

January 2009

Dear Parents,

Beginning in January, Velda Yamashiro, RSU 54/ MSAD 54 School Health Coordinator, will be coming into our 5th grade class to teach Life Skills. Life Skills is a research-based substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive and exciting program provides youth with the confidence and skills necessary to successfully handle challenging situations.

Rather than merely teaching information about the dangers of drug abuse, Life Skills promotes healthy alternatives to risky behavior through activities designed to:

- ❖ Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- ❖ Help students to develop greater self-esteem and self-confidence
- ❖ Enable students to effectively cope with anxiety
- ❖ Increase their knowledge of the immediate consequences of tobacco use
- ❖ Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

Ms. Yamashiro will be teaching the program for six 45-minute sessions. If you have any questions or comments, please do not hesitate to contact her:

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Sincerely,

