Growing up can be risky business. Results from the Pennsylvania Youth Survey show that one in six 8th graders in Cambria County have used alcohol in the past month. By 10th grade more than half of students admit to having tried alcohol.

**Botvin LifeSkills®Training (LST)** is an evidence-validated substance abuse and violence prevention program for children. LST has been proven to reduce alcohol use in participants by 60 percent, marijuana use by 75 percent and tobacco use by 87 percent. It’s also been shown to cut verbal/physical aggression, fighting and delinquency in half.

Funded by a grant from the **Pennsylvania Commission on Crime and Delinquency**, The Learning Lamp can provide LST FREE to your students. Our team of prevention specialists will deliver the program with fidelity and flexibility. LST can also be used to help your school meet PA Department of Education Standards in Health, Safety, and Physical Education; Family and Consumer Science; English and Language Arts; and Student Interpersonal Skills.

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**Program Learning Objectives**

- **Personal Self-Management Skills**—students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and manage anger
- **General Social Skills**—students gain skills to meet personal challenges such as overcoming shyness, building relationships and avoiding violence
- **Drug Resistance Skills**—students build effective defenses against pressures to use alcohol, tobacco and other drugs

**Program Structure**

LST is designed to be taught sequentially over three years in middle school or junior high. The first or core level should be delivered to students in grade 6 or 7, followed by booster sessions in levels two and three.

- **Level 1 (grades 6/7)** - 15 class sessions
- **Level 2 (grades 7/8)** - 10 class sessions
- **Level 3 (grades 8/9)** - 5 class sessions

Sessions last 30-45 minutes and can be taught one, two or three times a week until the program is completed.

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**Attention Principals, Teachers and Guidance Counselors!**

We are scheduling now. LST sessions can take place anytime during the school year. For details, contact Sharon Sterner at (814) 262-0732 x233 or email her at ssterner@thelearninglamp.org.

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**Botvin LifeSkills® Training Program** is made possible in Cambria County through The Learning Lamp, funded by a grant from the Pennsylvania Commission on Crime and Delinquency.