



Life Skills ONLINE Training for Middle School Students

15 FREE Sessions

HC DrugFree is providing a highly interactive skills-based program designed to **promote positive health and personal development for youth in grades 6-8**. The integrated approach helps to develop personal, interpersonal, and drug resistance skills.

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.

To be sure your student receives numerous perspectives, our **instructional team** consists of dedicated adults and highly talented Howard County students. Your middle school student will hear from college and high school students about situations they may face in high school, college, and beyond.

The 15-session training is scheduled for **Tuesdays, Wednesdays, and Thursdays July 7, 8, 9, 14, 15, 16, 21, 22, 23, 28, 29, 30, August 4, 5, and 6**.

This 1-hour class **starts at 11:00 a.m.** and **ends at noon**.

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

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

**CLICK HERE TO REGISTER
MIDDLE SCHOOL STUDENTS**

To register: click the button above (to visit <https://www.surveymonkey.com/r/LSsummer2020>) or contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at 443-325-0040 or Admin@hcdrugfree.org

This class 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
- Smoking: Myths, Realities & Biofeedback
- Alcohol: Myths & Realities
- Marijuana: Myths & Realities
- Advertising
- Violence and the Media
- Coping with Anxiety
- Communication Skills
- Social Skills
- Assertiveness
- Resolving Conflicts

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.”

HC DrugFree’s team on Zoom:



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Message provided by HC DrugFree with funding from the Howard County Health Department, MD Department of Health, and SAMHSA. Visit www.hcdrugfree.org for more information.