



Real solutions for real life

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Lifeskills Training- A Program for 3rd-6th Graders

OVERVIEW

Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Developed by Dr. Gilbert J. Botvin, a leading prevention expert, Botvin *LifeSkills Training* is backed by over 30 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse Prevention.

Rather than merely teaching information about the dangers of drug abuse, Botvin *LifeSkills Training* promotes healthy alternatives to risky behavior through activities designed to:

- ❖ Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- ❖ Help students to develop greater self-esteem and self-confidence
- ❖ Enable students to effectively cope with anxiety
- ❖ Increase their knowledge of the immediate consequences of substance abuse
- ❖ Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

SESSION TOPICS

Self Esteem
Smoking information
Dealing with stress
Social skills

Decision making
Advertising
Communication skills,
Assertiveness