

KIDS MATTER HERE

Good Stuff About Our Grantees

Commission Equips Kids with Skills for Life

Do you have trouble saying "no" to friends? Is it sometimes hard to make a decision and stick with it?

Are you unsure how to handle anger, or are you shy when the teacher calls your name? ♦ Believe it or not, those things are part of life.

If you are in grades 6 to 8, the Youth Development Commission has a program that can help you make the right choices at the right time. ♦ The commission has been awarded national funds in order to bring LifeSkills Training to Detroit-area schools and community-based organizations free of charge, through the Middle Schools Life Skills Initiative. ♦ So, you should share this with your teacher, coach or counselor!

The purpose of LifeSkills Training is to make sure younger people, like



you, are equipped with the tools that are necessary for making the right choices as you grow up, and certainly to form the life skills for success. ♦ LifeSkills features interactive activities and discussion around three main components:

Drug Resistance Skills, which enable you to recognize and challenge beliefs and untruths about tobacco, alcohol and other drugs;

Personal Self-Management Skills, which show you how to examine your self-image and the effects on your behavior;

General Social Skills, which teach you the necessary skills to overcome shyness, communicate effectively, and to recognize that you have choices when faced with tough situations.

Other important topics discussed in the training include: Making Decisions; Alcohol: Myths and Realities; Coping with Anger; Communication Skills; and Smoking: Myths and Realities. ♦ With LifeSkills, young people not only receive information, they are able to talk about the reasons for certain behaviors and which coping strategy should be used. ♦ The sessions are interactive, with role playing and lots of movement!

LifeSkills Training is designed for teachers, counselors and others who work with youth. ♦ More than 500 educators, community leaders and others have been trained to present to middle school students in Detroit.

There are several LifeSkills Training workshops coming up in March. ♦ For more information about the LifeSkills Training, call Johnnie Boone at 313.963.8916 or visit www.ysrc.org.



The Skillman
FOUNDATION

Created in 1960, The Skillman Foundation helps children in metropolitan Detroit by improving their homes, schools, and neighborhoods. Read this page every week for important news about Skillman Foundation grantees and their work.

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