

Life Skills Classes for 9th and 10th Grade

Presented by HC DrugFree
April-May 2019

Beginning on April 30, HC DrugFree, in partnership with the Columbia Association Youth and Teen Center, will present Botvin *LifeSkills Training*, a **free** 10-session program for **9th and 10th grade students**. This life skills program is highly interactive, skills-based and designed to promote positive health and personal development.

Students are **expected to attend all 10 classes to be held on:**

April 30, May 2, 7, 8, 9, 15, 16, 22, 23, 29 & hold May 30 for a class make-up day.

Classes will be held at **The Barn (Teen Center)** located at 5853 Robert Oliver Place, Columbia in the Oakland Mills Village Center and all classes are schedule to run from **3:00 to 3:45 p.m.** Students must register. Acceptance will be based on availability of seating and course materials.

This program reduces drug abuse by helping adolescents navigate the challenges of their high school years and preparing them for the independence and responsibilities that they will encounter as young adults. It helps students achieve competency in the skills that have been shown to prevent substance use, violence and other health risk behaviors.

The curriculum is designed to strengthen student abilities in the following areas:

- **Personal Self-Management Skills**
Students develop strategies for making healthy decisions, reducing stress and managing anger.
- **General Social Skills**
Students strengthen their communication skills and learn how to build healthy relationships.
- **Drug Resistance Skills**
Students understand the consequences of substance use, risk-taking and the influences of the media.

Go to <https://www.surveymonkey.com/r/LifeSkillsSpring2019> to register your student and/or submit questions for HC DrugFree's staff.



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