

The Daily News

Area sixth graders learn LifeSkills



Kelly Rumpf, health educator for the Dickinson-Iron County District Health Department, recently conducted a LifeSkills program with all sixth-grade students in Kingsford Middle School.

KINGSFORD — The Dickinson-Iron County District Health Department recently conducted a LifeSkills program with all sixth-grade students in Kingsford Middle School.

The class was led by Kelly Rumpf, health educator. She taught LifeSkills to West Iron County and Forest Park sixth-grade students as well during the first semester and then Kingsford in this second semester. She met with

students over a 12-week period, going back every week for an hour during their primetime class.

“LifeSkills educates youth and prolongs youths’ first use of drugs, alcohol, and other risky behaviors necessary to successfully and skillfully handle challenging situations,” Rumpf said.

Rather than merely giving information about the dangers of drug abuse, LifeSkills Training promotes healthy alternatives to risky behavior through activities designed to do the following:

- Teach students the necessary skills to resist social or peer pressures to smoke, drink, and use drugs;
- Help students develop greater self-esteem and build self-confidence;
- Enable students to effectively cope with anxiety;
- Increase students’ knowledge of immediate consequences of substance abuse;
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behavior.

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