Alabama Extension

# Human Sciences

## 2027 Program Guide






AUBURN | extension ALABAMA A&M and AUBURN UNIVERSITIES

Human Sciences

# Making life better for all Alabamians





**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.

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














# Healthy Living

**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.

**Healthy Living Southern Style** is a multi-lesson program that focuses on evidence-based nutrition guidelines for the prevention of chronic diseases such as heart disease, diabetes, and cancers. Participants will learn the dietary patterns, along with types and recommended amounts of foods to include to reduce the risk of chronic diseases.





**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.



# Financial Management

**4M Life Skills Camp**, designed for preteens transitioning from elementary to middle school (ages 10 to 12), empowers youth with essential everyday capabilities through interactive activities centered on the four Ms: money, math, meals, and manners. This 5-day multi-lesson camp equips participants with foundational financial literacy, practical kitchen skills and nutrition, applied math applications, and social etiquette to build lifelong confidence, capability, and independence. Delivered through Alabama Extension and Alabama 4-H, the program is grounded in the core mission of Auburn University's College of Human Sciences, directly supporting four of the eight Dimensions of Wellness—financial, physical, intellectual, and social—to promote holistic youth development and well-being.






**Money Goals Series** 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: Avoiding Fraud and Scams** 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
ALABAMA EXTENSION

Emerging Relationships
Preparing for Healthy Relationships

Tuning in to Kids

**Just in Time Parenting Workshops and Digital Support** Visit 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.

**Healthy Play** teaches parents and childcare providers how to motivate young children in healthy play by planning spaces that are interesting to sight, movement, sound, and smell.

**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.

**Relax, Relate - REFOCUS! (RRR!)** is an interactive 1-hour program designed to help refresh and refocus busy professionals, parents, and adults across the lifespan. Tackling stress, relationships, and work-life balance, RRR! empowers attendees to pivot, assess, and develop a productive path forward. It also introduces relevant Alabama Extension support.

**Emergency and Disaster Education for Families** helps families plan for local or widespread emergencies in a four-workshop series. Topics include food safety and preparation for young children, support for older adults, and financial planning.

**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.



**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.



**Senior Planet: Aging with Technology** is a hands-on digital literacy program designed to help older adults build the skills and confidence needed to use technology safely and independently. Through 60- to 90-minute, in-person workshops, participants practice using handouts or internet-connected devices to find trustworthy health information, access online services and community resources, connect with others, or recognize common scams and privacy risks. Step-by-step instruction and peer learning provide a supportive environment for participants to strengthen practical digital skills, increase online safety awareness, and use technology with greater confidence in everyday life.





# Tourism & Community Development

**Nature-Based Tourism** guides communities, organizations, and land managers in exploring opportunities to use natural resources as a foundation for nature-based tourism development. Educational programs can focus on identifying nature-based tourism assets, understanding visitor-use patterns, improving outdoor recreation opportunities, and supporting stewardship of natural resources. Through workshops, planning assistance, and community engagement, participants gain knowledge and tools to develop tourism experiences that contribute to local economic development while protecting the resources that attract visitors.



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**Contact your county Extension office for more information on how to participate in local programs or email aceshse@auburn.edu.**



**Agricultural Tourism** helps farmers, ranchers, and rural communities evaluate and develop tourism opportunities connected to agriculture. Educational programs address agritourism readiness, visitor experience design, risk management considerations, marketing strategies, and community partnerships. Participants learn how agricultural tourism can diversify farm income, strengthen connections between producers and consumers, and contribute to rural economic vitality while preserving agricultural heritage and working landscapes.



**Tourism and Community Development** helps communities identify and leverage local assets to support economic opportunity, community vitality, and resident well-being. Educational programs focus on community engagement, asset-based development, tourism planning, and collaborative problem solving. Through workshops, facilitation, and technical assistance, participants gain tools and strategies to develop tourism initiatives that reflect local priorities and contribute to long-term community success.





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