

## Life Skills Training

Life Skills Training (LST) is an evidence-based prevention program designed to prevent or reduce gateway drug use (tobacco, marijuana, alcohol) by targeting the psychosocial factors associated with the onset of drug use. The program can be initiated in 6th or 7th grade, or, in alternative version, with younger children (grades 3 to 5 or 4 to 6).

LST is designed to provide students with the necessary skills to resist peer pressures, help them develop greater self-esteem and self-confidence, enable children to effectively cope with social anxiety, and increase their knowledge of the immediate consequences of substance abuse. The program consists of classroom sessions designed to be delivered over three years by trained teachers or prevention professionals.

Over the past 20 years, a dozen evaluation studies of Life Skills Training have been conducted. The outcomes relative to controls included the following:

- Reduced alcohol use by 54%;
- Reduced heavy drinking by 73%;
- Reduced drinking to intoxication one or more times a week by 79%;
- Reduced marijuana use by 71%;
- Reduced frequent marijuana use by 83%;
- Reduced multiple drug use by 66%;
- Reduced initiation of cigarette smoking by 75%;
- Reduced pack-a-day smoking by 25%;
- Decreased use of inhalants, narcotics, and hallucinogens by up to 50%.

The following school districts have implemented Life Skills Training:

### Copper Country ISD

- Adams Township
- Baraga
- Dollar Bay-Tamarack City
- Elm River Township
- Hancock
- Houghton-Portage Township
- Lake Linden-Hubbell
- L'Anse

### Gogebic-Ontonagon ISD

- Ewen-Trout Creek
- Ontonagon
- Wakefield-Marenisco

To learn more about Life Skills Training, please visit the program web site:

<http://www.lifeskillstraining.com/>

To learn more about Life Skills teacher training, please contact The Institute:  
Phone (906-482-4880), FAX (906-482-7657), E-mail ([institute@theinst.org](mailto:institute@theinst.org)).