

Alabama Extension

# Human Sciences

## 2026 Program Guide

### Helping People

- Develop Essential Knowledge and Skills
- Lead Better Lives
- Be Work and Career Ready
- Build Strong Families
- Make Meaningful Contributions to Our Communities



**Alabama Extension** offers educational programs to help Alabamians be healthy, financially secure, and experience improved family relations. Our research-based information includes financial literacy; workforce development education; nutrition, diet, and health; and family wellness and resilience. These quality-of-life programs are offered in person and virtually, when possible. Our educational opportunities, most of which are free, build healthy people, strong families, and elevate communities. These efforts are affiliated with **Human Sciences Extension** in the College of Human Sciences at Auburn University and the Alabama Cooperative Extension System. For more information, email [aceshse@auburn.edu](mailto:aceshse@auburn.edu).



Making life better for all Alabamians

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**Escape Vapes** is a suite of programs for teens, parents, and adults and is designed to educate, prevent, and reduce the use of electronic cigarettes. The four-program offerings increase knowledge about the health risks of vaping and increase users' confidence and ability to abstain. Programs available are (1) Escape Vapes: A Prevention Program, (2) Escape Vapes: Empowering Adults, (3) Escape Vapes: Healthy Futures, an Alternative to Suspension, and (4) NOT on Tobacco (N-O-T), a smoking cessation program.



**Health Extension for Diabetes** is an education and support program that connects participants to clinical resources through partnerships with Certified Diabetes Care and Education Specialists. Through eight sessions, participants can improve their knowledge of diabetes, behaviors associated with diabetes management, and diabetes-related health outcomes.

**Setting the Table for Healthy Eating** is a two-lesson program to help participants understand how to use the nutrition facts label to make healthier choices when grocery shopping and eating away from home. Lesson topics include understanding the Nutrition Facts panel on food items and bringing nutrition into everyday life.







### **Lifestyles for Cancer Prevention**

consists of two lessons to help participants understand and practice lifestyle guidelines for cancer prevention. Lessons emphasize nutrition recommendations to reduce cancer risk and the importance of screening for breast, cervical, and colorectal cancer.

**Master of Memory** is a six-lesson series that encourages participants to recognize how they can impact and evaluate their memory function and find ways that may help address some of those factors. Participants can increase their confidence and readiness to take steps to improve memory functioning.

**Building Positive Mealtime Habits** is a one lesson program designed to provide parents with knowledge and skills in helping their preschool aged children to try and accept new healthy foods from a variety of food groups. The program is based on the principles developed through the research of Ellen Satter of neutral and repeated exposure, avoiding mealtime pressure, division of responsibility between parent and child around meal times, and food exploration.



**Color Me Healthy** is an exciting media of color, music, and exploration of the senses to teach children to make wise food choices and that physical activity can be fun. The education stimulates all senses of young children ages 4 and 5: touch, smell, sight, sound, and taste. This high-energy education is a favorite of young children.

### **Right Bite: Healthy Eating with Diabetes**

is a multilesson program to help participants learn meal planning and food preparation methods to reduce calories, control carbohydrates, modify fat, and increase fiber so those affected by diabetes can manage their blood glucose and blood pressure.

**Right  
Bite**

**Know Diabetes by Heart** is a one-session program that helps people understand the link between diabetes, heart disease, and stroke. It provides information on what diabetes is, its effect on the cardiovascular system, and questions to ask a doctor during an exam. It also introduces lifestyle changes that can help to reduce the risk of heart disease and stroke.



**Career FAST** (Alabama's FAFSA Application Survival Toolkit) supports teens and families in making informed choices about the life after high school graduation. This program offers 1-hour practical workshops on topics including Financial Student Aid (FSA) ID Creation, Career and College Exploration, Navigating Free Application for Federal Student Aid (FAFSA), Comparing & Committing to Financial Aid Offers, and Preparing for Campus Life. Ultimately, Career FAST supports teens and their families in successfully transitioning to two- or four-year college, career technical training, or apprenticeship opportunities.

**iCare Kids** serves fourth and fifth grade students in the classroom. The series aims to educate, enable, and empower youth to become financially responsible, develop their full leadership potential, and promote an understanding of philanthropic engagement. The five-lesson series topics include dreams, goals, money smart, philanthropy, and legacy.







