

Lions Quest Skills for Adolescence Overview

Lions Quest Skills for Adolescence is a comprehensive positive youth development program for students in grades six through eight. The program unites parents, teachers, and community members to work toward a shared goal: helping adolescents grow into healthy, capable, and productive young people.

SKILLS FOR ADOLESCENCE BUILDS SKILLS FOR LIFE

In *Skills for Adolescence*, young people practice skills that will help them both now and in the future. Among these skills are accepting responsibility for one's actions, strengthening positive relationships with family and others, and practicing how to solve problems and make healthy decisions. Students also practice effective listening and communication, managing emotions in positive ways, and setting and working toward goals.

A major focus of *Skills for Adolescence* is teaching students why and how to be drug-free. The program stresses the physical, mental, emotional, and legal harm that can result from alcohol, tobacco, and other drug use. It prepares students with the skills, knowledge, and confidence to refuse drugs, avoid unhealthy situations, and resist negative peer pressure.

A PARTNERSHIP WITH FAMILIES

Skills for Adolescence is built on a partnership among school, home, and community. Families have several ways to keep informed about what students are learning in their *Skills for Adolescence* class. Parent meetings offer an enjoyable way to keep informed about the program and share ideas and concerns with other parents.

Families can take an active part in the *Skills for Adolescence* program with the Family Connection take-home worksheets. Worksheets go home with students after each lesson. In addition, the program invites parents and others to help in the classroom or with a service-learning project.

A PARTNERSHIP WITH THE COMMUNITY

For students in the *Skills for Adolescence* program, the learning does not stop when they leave the classroom. They discover that performing volunteer

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service in the community is rewarding, both to the individual and to the community.

As part of the program, students identify needs in their school or community. Then they select and carry out service-learning projects that address those needs. A project might include reading to young children, visiting residents of a nursing home, or cleaning up litter in a park. Students practice leadership and planning skills and know they have made a difference in their school or community.

LEARNING MORE ABOUT SKILLS FOR ADOLESCENCE

If your adolescent is enrolled in the *Skills for Adolescence* program, ask to see his or her *Together Times Student Journal*. You will learn more about the topics and activities covered in the course.

Watch for messages in your school newsletter or from the teacher about upcoming parent meetings, special events, or opportunities for families to help out.

If your school does not offer *Skills for Adolescence*, ask whether there are any plans to adopt the program. For more information on how to get started, call or write Lions Clubs International Foundation/Lions Quest Canada at the addresses provided below.

ABOUT LIONS CLUBS INTERNATIONAL

Lions Clubs International is the largest service organization in the world, with more than 1.4 million members in 193 countries. Lions have provided major funding for the grades: the *Lions Quest Skills for Growing* program for students in early learning—grade 5, *Lions Quest Skills for Adolescence* program for the middle grades, and *Lions Quest Skills for Action* for ages 15–20. These three programs are major components of the Lions' long-term commitment to their Youth Outreach effort.

FOR MORE INFORMATION, CONTACT:

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