

# LIFE SKILLS

August 17, 2016

Dear Everton Parent/Guardian:

This year, I will be implementing Dr. Gil Botvin's nationally recognized **LifeSkills Training** program with the 6th grade students. As the name suggests, this program is designed to help young people to learn and practice skills that will help them make healthy choices and reduce their risk of using tobacco, alcohol and other drugs, throughout adolescence and into adulthood. Our school has chosen **LifeSkills Training** as one part of our community's efforts to prevent and reduce the use of tobacco, alcohol and other drugs among our young people.

What makes **LifeSkills Training** different and exciting is that it goes beyond programs that only provide information or "Just Say No" messages, and helps students to build a range of skills that are useful in a variety of situations. Topics and skills taught over approximately the next 18-20 weeks include:

1. Self-Image and Self-Improvement
2. Decision-Making
3. Smoking: Myths and Realities (investigating popular beliefs about use and effects)
4. Smoking and Biofeedback (immediate effects of tobacco use)
5. Alcohol: Myths and Realities
6. Marijuana: Myths and Realities
7. Advertising
8. Violence and the Media
9. Coping with Anxiety
10. Coping with Anger
11. Communication Skills
12. Social Skills
13. Assertiveness
14. Resolving Conflict

**LifeSkills Training** has been researched over many years in different and diverse settings, and found to be the most effective alcohol, tobacco and other drug prevention program in the nation. The **LifeSkills Training** Program has also been found to prevent and reduce violence among and between adolescents.

If you would like to learn more about the program and how you can help your child, please contact me using the information provided.

Sincerely,



Denise Gulley, School Counselor

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Everton Elementary: (765) 825-5840 ext: 228