar

THE REACH OF THE REACH LAB

We've reached...

OVER
5,000,118
YOUTH

OVER
36,654
EDUCATORS

We're in...

ALL
50
U.S. STATES

We're in...

112
COUNTRIES

We've conducted...

800+
EDUCATOR
TRAININGS

85+
NATIONAL &
INTERNATIONAL TALKS
in 2024-2025, reaching over 9,000
educators, school administrators,
& health care professionals

MARK YOUR CALENDARS

APRIL 22ND - 23RD, 2026



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

Virtual Conference Available Everywhere!

Secure early bird pricing today and register to our highly anticipated cannabis and other drug virtual conference!

[REGISTER NOW](#)

UPCOMING WEBINARS

1

Straight Talk About the Triangulum of Nicotine, Vaping, and Cannabis
January 12th, 2026
3:30 - 4:45 p.m. PST

2

Zyn and Other Nicotine Pouches: Trends, Risks, and Action Steps for Adults Who Support Youth
January 20th, 2026
8:00 - 9:15 a.m. PST

3

Fentanyl Overdose Awareness: Critical Information and Prevention Talk
January 22nd, 2026
3:30 - 4:45 p.m. PST

If you are interested attending any of these, please feel free to reach out to stanfordreachlab@stanford.edu

APRIL 11TH, 2026

Stanford REACH Lab's Youth Action Board Forum Theatre

In-Person Event in Palo Alto

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

[REGISTER NOW](#)



2025 Forum Theatre

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.

