

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.

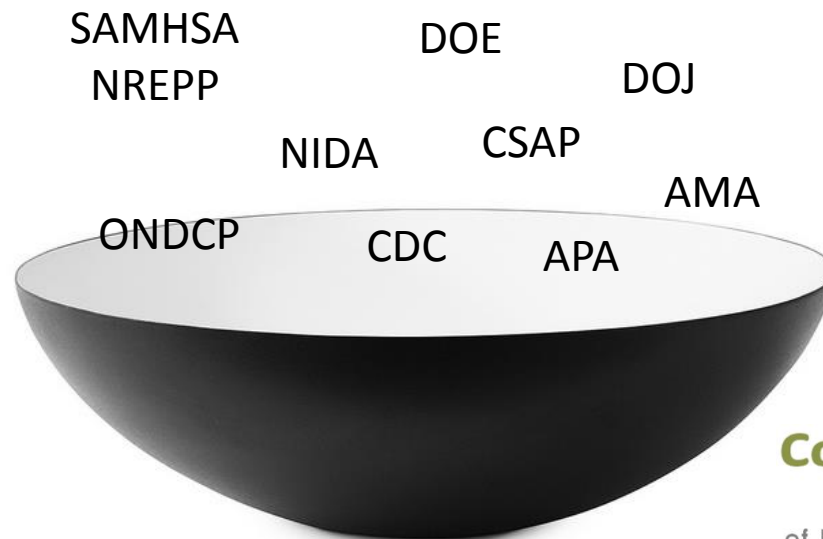
In the specified order.



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:



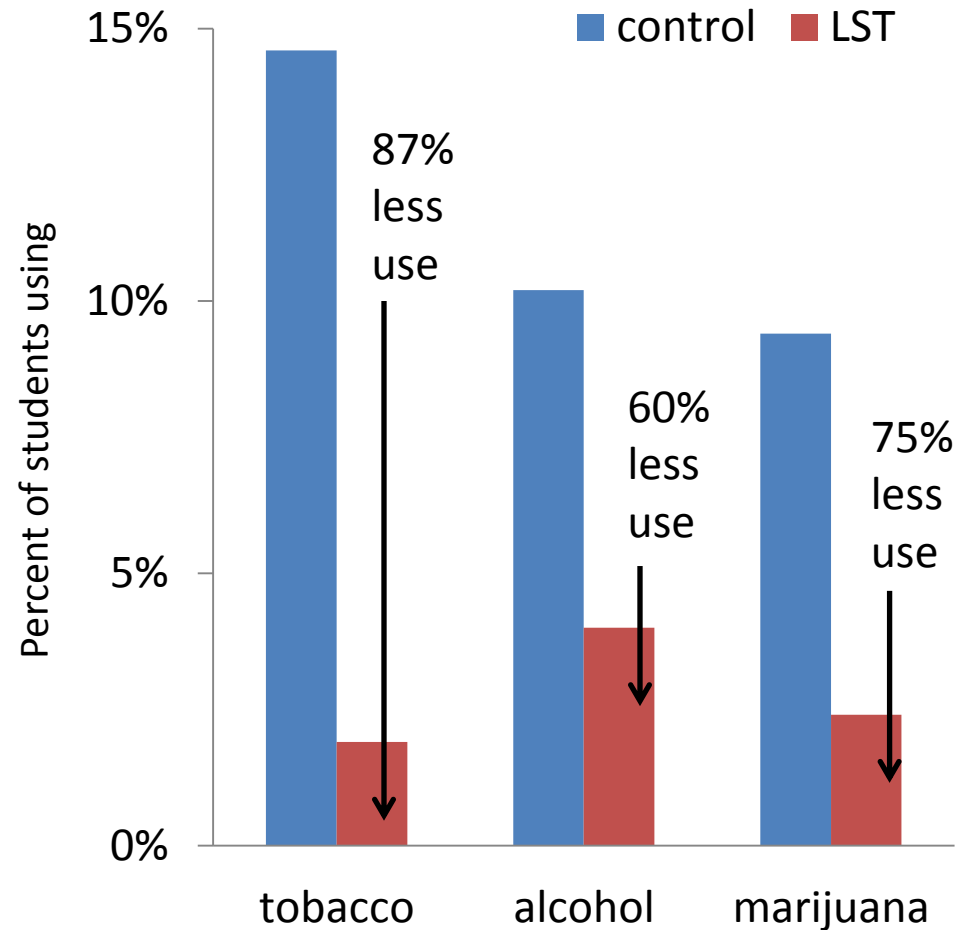
LifeSkills Has Been Tested in Practice

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.



