

The Parenting Network presents:

# LifeSkills

## PREVENTION PROGRAM

*LifeSkills is a substance and violence prevention program that provides students with the knowledge and skills they need to succeed in life. The program has been extensively tested and proven effective at reducing tobacco, alcohol, opioid and illicit drug use by as much as 80%. Long-term follow-up studies also show that it produces prevention effects that are durable and long-lasting.*

*The Botvin LifeSkills curriculum has been proven effective and enjoyable for students of all ages — covering grades 4 through 12, with a new and fresh outlook tailored for each grade.*

*The sessions are presented by our trained facilitators in your classroom and **THEY ARE FREE!***

*Sessions vary in length depending upon the grade level, but can be presented during a typical classroom time frame.*

## BRING US TO YOUR SCHOOL TODAY!

**Interested? To learn more, schedule a meeting with:**

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Director of Youth Services  
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### LifeSkills Training - 4-12<sup>th</sup> grades

#### Curriculum Objectives

- Avoid tobacco, alcohol, and drugs
- Resist peer pressure & media influences
- Manage stress and anxiety
- Resolve conflicts
- Build healthy relationships
- Develop a positive self-image

### LifeSkills Transitions - 11<sup>th</sup>-12<sup>th</sup> grades (and beyond as students transition out of high school) Ages 16-20

Additionally, The Parenting Network offers a LifeSkills Transitions Program for students transitioning from high school and stepping into the adult world. They learn about jobs, relationships, money management, and making important decisions.

- The 7 sessions are scheduled for 1 hour
- Topics include:
  - Goal Setting
  - Effective Communication
  - Decision-making Skills
  - Managing Time, Money & Stress
  - Building Relationships and more...

