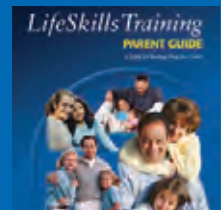
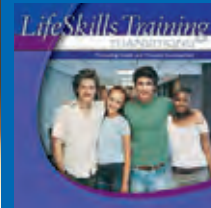
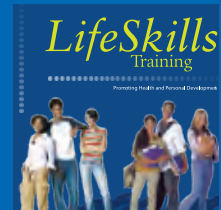
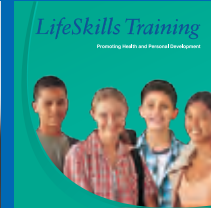


Evidence-Based Prevention Programs

SCHOOLS ■ FAMILIES ■ COMMUNITIES



Substance Abuse Prevention ■ Violence Prevention
Vaping Prevention ■ Social-Emotional Learning ■ Mental Health
Bullying Prevention ■ Parent Resources ■ Health and Wellness ■ Training

New
page 18



**LST PRESCRIPTION DRUG ABUSE
PREVENTION MODULE**

(Available in print or digital format)

CONTENTS

Product Index	1
Botvin <i>LifeSkills Training</i> Overview	2-3
LST Programs: Scope and Sequence	4-11
<i>LifeSkills Training</i>	4-25
Substance Abuse Prevention	26
Health and Wellness	27-29
Bullying Prevention	30-31
Training Services	32
Celebration Collection	33
Price List	34-35
Order Form	36

About Princeton Health Press

Princeton Health Press (PHP) is a health education publishing company located in White Plains, NY. PHP publishes the highly acclaimed Botvin *LifeSkills Training* series, as well as many other titles that can be used in schools, communities, and families to promote health and personal development.

Dear Colleagues,

We are pleased to bring you the Princeton Health Press catalog, which provides a wealth of materials and information to support your prevention efforts. In addition to publishing the award-winning, evidence-based Botvin *LifeSkills Training* (LST) program, we are dedicated to bringing you the best prevention education materials and training available for schools, families, and communities.

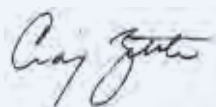
We are particularly excited to tell you that the highly anticipated Botvin *LifeSkills Training* Prescription Drug Abuse Prevention Module is now available. This module gives adolescents the skills and knowledge necessary to help them avoid the misuse/abuse of opioids and prescription drugs. This module is ideal for school districts, community-based organizations, and agencies serving students in grades 6 – 9. It is available in both digital and print formats.

Electronic cigarette use and vaping among youth has increased at an unprecedented rate. It is imperative that we maintain our focus on implementing evidence-based programs that demonstrate the strongest reductions in youth smoking. In response to this epidemic, we created Botvin Health Connections: E-cigarettes and Vaping; a resource designed to strategically enhance specific lessons in LST to bring this health crisis to the forefront while amplifying the demonstrated reductions related to youth smoking. This easy to implement resource is structured to support LST Elementary, LST Middle School, and LST High School programs.

Finally, we are happy to announce that you can now access all of our prevention education trainings online. LifeSkills Online Provider Training is available for Elementary, Middle, High School, Transitions, and Parent Program Leader Training. Check our website at www.lifeskillstraining.com for new courses as they become available.

Thank you for choosing Princeton Health Press as your resource for top-rated prevention education materials. We look forward to working with you.

Sincerely,



Craig Zettle
Vice President



LST PRESCRIPTION DRUG ABUSE PREVENTION MODULE



- ▶ Give adolescents the skills and knowledge necessary to help them avoid the misuse/abuse of opioids and Rx drugs
- ▶ Ideal for school districts, community-based organizations, and agencies serving students in grades 6–9
- ▶ Available in both digital and print formats



