Botvin LifeSkills Program for Delaware Youth (2016)

How a statewide substance abuse prevention program targeted 138 elementary school youth and 249 middle school students

**ISSUE**

Cigarette use is a gateway to other harmful drugs, so early prevention is essential.

- 73% high school students
- 56% middle school students

who used tobacco products in the past 30 days reported using a flavored tobacco product during that time.

5.6 million Americans younger than 18 will die early from a smoking-related illness.

Use of electronic cigarettes increased among middle and high school students (2011–2015).

**RESPONSE**

Botvin LifeSkills Program

- 138 elementary school students (third–sixth grades) reached.
- 249 middle school students (seventh–ninth grades) reached.

Teaching

- self-esteem, decision making, smoking, advertising, dealing with stress, communication skills, social skills and assertiveness
- self-image, decision making, smoking, alcohol, marijuana, advertising, violence and media, communication skills, social skills, assertiveness and conflict resolution

**IMPACT**

- 98% learned cigarette use can cause teeth to turn yellow or brown.
- 98% learned cigarette smoking can cause skin to wrinkle.
- 94% learned not to let others influence their decisions.
- 92% learned cigarette smoking causes the heart to beat faster.
- 96% learned cigarettes can cause mouth cancer.

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