



Your Partner for Success

Botvin *Life Skills Elementary Training Program* is a comprehensive, dynamic, & developmentally appropriate substance abuse and violence prevention program designed for upper elementary school students.



This highly effective curriculum has been proven to help increase self-esteem, develop healthy attitudes, and improve student knowledge

of essential life skills – all of which promote healthy and positive personal development and mental health. The program is based on science and the effectiveness of the *Life Skills Training* approach is backed by 30 years of rigorous research.

After completing the Botvin Life Skills Training program, students will improve their anti-smoking knowledge and overall Life Skills knowledge. In addition, students will have positive growth in their attitudes toward tobacco/nicotine, and alcohol use.

This year, all 6th Grade students at East Juniata Elementary School will participate in a personal development class that uses the Botvin *Life Skills Training* program. This program will take place one time per cycle for the remainder of the school year. After each class, your child will bring home information about setting goals, making decisions, dealing with stress, staying calm, and communicating with others. This is a great program that is helpful for every student.

Rather than merely teaching information about the dangers of substance use & poor decision making, Botvin *Life Skills Training* promotes healthy alternatives to risky behavior with activities designed to:

- Teach students how to set realistic goals
- Help students to develop greater self-esteem
- Enable students to effectively cope with stress
- Increase student communication skills, including active listening
- Help students gain skills to meet personal challenges such as overcoming shyness and building relationships.



If you would like more information about our lessons and how you can reinforce these important skills at home, please feel free to contact us.

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