

## **Research Supporting Cooperative Life Skills Programming**

We can pay for prevention NOW



Or pay for it LATER



Recent research shows that for each dollar invested in prevention, a savings of up to \$10 in treatment for alcohol or other substance abuse can be seen (Aos et al. 2001; Hawkins et al. 1999; Pentz 1998; Spoth et al. 2002a).

According to *Health, Mental Health and Safety Guidelines for Schools*, providing opportunities for students to model and practice social skills has been found to be effective in reducing violence, drug abuse, unsafe sexual activity, and other risk behaviors. ([www.nationalguidelines.org](http://www.nationalguidelines.org))

Conflict resolution programs decrease:

- aggressiveness
- discipline referrals
- drop-out rates
- social withdrawal
- suspension rates
- victimized behavior
- violence

(*Conflict Resolution Education: Goals, Models, Benefits and Implementation* by Tricia S. Jones, Ph.D)

Furthermore, enhanced social and emotional skills increase connectedness to school, which has been shown to protect against violence, risky sexual behavior, drug use, and dropping out of school. (Whitlock, J.; *Fostering School Connectedness*).

Students who learn the social and emotional skills that are taught in the Cooperative Life Skills program demonstrate:

- Stronger sense of community
- Higher academic motivation and educational aspirations
- Better understanding of consequences of behavior
- Better ability to cope with school stressors
- More positive attitudes toward school and learning.

(CASEL, *Collaborative for Academic, Social, and Emotional Learning* (2006)