		ELEMENTARY SCHOOL					MIDDLE SCHOOL			HIGH SCHOOL				
	PAGE	K	1	2	3	4	5	6	7	8	9	10	11	12
Evidence-Based Prevention														
LST Elementary School Program	12-13													
LST Middle School Program	14-17													
LST High School Program	20-21													
LST Transitions	22-23													
LST Parent Program	24													
LST Prescription Drug Abuse Prevention Module	18-19													
Substance Abuse Prevention														
Wise Owl's Drug Safety Kit	26													
TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked	26													
The Truth About Teen Alcohol Use 101: A Social Norms Approach	26													
The Real True and False About Alcohol, Marijuana, and Inhalants	26													
Alcohol & the Teenage Brain: A Video Guide for Parents and Professionals	26													
Underage Drinking: A Video Guide for Parents and Professionals	26													
Marijuana: A Video Guide for Parents and Professionals	26													
Health and Wellness														
What Does It Mean to Be a Good Friend?	27													
Coping with Disruptive Life Changes	27													
Toxic Relationships	27													
Dating for Real: Building Safe and Healthy Relationships	27													
Reality Matters: Students at Risk (6-pack)	27													
Financial Literacy for Students	27													
Skills for Healthy Living	28													
Straight Talk about Sexting and Messaging	29													
UNLOCKING YOUR POTENTIAL: Grit, Determination, and Mindset	29													
Mind/Body Connection: How your Emotions Affect Your Health	29													
Ten Ways to Stay Safe on the Internet	29													
Bullying Prevention														
I Was Cyberbullied	30													
Bully Bystanders: You Can Make a Difference	30													
Standing Tall: Learning Assertiveness Skills	30													
The Bully Proof Kit	31													
Wise Owl Bully Stopper Kit	31													

A Proven Formula for Success

What is Botvin LifeSkills Training?

Students today are surrounded by a variety of factors that can lead to unhealthy choices regarding smoking, substance abuse, and violence. Schools now seek a curriculum that delivers significant results in reducing these risks while developing well-rounded, healthy students.

With more than 35 peer-reviewed scientific studies demonstrating its effectiveness, Botvin *LifeSkills Training* is an evidence-based curriculum proven to target the fundamental reasons why students engage in behaviors that put them at risk. Rather than merely teaching information about tobacco, alcohol, and drugs, Botvin *LifeSkills Training* promotes healthy alternatives to risky behavior through activities designed to help youth:

- Resist social (peer) pressures to smoke, drink, and use drugs
- Develop greater self-esteem, self-mastery, and self-confidence
- Effectively cope with social anxiety
- Increase knowledge of the immediate and long-term consequences of substance abuse
- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

How effective is the Botvin LifeSkills Training program?

Studies testing the effectiveness of the Botvin *LifeSkills Training* program show that it can reduce the prevalence of tobacco, alcohol, and illicit drug use by more than 80%. It has also been proven to reduce polydrug use by up to 66%, making it the most effective prevention program of its kind. Studies proving efficacy of up to 12 years have been published in the *Journal of the American Medical Association* and other widely respected journals. The program has been tested with a broad range of adolescents, and it has been proven effective with various multi-ethnic and socioeconomic groups. Botvin *LifeSkills Training* also has been shown to effectively combat a variety of other risky behaviors.

How does the program work?

Botvin *LifeSkills Training* is a flexible and interactive program that combines learning strategies such as coaching, peer interaction, lectures, classroom discussion, and provider-led activities to enhance students' skills.

Global Reach



Selected for excellence by:

- U.S. Department of Education
- Center for Substance Abuse Prevention
- National Institute on Drug Abuse
- Blueprints for Healthy Youth Development
- American Medical Association
- American Psychological Association
- Office of National Drug Control Policy
- Centers for Disease Control and Prevention
- Coalition for Evidence-Based Policy
- CrimeSolutions, U.S. Department of Justice, Office of Justice Programs



What tools do I need in order to implement Botvin LifeSkills Training?

One of the strengths of the Botvin *LifeSkills Training* program is its simplicity. The program is self-contained, teacher friendly, and easy to teach. Provider training is recommended for optimal program implementation. Information on specific program components can be found throughout this catalog.

The Botvin *LifeSkills Training* program was developed by Dr. Gilbert J. Botvin, one of America's foremost experts on health behavior and substance abuse prevention. Dr. Botvin has a B.A. from Colgate University and a Ph.D. in psychology from Columbia University. He has been a member of the faculty at Cornell University's Weill Medical College for over 30 years, serving as a professor of psychology in public health and psychiatry, chief of the division of prevention and health behavior, director of Cornell's Institute for Prevention Research, and currently as professor emeritus.

