About LifeSkills

Presentation prepared by staff at the Partnership for Youth for the Communities that Care Coalition of Franklin County and the North Quabbin

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LifeSkills is a Substance Abuse and Violence Prevention Curriculum for Middle School Students

Year 1
6th/7th
15 classes

Year 2
7th/8th
10 classes

Year 3
8th/9th
5 classes
LifeSkills Teaches *Life Skills*:

Self-Image & Self-Improvement  
Making Decisions  
Coping with Anxiety  
Coping with Anger  
Communication Skills  
Social Skills  
Assertiveness  
Resolving Conflicts  
Media Influences  
Advertising  
Violence and the Media  
Resisting Peer Pressure

...as well as:

Smoking: Myths and Realities  
Alcohol: Myths and Realities  
Marijuana: Myths and Realities  
Drug Abuse and Violence: Causes and Effects
LifeSkills **Can** Be Taught:

In Health class, Advisory, Social Studies, or any other course.
All in one course or shared between multiple courses.
As often as one class per day or as infrequently as one class per week.

LifeSkills **Must** Be Taught:

With all of the required sessions.
With all of the required topics.
In the specified order.
LifeSkills is Evidence-Based

LifeSkills has been evaluated in 30+ studies involving hundreds of schools and tens of thousands of students. It has received an alphabet soup of accolades:
LifeSkills Has Been Tested in Practice

An estimated 50,000 teachers, 10,000 sites, and 3,000,000 students have participated in the LifeSkills program.
LifeSkills Prevents Substance Use

Randomized trials show LifeSkills reduces tobacco, alcohol and marijuana use among participants relative to controls, up to 87% for tobacco use, up to 60% for alcohol use, and up to 75% for marijuana use.
LifeSkills Prevents Narcotic Prescription Drug Misuse
High-risk sample, long-term follow-up

<table>
<thead>
<tr>
<th>Age at follow-up</th>
<th>Control</th>
<th>LST</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 yrs old</td>
<td>18%</td>
<td>4%</td>
</tr>
<tr>
<td>20 yrs old</td>
<td>30%</td>
<td>10%</td>
</tr>
<tr>
<td>21 yrs old</td>
<td>39%</td>
<td>11%</td>
</tr>
<tr>
<td>22 yrs old</td>
<td>38%</td>
<td>12%</td>
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</tbody>
</table>
LifeSkills
Prevents Violence and Delinquency

- 30% reduction in physical aggression
- 42% reduction in verbal aggression
- 40% reduction in delinquency
- 40% reduction in fighting
LifeSkills Prevents Other Risky Behaviors

• By addressing underlying social and psychological issues, and by building student skills and confidence, LifeSkills reduces a variety of risky behaviors, not just those explicitly covered in the curriculum.

• For example, research has shown an impact on prescription drug use, HIV risk behaviors, and risky driving.
LifeSkills Has Lasting Effects

Two studies involving more than 7000 students found that 12th graders who had received the LifeSkills program in 7th grade were from 16% to 23% less likely to have ever smoked cigarettes or used marijuana, or to have smoked heavily or been drunk in the past month.

Another study that followed students for 12 years into their mid-20s found that those who had participated in LifeSkills in 7th grade were:

• **23% less likely** to have ever used illicit drugs
• **22% less likely** to have used marijuana
• **26% less likely** to have misused prescription drugs
LifeSkills Is Cost Effective

- Four cost effectiveness studies estimate that LifeSkills saves from $21 to $50 for every dollar invested.
- Savings considered are in reduced corrections costs, welfare and social services burden, drug and mental health treatment; and increased employment and tax revenue.
Who Benefits from LifeSkills?

• While LifeSkills is a universal prevention strategy, highest risk groups benefit most.
• Research has shown LifeSkills benefits boys and girls of all races and ethnicities, in urban and rural settings.
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