

# LIFE SKILLS

## training program

LINN COUNTY ELEMENTARY SCHOOLS

JUNE 2020

### LINN COUNTY HEALTH SERVICES

For more information about Life Skills Training contact:

Linn County Alcohol & Other Drug Prevention Program  
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#### About the program:

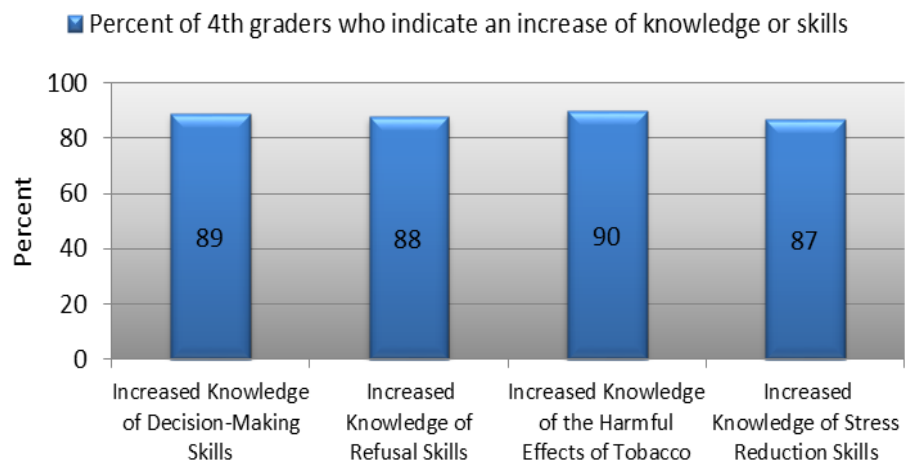
The Life Skills Training Program is a research-based substance abuse prevention program for students. Life Skills is comprised of eight individual lessons focused on increasing knowledge and developing skills that will help students make positive decisions.

### Linn County 4<sup>th</sup> Graders Report Improvement in Prevention Knowledge and Skills

Linn County Alcohol and Drug Prevention Program provided Life Skills Training to 649 4<sup>th</sup> grade students in Linn County Elementary Schools during the 2019-2020 school year. Students who completed Life Skills Training survey report having more of the skills they need to refuse alcohol and other drugs. Post-survey results indicate that **89%** of

Linn County students report increased knowledge of decision-making skills, **88%** report an increase of knowledge in refusal skills and **90%** report an increase in knowledge related to the harmful effects of tobacco use. Furthermore, **87%** report increased knowledge of stress reduction skills.

#### Fourth Grade Survey Results Show Increases in Prevention Knowledge and Skills



Source: Linn County Alcohol & Drug Prevention Program 2019-2020 LST Survey