Dr. Botvin has published over 250 scientific papers and book chapters, has been an invited speaker at major scientific conferences around the world, and has been an advisor to leading health agencies such as the World Health Organization, National Institute on Drug Abuse, U.S. Department of Education, Centers for Disease Control and Prevention, and the White House Office of Drug Policy. He has been honored with many awards for his groundbreaking work in prevention, including the FBI's National Leadership Award, a MERIT award from the National Institute on Drug Abuse, and the presidential award for lifetime contributions to prevention science from the Society for Prevention Research.



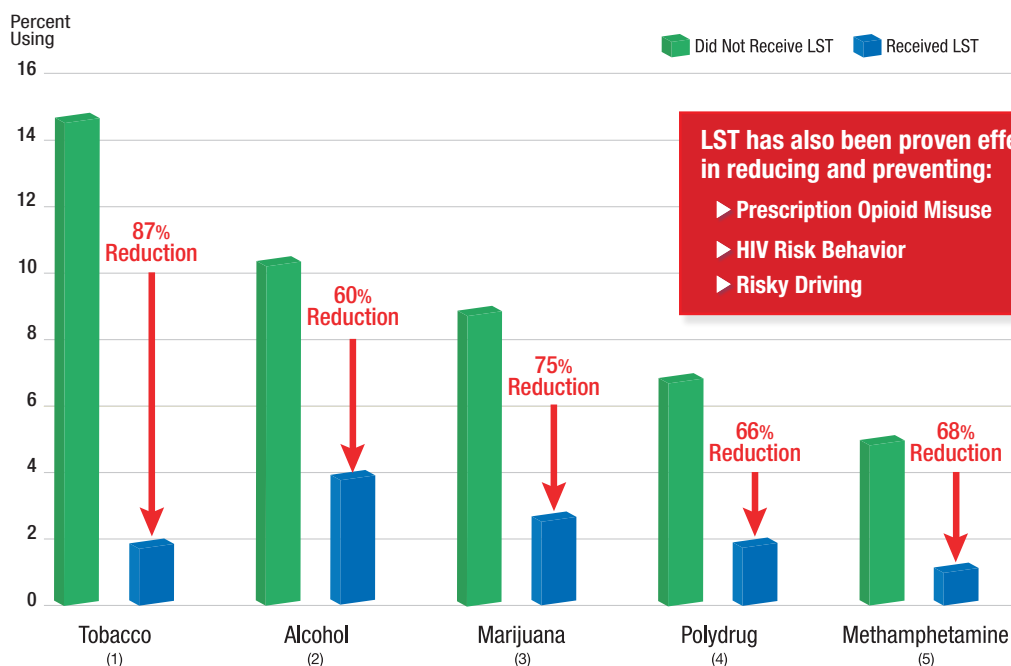
Program Research

Botvin *LifeSkills Training*: Top-Rated Substance Abuse Prevention Program

Botvin *LifeSkills Training* is a groundbreaking substance abuse prevention program based on more than 35 years of peer-reviewed scientific research. *LifeSkills Training* now holds the distinction of being the top research-based substance abuse prevention program in the country.

Sources: (1) Journal of Behavioral Medicine (1983), (2) Journal of Studies on Alcohol (1984), (3) Journal of Consulting and Clinical Psychology (1990), (4) Journal of the American Medical Association (1995), and (5) Archives of Pediatric & Adolescent Medicine (2006). Please contact us for more information on these and other studies.

