

LPKNC WORKSHOPS

Marijuana

Marijuana Harmless? Think Again Youth & Caring Adults (English/Spanish)

Youth and their guardian learn about the harmful effects of Marijuana for adolescence, healthy coping skills and resistance strategies.
Estimated time required: 1 hr

You Choose Youth (English)

Youth learn about the harmful effects of vaping and the dangers of fentanyl, resistance strategies, and Arizona's Good Samaritan Law.
Estimated time required: 1.5 hrs

Marijuana 360 Adults (English)

Adults learn about current trends of marijuana and its concentrates, important strategies in preventing marijuana use with youth while their brain is developing.
Estimated time required: 1.5 hrs

Alcohol

Youth & Parents (English/Spanish)

Participants learn about the affects of alcohol on a developing brain, DUIs, alcohol poisoning, and the social host ordinance.
Estimated time required: 1 hr

Prescription Drugs

RX360 Adults (English/Spanish)

Participants will learn about the prescription drug issue happening in our community, the risks of misuse, resistance strategies for youth, and methods for proper storage and disposal.
Estimated time required: 1.5 hrs

Snapchat Trends Parents (English/Spanish)

Parents will learn how youth are accessing substances from places that were thought to be safe and how adults can protect youth.
Estimated time required: 1.5 hrs

Fentanyl

The Rise of Fentanyl Youth & Parents (English/Spanish)

Participants learns about Fentanyl and how it is affecting youth, the signs of an overdose, and how to save a life with naloxone.
Estimated time required: 1.5 hrs

Naloxone & Overdose Training Youth & Parents (English/Spanish)

Participants learn the signs of an overdose and how Naloxone can save lif, the Good Samaritan law and how it protects people in the stare of Arizona.
Estimated time required: 1.5 hrs



For more information contact
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Tucson

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Text Talk Act

Youth (English)

Youth will learn the importance of mental health using the technology of their cell phones to guide small group discussions about mental health stigmas and identifying supports in their life.
Estimated time required: 1 hr

LGBTQIA+

Youth & Adults (English)

Participants learn the differences between gender identity, gender expression, sexual orientation, and what being an ally means. Participants also discuss what gender pronouns are and what coming out means and how to support someone who is coming out.
Estimated time required: 1 hr

Presentation Skills

Youth (English)

Youth learn key aspects that go into a good presentation. Participants go over getting the right sound, spacing, emphasizing words, speed, stretching words and pitch.
Estimated time required: 1 hr

Healthy Relationships

Youth (English)

Healthy Relationships helps teens navigate their everyday relationships from dating to family and friends. Participants also learn how to identify the signs of healthy, unhealthy, and abusive relationships and how to set healthy boundaries. This workshop can also cover the topic of consent in an age appropriate manner.
Estimated time required: 1 hr

Social Media & Cyberbullying

Adults (English)

Participants will learn how teens are using social media today. Participants will identify the dangers of social media and how to keep teens safe as well as deciphering the secret language teens use online.
Estimated time requirement: 1.5 hrs