

BOTVIN
LIFESKILLS
TRAINING PROGRAM

PARENT PROGRAM



AVONDALE SCHOOLS PARENT PROGRAM

**AVONDALE ADMINISTRATIVE OFFICE: 2490 WAUKEGAN STREET, AUBURN HILLS
WEDNESDAYS, SEPTEMBER 27 - NOVEMBER 8 FROM 6:00 PM - 7:30 PM**

The Botvin LifeSkills Parent Program is designed to help parents strengthen communication with their children and prevent them from using drugs. The program will help parents teach their children the skills to help them resist the threats of tobacco, drugs, and violence.

The Parent Program helps parents prepare their children for a successful transition from adolescence to early adulthood by providing an overview of the issues related to adolescent drug abuse, as well as:

- Education on how to be a good role model and ways to convey clear anti-drug messages
- Tips for effective family communication and parental monitoring
- Information and engaging activities to help your children develop personal self-management and social skills
- Comprehensive listing of resources to help parents seek out additional information

The Parent Program is a FREE program designed for parents of elementary and middle school aged children. A light dinner will be provided and daycare will be available if needed.

Please RSVP to Melanie Stone, Oakland County Public Health Educator at 248-858-8745 or stonem@oakgov.com



"Recipients of substance abuse prevention services have rights protected by state and federal laws and promulgated rules". For information contact the Oakland Community Health Network, Substance Use Disorder Recipient Rights Coordinator, Sherrie Williams, 5505 Corporate Dr. Troy, MI 48098 or call 248.858.8260

"Federal, State, and/or County Funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the project costs".

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

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BOTVIN LIFESKILLS PARENT PROGRAM

SCOPE & SEQUENCE

	Unit Goals	Key Skills	Class Periods
LST Parent Program Orientation	To introduce participants to the program; to understand the challenges of combating substance use.	Identifying group's concerns; setting group's goals.	1
Family Communication	To help participants develop family communication skills.	Analyzing family communication styles; building skills for avoiding misunderstandings and expressing feelings effectively; family goal-setting.	1
Parental Monitoring	To help participants understand the importance of parental monitoring and determine an appropriate level.	Assessing family risk factors; establishing rules.	1
Being a Good Role Model	To help participants realize the power of positive role models and how to model positive behaviors.	Role modeling drug resistance and healthy stress management; value assessment.	1
Use of Appropriate and Consistent Discipline	To analyze disciplinary styles and help participants understand the importance of establishing rules.	Identifying different parenting styles; establishing rules; compromising; negotiation.	1
Effects and Warning Signs of Substance Use	To discuss commonly used substances, their effects, and warning signs of their use.	Analyzing adolescent behaviors; identifying signs of substance use; expressing substance-use concerns effectively.	1
Taking a Clear Stand on Drugs	To help participants communicate rules and consequences on substance abuse to their children.	Preparing to respond to substance-related questions; analyzing rules and the consequences for breaking them.	1
Total Class Periods			7