Follow-Up Results from 5 Published Studies

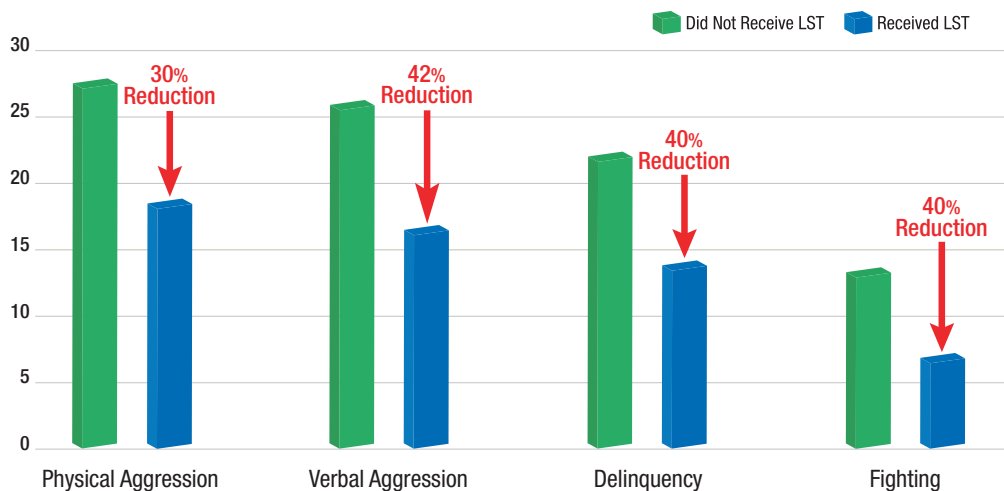


LST has also been proven effective in reducing and preventing:

- ▶ Prescription Opioid Misuse
- ▶ HIV Risk Behavior
- ▶ Risky Driving

Violence and Delinquency Prevention

Source: Preventing youth violence and delinquency through a universal school-based prevention approach. Prevention Science (2006).



Contact us
to find out how
LifeSkills Training
can be used as a
violence prevention
program.

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To teach students about self-esteem and how it is developed.	Sharing thoughts and feelings; reframing thoughts on personal abilities; demonstrating a personal skill to peers.	1
Decision-Making	To teach students a simple step-by-step process for making decisions.	Group decision-making; sharing ideas in a small group.	1
Smoking Information	To introduce reasons some people smoke.	Practicing pulse taking and exercising; small group discussion; questioning; cause and effect reasoning.	1
Advertising	To develop an awareness of how tobacco advertisers manipulate advertisements to entice people to smoke.	Analyzing ad techniques; creating counter-advertisements.	1
Dealing with Stress	To teach students to recognize stress and to practice techniques to deal with stress.	Practicing stretching and deep breathing; finding what works.	1
Communication Skills	To teach students how feelings are communicated.	Group discussion of feeling words and verbal communication; practicing non-verbal communication; practicing “body language.”	1
Social Skills	To help students learn ways of building and maintaining friendships.	Brainstorming/discussion; analysis of terms; sharing perceptions about friendship; drawing, bulletin board.	1
Assertiveness	To teach students refusal skills.	Practicing & analyzing different ways to say “No”; practicing refusal skills in pairs; practicing in small groups or in front of the class.	1
Total Class Periods			8

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To make students aware that they are unique and should feel good about their uniqueness.	Sharing thoughts and feelings; reframing thoughts on unique attributes; identifying similarities and differences in a team setting.	1
Decision-Making	To teach students how their daily decisions are influenced in direct and indirect ways.	Defining and applying terms; assessing likely behavioral responses to direct and indirect influences.	1
Smoking Information	To teach students about the consequences of nicotine and tobacco products on their body.	Small group discussion; writing; reporting.	1
Advertising	To develop an awareness of how tobacco advertisers manipulate advertisements to entice people to smoke.	Analyzing ad techniques; contrasting ads with reality; interpreting ad jargon.	1
Dealing with Stress	To identify positive and negative ways to cope with stress.	Practicing relaxation techniques; group brainstorming; practicing and finding what works; listening to music while relaxing.	1
Communication Skills	To teach students about the importance of communication.	Defining terms and examples of verbal communication; practicing non-verbal communication; communicating nonverbally through movement.	1
Social Skills	To help students learn ways to get along with their peers.	Sharing examples of positive and negative peer pressure; hearing messages from peers.	1
Assertiveness	To teach students how to develop assertiveness skills.	Practicing and writing I-messages; recognizing feelings and formulating I-message responses.	1
Total Class Periods			8