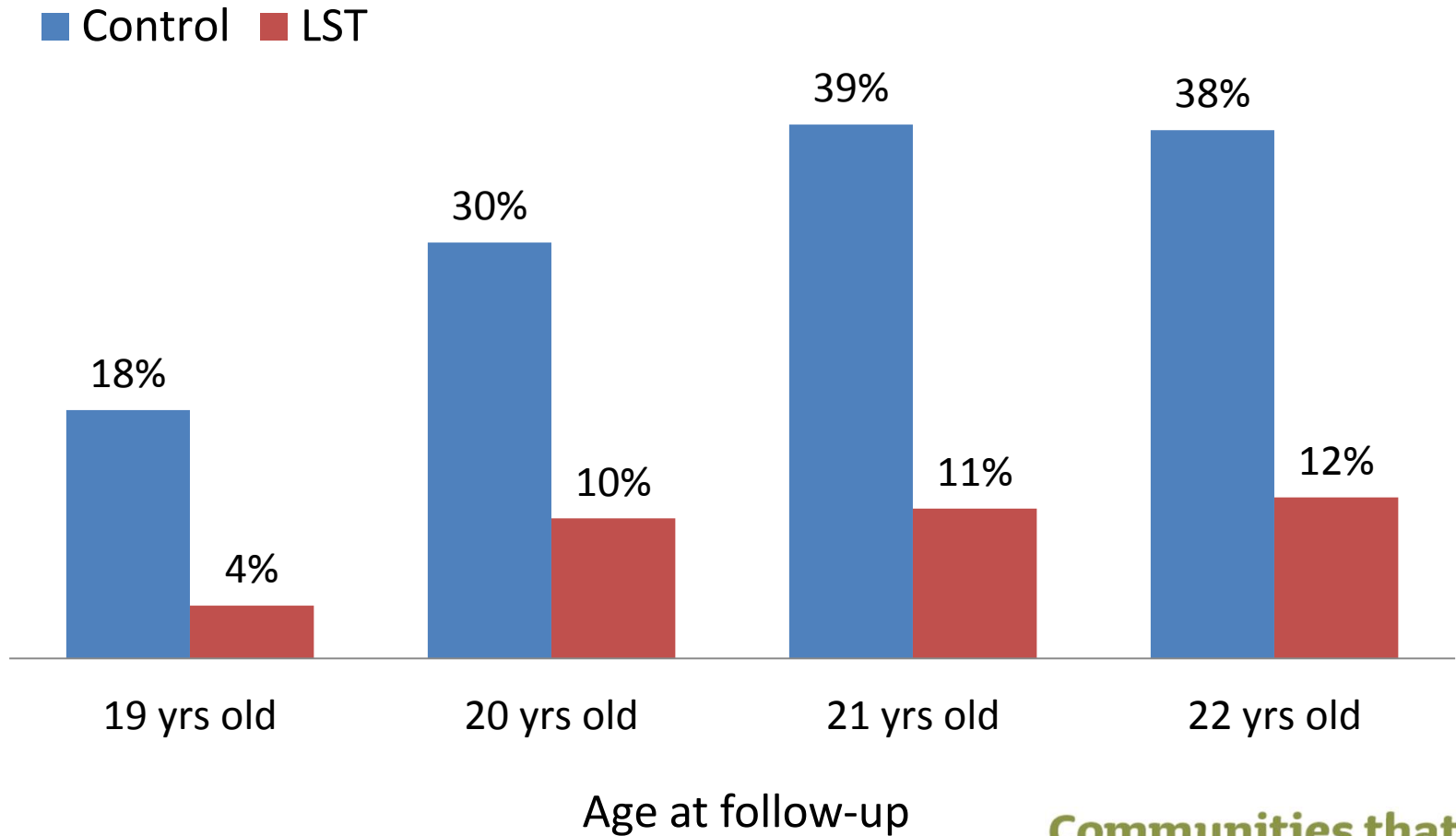
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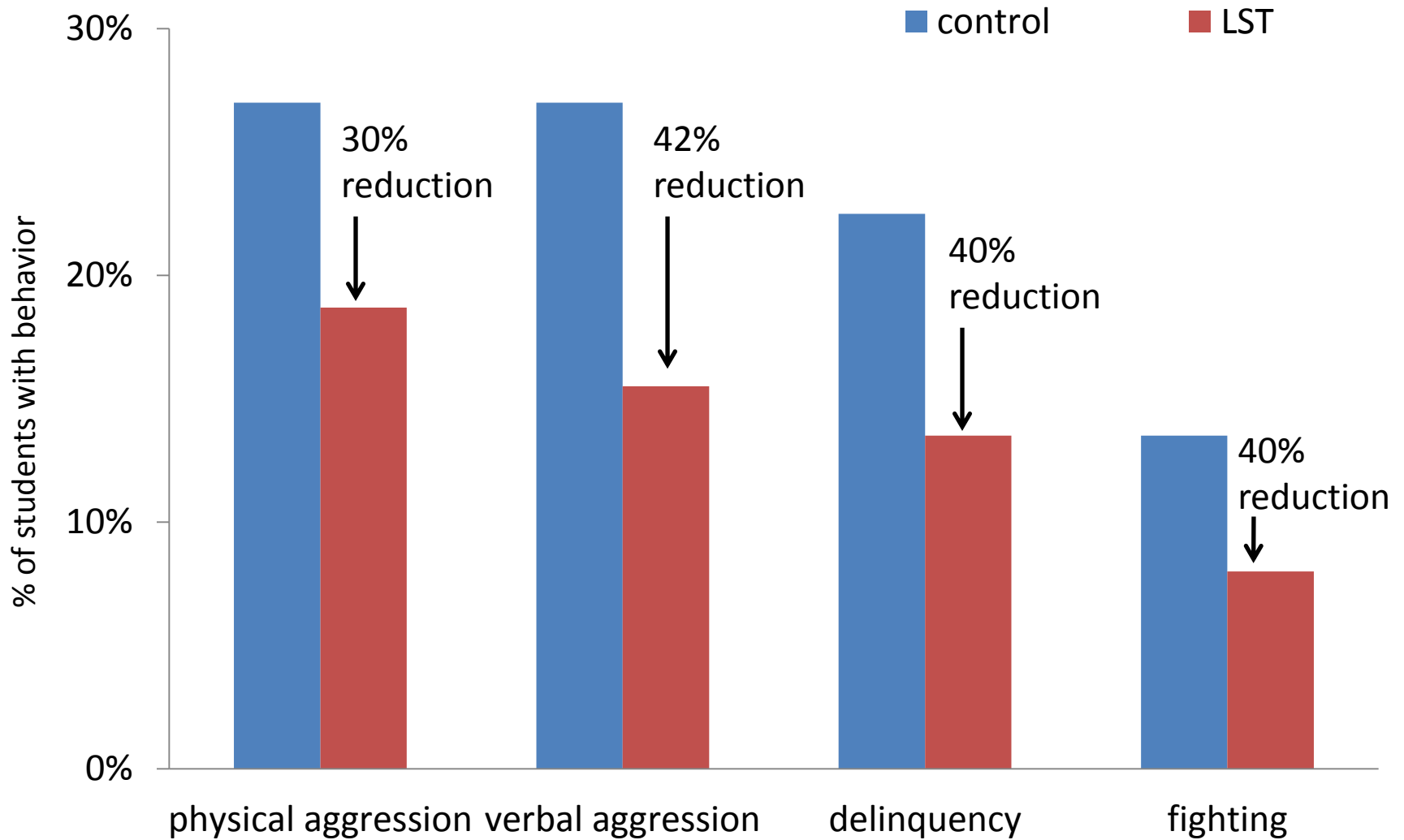
LifeSkills Prevents Narcotic Prescription Drug Misuse

High-risk sample, long-term follow-up



LifeSkills

Prevents Violence and Delinquency



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



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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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