



**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 7 – March 28**

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 5:00 p.m. to 6:30 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 <https://www.surveymonkey.com/r/LifeSkillsRegistration> or contact HC DrugFree’s Executive Director, Joan Webb Scornaienchi at [LifeSkills@HCDrugFree.org](mailto: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. 7

**Dates:** February 7, 14, 21, 28, & March 7, 14, 21, 28  
5:00 p.m. to 6:30 p.m.



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Funding provided by the **Howard County Health Department, the MD Department of Health, and SAMHSA.** Visit [www.hcdrugfree.org](http://www.hcdrugfree.org) calendar for updated information.