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Esteem	To help students feel better about themselves by taking a broader perspective of what they have already achieved and of what is possible for them to achieve in the future.	Setting time lines; considering short and long-term goals; identifying and assessing risks; group discussion and writing.	1
Decision-Making	To teach students how to make decisions in tobacco-related situations.	Group decision-making; 3-step decision-making; sharing ideas in a small group.	1
Smoking Information	To familiarize students with the many different kinds of tobacco products and teach them that attitudes, norms, and laws about smoking in this country are changing.	Sharing perceptions of tobacco; observing tobacco products; writing; reporting.	1
Advertising	To create an awareness in students of the many techniques and appeals that advertisers use to get consumers to purchase their products.	Discussing names of ad techniques; group “marketing” activity/presentation.	1
Dealing with Stress	To teach students that because stress does not go away, one of the best ways to deal with it is to prevent it.	Time-management, studying, test-taking; reporting to a group.	1
Communication Skills	To teach students the importance of communication.	Discussion, writing, thinking about what is being said; practicing passive and active listening.	1
Social Skills	To teach students ways to deal with conflict in a positive way.	Identifying personal conflict styles and alternatives; conflict resolution; analyzing terms.	1
Assertiveness	To help students learn assertive skills that will enable them to stand up for themselves.	Team role-playing; interpreting terms and applying them to situations.	1
Total Class Periods			8

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Image & Self-Improvement	To teach what self-image is, how it is formed, how it relates to behavior, and how it may be improved.	Self-analysis, self-improvement, goal-setting, reframing thoughts.	1
Making Decisions	To teach how to make decisions and solve problems independently.	Decision analysis; 3 Cs of effective decision-making (Clarify, Consider, Choose); resisting group pressure.	2
Smoking: Myths and Realities	To teach information about cigarette smoking and other forms of tobacco use to counter common myths and misconceptions.	Analyzing data; checking assumptions; considering pros/cons.	1
Smoking and Biofeedback	To teach some of the immediate physiological effects of smoking.	Measuring heart rate; scientific method.	1
Alcohol: Myths and Realities	To teach information about alcohol to counter common myths and misconceptions.	Analyzing data; checking assumptions; considering pros/cons; separating fact and fiction.	1
Marijuana: Myths and Realities	To teach information about marijuana to counter common myths and misconceptions.	Analyzing data; checking assumptions; considering pros/cons; separating fact from fiction.	1
Advertising	To increase awareness of the techniques employed by advertisers to manipulate consumer behavior and to teach students how to resist these techniques.	Analyzing ads; recognizing techniques; separating fact from fiction – want from needs.	1
Violence and the Media*	To increase awareness of how the media influences student perceptions about violence and to teach them how to check media presentations against reality.	Analyzing perceptions about violence; comparing image and reality; resistance to media distortions.	1
Coping with Anxiety	To teach what anxiety is, common situations which cause it, and techniques for coping with anxiety.	Recognizing anxiety and its physical effects; learning easy and healthy techniques to deal with anxiety; progressive relaxation; mental rehearsal/visualization; breathing.	2
Coping with Anger*	To teach anger recognition and common situations which cause it, and to learn techniques for self-control.	Recognizing anger, its physical effects and multiple consequences; identifying reasons and learning techniques to control anger.	1
Communication Skills	To teach how to communicate effectively.	Using verbal and non-verbal communication; techniques for avoiding misunderstandings; clarifying; asking questions; being specific; paraphrasing.	1
Social Skills	To teach basic social skills in order to develop successful interpersonal relationships. Teach skills pertaining to closer personal relationships, interaction with others, and planning social activities.	Making social contacts; giving and receiving compliments and other feedback; scripting; effective listening; being persistent; having self-awareness; feelings toward others; communication, conversation; creative thinking.	2
Assertiveness	To teach how to become more assertive and resist peer pressure to use drugs.	Reflecting on actions taken, types of responses, consequences; decision-making; awareness of persuasive tactics; repertoire of refusal responses; verbal and non-verbal assertiveness; self-respect; planning; goal-setting.	2
Resolving Conflicts*	To review previous skills as students learn and practice techniques for resolving conflicts.	Analyzing conflict resolution choices; controlling anger; building consensus; problem solving; negotiation and compromise.	1
Total Class Periods			15/18

