



Inspire • Believe • Achieve

Anderson Middle School
1646 West Ferry Street
Anderson, CA 96007

Eleanor Hysell, Principal
Tim Brace, Dean of Students

Phone (530)378-7060 FAX (530)378-7061

Dear Parent/Guardian,

Our school will be providing social skills training and substance use prevention instruction to all 5th through 8th graders. We will be using a program called Botvin LifeSkills Training, which is highly effective in teaching social skills as well as substance use prevention. We are pleased to have this opportunity to incorporate this program into our day through funding provided by Shasta County Mental Health Services Act.

Some topics for these presentations include goal setting, making decisions, keeping friends, coping with anger and communicating with others. Your child may bring home assignments related to the lessons included in the Botvin LifeSkills Training. If you would like to review the curriculum, please contact the school office.

If you **do not** wish your child/dependent to attend this course, California Education Code ***requires written notification***. The form below is provided for that purpose. If **no written notification** is received, your child/dependent **will** participate.

Sincerely,

Eleanor Hysell, Principal

PARENT/GUARDIAN BOTVIN LIFESKILLS TRAINING OPT OUT FORM

I do **not** wish _____ to participate in the Botvin LifeSkills Training.
(Name of Student)

Name of Parent or Guardian

Signature of Parent or Guardian

Date



LST Overview

Botvin *LifeSkills Training* (LST) is a research-validated substance use prevention program proven to reduce the risks of alcohol, tobacco, drug use, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Developed by Dr. Gilbert J. Botvin, a leading prevention expert, Botvin *LifeSkills Training* is backed by over 30 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Use Prevention.

[See Results & Recognition](#)

Rather than merely teaching information about the dangers of drug use, Botvin *LifeSkills Training* promotes healthy alternatives to risky behavior through activities designed to:

- ⇒ Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- ⇒ Help students to develop greater self-esteem and self-confidence
- ⇒ Enable students to effectively cope with anxiety
- ⇒ Increase their knowledge of the immediate consequences of substance use
- ⇒ Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

Program Components

Rather than merely teaching information about drugs, the Botvin *LifeSkills Training* program consists of three major components that cover the critical domains found to promote drug use. Research has shown that students who develop skills in these three domains are far less likely to engage in a wide range of high-risk behaviors. The three components are:

Drug Resistance Skills

Enables young people to recognize and challenge common misconceptions about tobacco, alcohol and other drug use. Through coaching and practice, they learn information and practical ATOD (Alcohol, Tobacco, and Other Drug use) resistance skills for dealing with peers and media pressure to engage in ATOD use.

Personal Self-Management Skills

Students learn how to examine their self-image and its effects on behavior; set goals and keep track of personal progress; identify everyday decisions and how they may be influenced by others; analyze problem situations, and consider the consequences of each alternative solution before making decisions; reduce stress and anxiety, and look at personal challenges in a positive light.

General Social Skills

Students develop the necessary skills to overcome shyness, communicate effectively and avoid misunderstandings, initiate and carry out conversations, handle social requests, utilize both verbal and nonverbal assertiveness skills to make or refuse requests, and recognize that they have choices other than aggression or passivity when faced with tough situations.

Participants

Botvin *LifeSkills Training* is designed for:

- Elementary school students
- Middle/junior high school students
- High school students

It has been evaluated and proven to be effective with:

- White middle-class students
- Ethnic minority students (primarily African-American and Hispanic)
- Inner-city urban populations
- Suburban populations
- Rural populations