

## ACCS offers LifeSkills Class

September 14, 2018



**The 2018-19 ACCS Life Skills Class: Front row, from left, Mrs. Truesdell, Nathan Pease, Stephanie Humphrey, Sierra Clark, and Alyssa Hall; Back row, from left, Elijah Wickerham, Jacob Martin, Kaleb Boldman, Jacob Davis, and Makenna Wickerham.**

The Adams County Christian School is excited to offer Botvin *LifeSkills Training* to high school juniors and seniors in the 2018/2019 school year. This program has been proven to prevent drug use by up to 75%, alcohol use up to 60%, violence up to 50% and tobacco use up to 87% by equipping youth with the tools needed to handle life's challenges in healthy and productive ways.

Keep an eye out for ACCS juniors and seniors this year, as *LifeSkills Training* also allows the opportunity for students to become more involved in community initiatives through service projects and overall community engagement. These opportunities aide in promoting healthy lifestyles and wellbeing, while providing valuable experience in local community initiatives.

Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, 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 Abuse Prevention.

Rather than merely teaching information about the dangers of drug abuse, 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 abuse
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors