



FREE and back by popular demand!!!

Life Skills Training for Grades 6-9

(For slightly younger or older students, we will consider each request.)

Your child can learn from amazing older student role models!

FREE 8 classes in online series from February 8 – March 29

HC DrugFree is providing another series of *FUN* and interactive skills-based classes designed to **promote positive health and personal development** for students in **grades 6 to 9**. If you have questions about the appropriateness for your student, **register them**, and we will contact you to confirm their enrollment and respond to questions submitted on the registration form. **We encourage siblings and friends to take these classes together.**

Our **instructional team** consists of **adults with years of experience in related fields** and highly talented **older students**. Your student will learn how to handle very real situations they may face in middle and high school, college, and beyond and have plenty of opportunities to ask questions. **Younger students listen to trusted older students!** They will learn skills to help **resist high-risk behaviors** including vaping, alcohol, other drugs, *and more*.

This series of classes will be held on Zoom from 5:30 p.m. to 7:00 p.m. Students are encouraged to attend all classes.

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

- **Personal Self-Management Skills:** Develop skills to enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger.
- **General Social Skills:** Meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- **Drug Resistance Skills:** Build effective defenses against pressures to use tobacco, alcohol, and other drugs.
- **And more!!!**

**CLICK HERE TO
REGISTER STUDENTS**

To register: Click the button above, go to www.surveymonkey.com/r/FebMar2022LS or contact HC DrugFree’s Executive Director, Joan Webb Scornaienchi at LifeSkills@HCDrugFree.org

Life Skills classes for Grades 6-9 students will be conducted online via Zoom. We will show videos, play Kahoot games, and use other interactive technology.

The curriculum includes the following units:

- Self-Image & Self-Improvement
- Making Decisions
- Coping with Anxiety
- Communication Skills
- Social Skills
- Assertiveness
- Resolving Conflicts
- Smoking, Alcohol & Marijuana
- Advertising
- Violence and the Media

Testimonials

From a student:

"You give good advice!!!"

From a parent:

"Most parents have talked about these subjects with their kids, but this class goes so much more in depth."

The next FREE series begins on Tuesday, Feb. 8

Dates: February 8, 15, 22, & March 1, 8, 15, 22, 29
5:30 p.m. to 7:00 p.m.



CLICK HERE TO REGISTER STUDENTS

To register: Click the button above, go to www.surveymonkey.com/r/FebMar2022LS or contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at LifeSkills@HCDrugFree.org

Funding provided by the **Howard County Health Department, the MD Department of Health, and SAMHSA.** Visit www.hcdrugfree.org calendar for updated information.