

LifeSkills Training and Free Materials for MA Schools

The national LifeSkills Training website has added remote activities and projects for Life Skills Training (LST) trained instructors to use in grades 3-10. Many of them are available to LST instructors at no charge, and do not require additional training. As you know, the MA Department of Public Health continues to offer online Certification Trainings in this substance misuse prevention curriculum to schools that request the training, and meet our basic implementation criteria. The teacher trainings can be done at an instructors' own pace, over a preselected week.

I will highlight a few of the resources available online. You can scroll to "Companion Website" to see activities for each Middle or High School Session, and beginning and ending summary slides you can use if you wish. If you would like to learn more about this or other resources, you can go to <https://www.lifeskillstraining.com/remote/> for an overview of the national options.

For Elementary School grades 3-5 and other grades, you can scroll back to the Options at the beginning of the site above. Please note: generally the audiences for these online materials from the LST Student Guides are people who ordered materials in the last year. Because MA Department of Public Health ordered the materials for you, you can indicate that by adding HRIA to your school name, for example, by putting ABC School/HRIA on the form. You can request a copy of these materials by completing the brief form at <https://www.lifeskillstraining.com/securepdf/> (please allow 3 days for access).

While not all of resources on this national site have been purchased by MA Department of Public Health for MA schools, you can also visit <https://massclearinghouse.ehs.state.ma.us/category/LifeSkills.html> to order initial supplies of Teachers' Manuals and Student Guides in print form. Kathleen.Herr-Zaya@state.ma.us can assist with training for additional instructors or other requests when there is an ongoing commitment to implement the program.