

Safe, Inc. Bolsters Peer Resistance Skills To Prevent Youth Substance Use

SAFE, Inc. is pleased to announce the implementation of Life Skills Training to Middle School students enrolled in the Glen Cove Youth Bureau's "After 3" program.

In January, the Bach-Harrison Prevention Needs Assessment Survey administered to students in 6th, 8th, 10th and 12th grades revealed risk factors within the home across all grades and the need to implement an alcohol and substance abuse prevention program to Middle School aged youth.

LST is a widely recognized and utilized prevention program in Districts throughout the Nation. It is backed by over 20 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse. LST has 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

program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Rather than merely teaching information about the dangers of drug abuse, LST promotes healthy alternatives to risky behavior through activities designed to: Teach youth the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs; Help youth to develop greater self-esteem and self-confidence; Enable youth to effectively cope with anxiety; Increase their knowledge of the immediate consequences of substance abuse; Enhance cognitive and behavioral competence to reduce and prevent a variety of health risk behaviors.

The Program was conducted by veteran LST Trained facilitator Mrs. Brena Lopez and will begin again in January.

For more information about SAFE's LST Program or other SAFE initiatives contact SAFE at: 516-676-2008 or visit the website at www.safeglencove.org

