



Peru Joins 38 Countries Worldwide Using U.S. Drug Abuse Prevention Program

By

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WHITE PLAINS, N.Y., Dec. 3, 2015 /PRNewswire/ -- Doctors in Peru are turning to a U.S.-based prevention program that has been tested and proven effective in preventing violence and substance abuse. Over the next three years, Elementary, Middle and High school students in Lima will participate in the Botvin *LifeSkills Training* program, an evidence-based substance abuse and violence prevention program used throughout the world.

Through the LST program, students learn not only how to resist pressures to smoke cigarettes, drink alcohol, and use illicit drugs. They also learn important life skills such as how to make informed decisions and solve problems, how to manage stress and anxiety, and how to communicate clearly. The combination of drug resistance skills and life skills has proven to be a powerful formula for preventing drug use and violence.

"We chose LST because it was evidence based, was flexible and could be taught by different types of professionals," said Dr. Alfredo Massa, Director of Medico INTEGRIO. Dr. Massa went on to say that they chose LST to reduce drug use and violence in Lima. "It is easy to understand and teach, and has been used in many countries already."

To date, an estimated 50,000 teachers, 10,000 schools, and 3 million students have participated in the *LifeSkills Training* program.

"We are thrilled to see increased usage of evidence-based prevention programs across the world," said Dr. Gilbert J. Botvin, LST program developer and professor emeritus at Cornell University's Weill Medical College. "The effectiveness of LST and its widespread use in the U.S. have paved the way for 38 other countries around the world to adopt our program."

LST has been used with youth in all 50 states in the United States as well as in the District of Columbia, Puerto Rico, and the Virgin Islands. Outside the United States, it has been used in Australia, Bermuda, Canada, Colombia, Croatia, Costa Rica, Denmark, England, France, Germany, Greece, Honduras, Hong Kong, Ireland, Italy, Japan, Kenya, Malaysia, Mexico, New Zealand, Nicaragua, Norway, Panama, Peru, Portugal, Qatar, Russia, Saudi Arabia, Scotland, South Africa, South Korea, Spain, Sweden, Taiwan, Thailand, Turkey, United Arab Emirates, and Venezuela.

About Botvin *LifeSkills Training* Botvin *LifeSkills Training* (LST) is a highly acclaimed, evidence-based substance abuse and violence prevention program used in schools and communities. LST has been extensively tested and proven to reduce tobacco, alcohol, and illicit drug use by as much as 80%. Long-term follow-up studies also show that it produces prevention effects that are durable and long-lasting. For more information visit www.lifeskillstraining.com

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