

# LIFE SKILLS

## training program

LINN COUNTY SCHOOLS

JUNE 2020

### LINN COUNTY HEALTH SERVICES

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

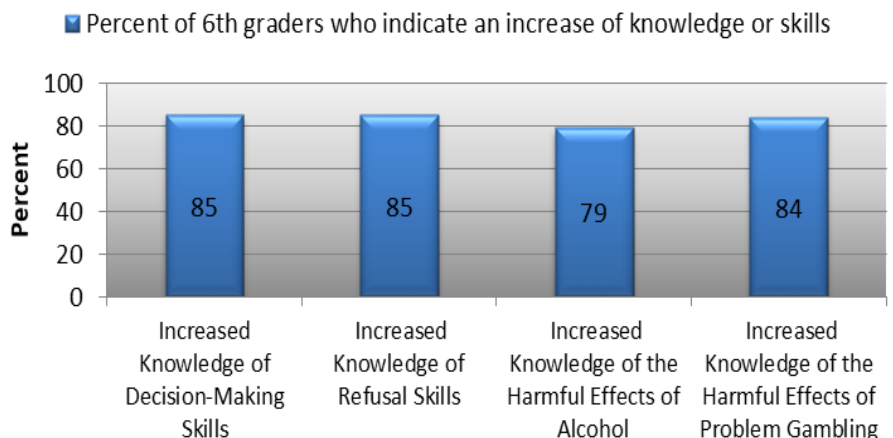
The Life Skills Training Program is a research-based substance abuse prevention program for students. Life Skills is comprised of ten individual lessons focused on increasing knowledge and developing skills that will help students make positive decisions.

### Linn County 6<sup>th</sup> Graders Report Improvement in Prevention Knowledge and Skills

During the 2019-2020 school year, Linn County Alcohol and Drug Prevention Program provided Life Skills Training to 820 sixth grade students attending Linn County Schools. Sixth graders who completed the Life Skills Training survey report having more of the skills they need to refuse alcohol and other drugs. Post-survey results

indicate that **85%** of Linn County sixth graders report increased knowledge of decision-making skills, **85%** report an increase of knowledge in refusal skills and **79%** report an increase in knowledge related to the harmful effects of alcohol use. Furthermore, **84%** report increased knowledge of the harmful effects of problem

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



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