

LIFE SKILLS PROGRAM

The Life Skills Program is a substance abuse prevention program for elementary and middle school ages youth. It is based on more than 20 years of scientific research and has been shown to result in a reduction in substance use rates. It is a comprehensive, interactive program penetrating in its approach to addressing the causes of alcohol, tobacco and other drug use.

Rather than just teaching information about drugs, the Life Skills Program provides youth with the skills needed to avoid high risk behaviors. It combines coaching and practice with peer interaction and provider intervention. The program strengthens the abilities of youth in three critical domains: drug resistance skills, personal self-management skills and general social skills. The success of youth who develop proficiency in these areas is well documented.

Elementary School Level Program
Offered at 3rd-5th grade levels.

Topics include:

- self-esteem
- decision-making
- smoking information
- Advertising
- dealing with stress,
- communication and social skills
- assertiveness

Middle School Level Program
Offered at the 6th-8th grade levels

Topics covered include:

- self image
- decision-making
- specific drug information
- Advertising
- dealing with anxiety
- anger and conflict
- communication skills
- social skills
- assertiveness

Each year builds on skills learned in the prior year.

