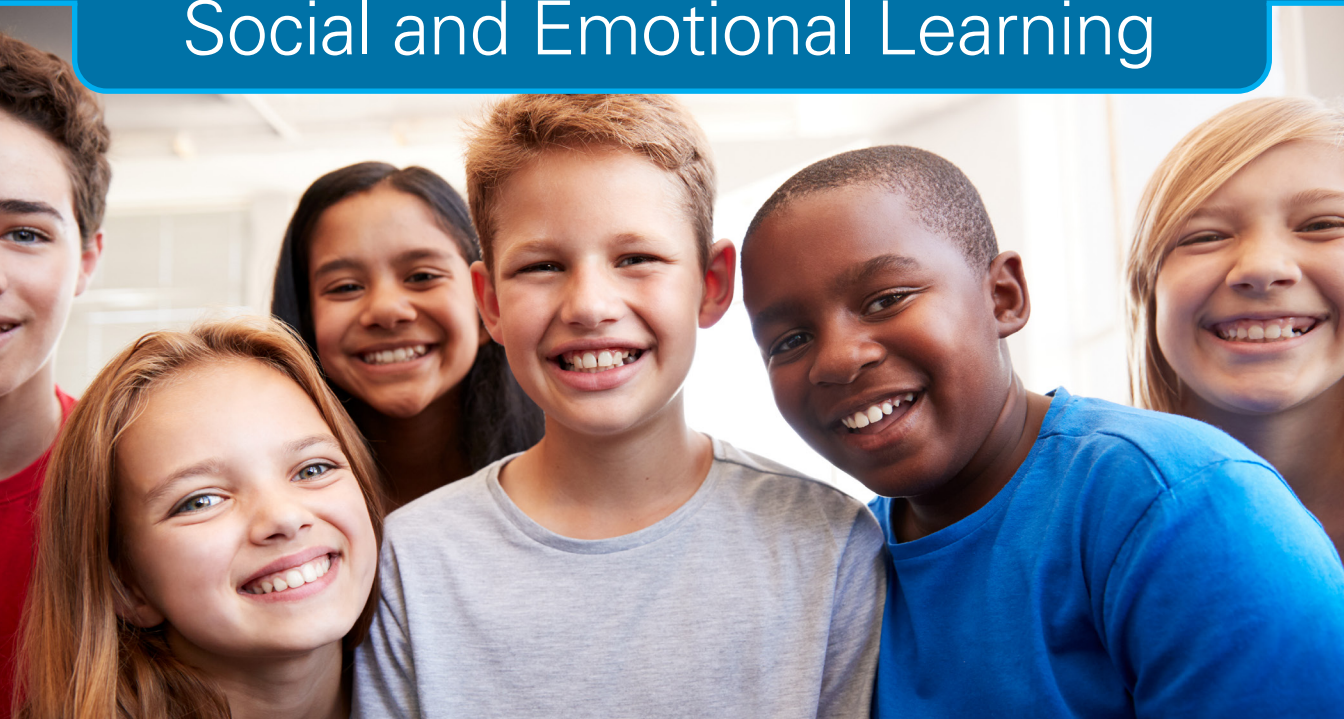


LIFE SKILLS TRAINING

Social and Emotional Learning



LIFESKILLS TRAINING IS A RESEARCH-VALIDATED SUBSTANCE USE PREVENTION PROGRAM

proven to reduce the risks of alcohol, tobacco, drug abuse, and violence. This comprehensive program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations with peers and family.

For more information contact

prevention
WORKS

email: programming@prevention-works.org

309 N Burdick Kalamazoo, MI 49007 • prevention-works.org

GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS

LIFE SKILLS TRAINING

LIFE SKILLS TRAINING DETAILS

The following can be adapted to fit different groups and ages.

FOR YOUTH AGES 8-18

- Elementary School
- Middle School
- High School

8-10 SESSIONS

SOCIAL AND EMOTIONAL LEARNING LESSON TOPICS

- Self Management
- Self Awareness
- Responsible Decision Making
- Relationship Skills
- Social Awareness
- Drug and Violence Resistance



Respect



Self Motivation



Self Awareness



Collaboration



Social Engagement



Empathy



Ethical
Responsibility



International
Mindedness



Identifying Problems/
Analyzing Situations

SPECIAL FEATURES

- Students develop skills that enhance self-esteem, develop problem-solving skills, help them reduce stress and anxiety, and develop violence resistance skills.
- Students gain skills to meet personal challenges such as communicating clearly, building relationships, assertiveness skills, and avoiding violence.
- Students build effective resistance skills against pressures to use tobacco, alcohol, and other drugs.

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