

Botvin *LifeSkills*® Training High School: Alignment to CASEL's Social and Emotional Learning Competencies

What is SEL?

The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a Chicago based non-profit organization who for over 20 years has been leading the nation in the area of social and emotional learning. CASEL provides a unique combination of research, practice, and policy to support high quality social and emotional learning in districts and schools nationwide to support its mission to help make evidence-based social and emotional learning (SEL) to become an integral part of education from preschool to high school.

SEL is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. CASEL has identified five core SEL competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

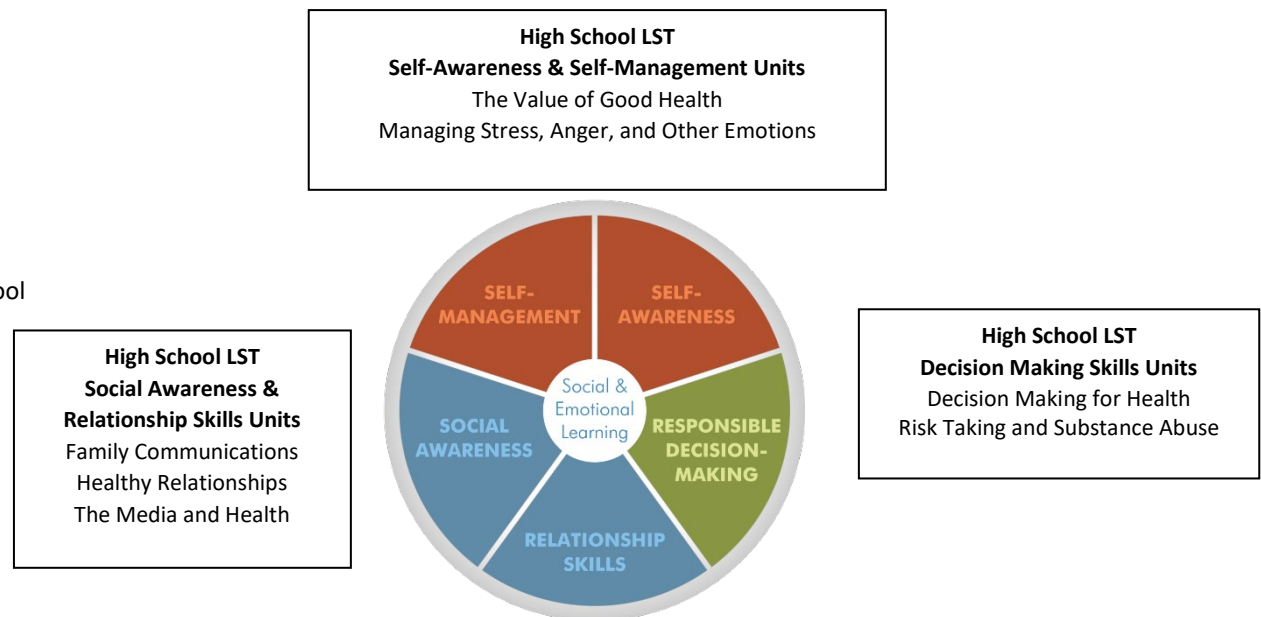
Why is SEL important?

Short term benefits

- More positive social behaviors & attitudes
- More empathetic
- Ability to manage stress & depression
- Improved classroom behavior
- Better attitudes about themselves, others, & school
- Fewer conduct problems

Long term benefits

- Higher academic achievement
- Decreased high school drop out
- Fewer arrests
- Fewer mental health disorders



This diagram illustrates how the High School LST program units align with CASEL's core social and emotional learning (SEL) competencies. More individual competence alignment can be found on the next page.

Botvin *LifeSkills*® Training and SEL

Botvin *LifeSkills*® Training (LST) is worldwide evidence-based program that supports the decrease of risky behaviors such as drug and/or alcohol use, violence, aggression, and delinquency. By providing youth with effective social skills and self-management skills, such as communication and anxiety management skills, LST decreases motivation to use drugs and vulnerability to social influences that support drug use. LST provides foundational skills for successful youth development through its alignment with CASEL's five core SEL competencies. Its unique cognitive behavioral approach uses a variety of teaching techniques to facilitate discussion which provides key knowledge, coaching, and behavior skill practice. LST should be considered as an approach that can be used effectively used in schools and youth serving organizations to support the social and emotional development of youth.

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High School Botvin <i>LifeSkills® Training</i>		
CASEL SEL Competence	Unit	Key SEL Skills Addressed By Unit
Self-Awareness	The Value of Good Health	• Understand how one's actions, thoughts, and feelings can related to prevention. • How good health is good for your personally, both physically and emotionally. • How you can care for yourself to be healthy. • How to develop a goal and achieve it.
Self-Management	Managing Stress, Anger, and Other Emotions	• Understand how stress and anger can affect other emotions. • Identify trigger situations that evoke strong emotions. • Address how emotions can influence our decisions about how to respond to triggers. • Know how tobacco, alcohol, and other drugs influence our emotional responses to triggers. • Develop healthy techniques to manage powerful emotions. • Understand the benefits of managing emotions (such as stress and anger) and how to express them in healthy ways.
Social Awareness	The Media and Health	• Understand why people use media and why they prefer certain types. • Learn how media is used to influence our beliefs about ourselves, our culture, and various health behaviors. • Discover strategies that can be used to analyze the media messages we consume. • How to use media in ways that protects our health.
Relationship Skills	Family Communications	• Understand another's point of view and how communication changes as young people develop. • Learn how misunderstandings about needs and expectations for safe and drug-free behavior typically develop. • Find out how expectations regarding substance use can be communicated effectively via understandings and agreements. • Discover how to have empathy for family members.
	Healthy Relationships	• Identify the traits that draw people to each other and help build healthy relationships. • Categorize the ingredients of a healthy relationship. • Understand the role of persuasion in personal and relationship health. • Learn how assertiveness can help us build healthy relationships.

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Responsible Decision Making	Decision Making for Health Making	• Explore the kinds of decisions we make for ourselves. • Understand how our decisions reflect who we are – our personality, character, and values. • Realize how our decisions affect our health. • Comprehend how decision-making skills can help us change or improve our health behavior.
	Risk Taking and Substance Abuse	• By understanding our values, we can understand how they are influenced by risk. • Learn how possible risk becomes probable risk. • Explore the role substance use plays in risk-taking and its consequences. • Understand the factors affecting risk-taking and how it can help us decide whether to take a risk or not.