HEALTHY YOUTH PROJECT

Healthy Youth is a Rural Resources Community Action program that works with young people, schools, families, and community partners to prevent substance use and strengthen healthy decision-making.

Our approach is practical, youth-centered, and shaped with each partner. We focus on useful information, real-life skills, trusted support, and clear paths to help.

WHAT WE OFFER

PREVENTION EDUCATION
Interactive, age-appropriate learning about opioids and fentanyl, overdose response and help-seeking, refusal skills, coping tools, and healthy decision-making.

PARTNER SUPPORT
Ready-to-share materials, co-planning, co-facilitation when available, and adaptation of prevention content for a school or community setting.

YOUTH VOICE
Support for youth-led prevention activities, school or community campaigns, and early coalition planning.

OVERDOSE READINESS
Planning conversations,resourceconnection, and support identifying training or policy needs. Formal training and policy adoption require the appropriate qualified partner and local approval.

START WITH A CONVERSATION You do not need to know exactly what to request. Tell us who you serve, what concern or opportunity you are seeing, and what level of support would be realistic for you. Healthy Youth can help identify a practical next step.

When reaching out, include your organization or school, age/grade group, preferred timing, and whether you are seeking a presentation, materials, planning support, or a follow-up conversation.

CONTACT US
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Healthy Youth provides prevention education and partner support. It is not an emergency, crisis, treatment, or clinical service.