

## The Program

*Building Skills* is a social-skills training program designed to proactively teach the intra-personal and interpersonal skills necessary to reduce the likelihood that youth will engage in dangerous and destructive behaviors. It is used as an in-school, primary prevention curriculum for students in 5<sup>th</sup> grade.

The program consists of 12 successive, one-hour lessons taught by a trained Prevention Specialist once a week and covers the following areas: self-esteem, goal setting, decision making, problem solving, communication, making friends, anger and stress reduction, informational component, an experiential group activity, an individual workbook activity, and closes with a debriefing. Teacher and student manuals, fidelity instruments to ensure that important points are covered, and surveys to assess learner progress are also furnished with the curriculum materials.

## Results

Over a three-year period, students exposed to the *Building Skills* curriculum showed significantly greater knowledge of the social skills taught to them on a pre/post test, than did students not exposed to the program. In addition, between 95% and 100% of school administrators and teachers in schools that used *Building Skills* reported satisfaction with the program. In 2005, it was also recognized by The National Association of State Alcohol and Drug Abuse Directors, Inc. as an exemplary program.



## Learning Standards

**Health, Physical Education & Family and Consumer Sciences:** 1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health; 2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

### Contact

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