**Money Goals** provides strategies and tools to help adults successfully manage personal finances. Topics include healthy habits regarding spending plans, credit, savings, and debt. Topics are to be taught as a series of three sessions, not provided as a single program.

**WISE 101: Money Management** helps participants acquire the financial capability to create a budget, save money, and manage debt. It can help people feel more confident about finances and plan for the short and long term. In this hour workshop, participants are guided through eight steps to create a personalized money management plan (or budget). Using the accompanying resource—a user-friendly money management calendar—as a guide, the participants are equipped with the skills needed to track expenses and income, develop a personal money plan (budget), manage their plan, and adjust for planned and unexpected expenses.



**Financial Self Defense** is an educational program for adult residents that teaches how to recognize and avoid financial scams and fraud. These 1½-hour sessions focus on scams common during specific times of the year: tax season, storm seasons, and the holiday season. The goal is to empower participants with the skills and confidence to mitigate the risk of financial exploitation in their lives.

**Preparing for Property Taxes** is a 1-hour workshop designed for homeowners and landowners to help them better understand their property tax responsibilities and available resources. The workshop covers what property tax is, how it is calculated, and what ways there are to save money. Participants will also gain knowledge on understanding their property tax bill, important payment deadlines, and resources and assistance available in their county. These workshops are open to the public, but registration is required.

**52 Ways to Hazard-Proof Your Finances** is designed to help people safeguard their finances against the devastating effects of an emergency or natural disaster. The program is a multistate project led by Alabama Extension financial management specialists and is sponsored by the Extension Disaster Education Network. Workshops are delivered in 30-minute and 60-minute presentations, encouraging participants to examine 52 actionable steps they might incorporate in their emergency financial plans. Key topics include understanding local disaster risks, the necessity of specific insurance policies like flood coverage, and the importance of properly protecting financial documents in go bags and stay bins. Ultimately, the program empowers individuals and families to take the lead in their own financial disaster resilience.





# Family and Child Development

## Digital and In-Person Parenting Education



**Just in Time Parenting Workshops and Digital Support** Visit [JITP.info](http://JITP.info) to view or download 40 newsletters covering the early years, prenatal to 5 years of age. Tips, information, and ideas for fun are presented by the national JITP team. You can subscribe to this free newsletter in English or Spanish. This program will offer workshops demonstrating how childcare providers can use JITP with parents.

**Tuning in to Kids Parenting Education** is a six-session research-based program offering ways to understand and motivate children to develop emotional intelligence. Evidence shows behavioral improvements and more confidence. Fathers, mothers, and any caregiver or child care provider will learn effective communication and calming techniques.

**Tuning in to Kids Facilitator Certification** is a six-session, research-based program offering strategies to understand and motivate children in developing emotional intelligence. Any provider of services to parents and families is eligible to be trained. Certification requires trainees to complete a two-day training session to learn the skills necessary to facilitate the program and how to recognize and support parents who are struggling during parenting programs. Facilitation training provides an overview of emotional and social development and an introduction to emotion coaching, including its principles, methodology, and expectations. Trainees should graduate with a foundation that enables them to lead groups. Support is provided for implementation. There is a fee for certification.



Human Sciences

Contact your county Extension office for more information on how to participate in local programs or email [aceshse@auburn.edu](mailto:aceshse@auburn.edu).



**Emerging Relationships** is a research-based curriculum that aligns with national standards for school-based health education for use in both school and community settings. It is grounded in the six principles of Positive Youth Development (character, caring, confidence, connection, competence, and contribution) and equips youth 10 to 12 years old with skills to form healthy relationships with themselves and their peers.

**Powerful Tools for Caregivers** delivers a structured six-week series of interactive classes led by trained facilitators, where caregivers learn and practice evidence-based strategies for self-care, stress management, problem-solving, and communication. Group discussion and peer support reduce isolation, while guided exercises and The Caregiver Helpbook build confidence and reinforce skills. By equipping caregivers with practical tools and connecting them to community resources, these activities directly strengthen caregivers' ability to care for themselves—thereby enabling them to provide more sustained and effective care for their families.





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