



RECOVERY & PREVENTION
RESOURCES
of Delaware and Morrow Counties

Middle School Life Skills Training

Life Skills Training© Curriculum

The Life Skills Training© program is an evidence based substance abuse prevention program. It consists of three major components that address critical domains which affect drug use. The components include drug resistance skills, personal self management skills, and general social skills.

Drug Resistance Skills: enable young people to recognize and challenge common misconceptions about tobacco, alcohol, and other drugs. Through coaching and practice, students learn information and practical resistance skills for dealing with peers and media pressure to engage in substance use.

Personal Self Management Skills: help students to examine their self-image and its effects on behavior. Students learn and practice skills to set goals and keep track of personal progress; identify everyday decisions and how they may be

influenced by others; analyze problem situations and likely consequences of alternative solutions; and methods to reduce stress and anxiety.

General Social Skills: enhance students' ability to function effectively in social situations. Students learn strategies 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.

The curriculum targets middle school students in grades 6-8. 6th grade students complete the 18 core lessons and 7th and 8th grade students participate in booster sessions.



In FY 2005, RPR implemented this program in two school districts, Northmor and Cardington. 465 students participated in the program.

Middle School Students Improve Life Skills

A primary goal of the program is to improve life skills that will help youth lead a successful and healthy life. The Life Skills Training© Curriculum teaches students about refusal skills, self-efficacy, stress management, and assertiveness skills.

- 85% of program participants reported improving in at least one of the four life skill areas taught in the curriculum.
- 13% of program participants reported improving in at least three of the four life skill areas taught in the curriculum.

- 37% reported improved refusal skills.
- 38% reported improved assertiveness skills.
- 38% reported improved stress management skills.
- 32% reported improved self-efficacy.

There were differences in life skills taught in the program depending upon grade level.

- Resistance/ refusal skills were rated significantly lower for 8th grade participants than 6th or 7th graders.

- 6th and 7th grade participants rated their assertiveness skills significantly higher than the 8th grade participants.
- There were no differences seen between grades for self-efficacy and stress management skills.

There were no differences seen between school districts in regards to life skills at the end of the program.

Morrow County Prevention
2005 Summary Report

Included in this report:

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PROGRAM

HIGHLIGHTS

- 85% of program participants reported improving in at least one of the four life skill areas taught in the curriculum.
- 78.5% reported maintaining abstinence for their lifetime at the end of the program.
- 83.5% of participants who reported no use of substances in the previous 30 days prior to the start of the program, reported no use of substances in the 30 days prior to the end of the program.
- 37% of program participants perceived ATOD use as "VERY HARMFUL."
- 50% of program participants improved their knowledge from pre to post assessment.



Participants Report Increased Knowledge About Substance Use and Abuse

Students complete a pre and post-test assessment to measure changes in knowledge. The participants in the program demonstrated a significant improvement in knowledge by the end of the

program, $p < 0.001$. 50% of program participants improved their knowledge from pre to post assessment.

knowledge about substance abuse than both the 7th and 6th grade students.

- Eight grade students scored significantly higher in their

Life Skills Participants Perceive ATOD Use as Harmful

One of the goals of the program is to educate participants about alcohol, tobacco, and other drugs, with an emphasis on the harm associated with use. Research indicates that if students perceive substances to be harmful, they are less likely to use. At the end of the program, 37% of program participants perceived the use of all substances (alcohol, tobacco, and other drugs) as "VERY HARMFUL."

- 77% of participants perceived using marijuana as very harmful.
- 70% of participants perceived cigarettes smoking as very harmful.

- 64% of participants perceived inhaling something to get high as very harmful.
- 62% of participants perceived smokeless tobacco as very harmful.
- 54% of program participants perceived using alcohol as very harmful.

31% of program participants reported an increased perception of harm associated with use of alcohol, tobacco, and other drugs by the end of the program. The perception of harm remained the same throughout each of the grade levels that received the program.

Middle School Students Report Substance Use

Participants in the program anonymously report their lifetime and previous 30 day substance use. In FY 2004, using data from a comparison school which did not fully implement the program, we had the following results:

- Prior 30-day substance use rates among students completing the 3-year program was 24% vs. 39.5% in the comparison group.
- Prior 30 day use of cigarettes was 12% compared to 18% in the comparison group.

In FY 2005, students reported the following:

- Of the students who reported no lifetime use of substances at the beginning of the program, 78.5% reported maintaining abstinence at the end of the program.

- Lifetime Use: 37.1% reported drinking alcohol, 26.3% reported trying a cigarette, 10.2% reported using smokeless tobacco, 7.6% reported using marijuana, and 6.8% reported inhaling something to get high.
- Of the students who reported no use of substances in the previous 30 days, 83.5% reported no use of substances in the 30 days prior to post-test.
- Previous 30 Day Use: 22.6% reported drinking alcohol, 14.1% reported trying a cigarette, 5.3% reported using smokeless tobacco, 5% reported using marijuana, and 4.5% reported inhaling something to get high.
- 78% reported that they were not going to use any substances in the next 30 days after the completion of the program.



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