



April 14, 2015

Press Release

Life Skills are Thriving at Riverview

Riverview junior high students are taking 21st century life skills to the next level! These students have been learning what it takes to make the right decisions to lead them to a successful future. The framework was created by Dr. Gilbert J. Botvin, an internationally known expert on drug abuse prevention and youth development. The Botvin LifeSkills Training program is research based, comprehensive, effective, and proven to work. Since adolescent substance use in the United States is not only among the highest in the industrialized world and with federal and state resources being cut, the district took the initiative to implement this course.

The life skills program provides training on such topics as coping with anger and anxiety, social skills, resisting peer pressure, causes and effects of drug and alcohol use and abuse, making decisions, media influences, assertiveness, resolving conflicts, and communication skills. Students have had the opportunity to discuss and reflect on the topics, role play, and complete action plans for improvement and future success.

In addition, students have further enhanced their studies by acquiring organization and note taking skills, learning how to set goals, and realizing the importance of using a daily planner to achieve time management proficiencies.

You will soon be able to see the work of their efforts, as the students are currently designing part of the district website to showcase not only the LST class, but also much of what they learned and experienced this year as a junior high student. Look for the unveiling of the website sometime during the first week of June.

We are hopeful our junior high students will achieve serious success in their personal and professional lives, and we are proud of their accomplishments this year.