

SAFE, Inc. bolsters peer resistance skills

SAFE, Inc. has implemented Life Skills Training (LST) to Elementary School students enrolled in the Glen Cove Youth Bureau's "After 3" program.

LST is a widely recognized and utilized prevention program in districts throughout the nation. It's 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 youth 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; and enhance cognitive and behavioral competence to reduce and prevent a variety of health risk behaviors. The LST program is conducted by trained facilitator and SAFE Glen Cove Coalition Liaison, Ashley Ferrufino, MHC.

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.

Photo courtesy of SAFE

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