*optional violence lessons

Lesson	Lesson Goals	Key Skills	Class Periods
Drug Abuse and Violence: Causes and Effects	To increase awareness of the social factors promoting drug abuse.	Analyzing observations and data; questioning assumptions; reasoning; causes and effects of drug abuse and violence.	1
Making Decisions	To teach how to make informed decisions that are consistent with what is important to students.	Decision-analysis: individual, group, peer; resisting peer/group pressure.	1
Media Influences	To increase awareness of the techniques used by advertisers to manipulate consumer behavior and to teach students how to resist these techniques.	Media analysis, responding critically to manipulate tactics; consumerism: separating wants from needs; personal needs from product claims.	1
Coping with Anxiety	To teach how to cope with situations producing anxiety.	Recognizing situations that cause anxiety; building repertoire of healthy stress-reduction techniques.	2
Coping with Anger*	To teach reasons and techniques for controlling anger.	Recognizing anger, its physical effects, and multiple consequences; identifying reasons and learning techniques to control anger.	1
Communication Skills	To teach effective communication.	Effective use of verbal and non-verbal communication; sending and receiving skills; active listening; questioning, clarifying, paraphrasing.	1
Social Skills	To teach basic social skills in order to help students develop successful interpersonal relationships.	Overcoming shyness; initiating social contacts; mastering conversational skills; using open-ended questions.	1
Assertiveness	To teach when and how to become more assertive.	Analyzing situations; identifying and practicing effective responses; making requests; reflecting on and expressing personal feelings; verbal and non-verbal skills.	1
Resolving Conflicts*	To review, acquire, and practice the skills needed to successfully resolve conflicts.	Analyzing conflict resolution choices; applying life skills (anxiety and anger reduction, decision-making, communication, social and assertiveness skills) to resolve conflicts.	1
Resisting Peer Pressure	To teach how to resist peer pressures to smoke, drink, or use drugs.	Analyzing and developing repertoire of responses to group pressure; analyzing interpersonal persuasive tactics and practicing resistance or refusal skills.	2
Total Class Periods			10/12

*optional violence lessons

Lesson	Lesson Goals	Key Skills	Class Periods
Drug Abuse: Causes and Effects*	To increase awareness of the causes and consequences of drug abuse.	Analyzing risk factors; personalizing and generalizing information on risk of use and abuse.	1
Making Decisions	To increase ability to make informed and responsible decisions.	Decision analysis; recognizing options; application of decision-making process.	1
Media Influences*	To increase awareness of the influence the media has in shaping attitudes and behavior.	Analyzing and resisting media influences, in general and specific to drug use.	1
Coping with Anxiety	To increase ability to cope with anxiety.	Anxiety self-assessment; building and reinforcing repertoire of healthy stress-reduction techniques.	1
Coping with Anger*	To teach reasons and techniques for controlling anger.	Recognizing anger, its causes, and consequences; identifying reasons and techniques to control anger.	1
Social Skills	To improve general social skills.	Practicing greetings and brief social exchanges; differentiating between superficial, informational, and “deep” conversations, and practicing “deep” conversation skills.	1
Assertiveness	To increase general assertive skills.	Analyzing situations; identifying and practicing effective responses; saying no, making requests, asserting rights, expressing feelings; verbal and non-verbal assertive skills.	1
Resolving Conflicts*	To review, acquire, and practice the skills needed to successfully resolve conflicts.	Analyzing conflict resolution choices; applying life skills (anxiety and anger reduction, decision-making, communication, social, and assertiveness skills) to resolve conflicts.	1
Resisting Peer Pressure	To increase the ability to resist peer pressure to smoke, drink, or use other drugs.	Further practice in applying assertive skills in peer situations; identifying and responding to persuasive tactics.	1
Total Class Periods			5/9

*optional lessons

	Unit Goals	Key Skills	Class Periods
The Value of Good Health	To introduce the LST HS program and how it is relevant to students' health.	Cooperative learning; using assessment rubrics; self-analysis.	1
Decision-Making for Health	To teach how to make decisions that benefit personal health practices.	Self-reflection and assessment; analysis of health risks; decision analysis.	1
Risk-Taking and Substance Abuse	To counter myths and misconceptions about drugs, their rate of usage, and effects; to increase awareness of effects of drug use on physical, mental, and emotional health.	Researching, analyzing, and applying data.	1
The Media and Health	To increase awareness of how the media influences our health behavior; to increase resistance to media manipulation and influence.	Content analysis of media techniques; comparing media messages to previous knowledge; oral presentations and projects.	2
Managing Stress, Anger, and Other Emotions	To teach recognition of stress and anger triggers and how they relate to behavior; how substance use is related to stress; techniques for managing stress and anger.	Self-reflection and assessment of stress and anger triggers and responses; resulting risky behaviors; analysis and practice of five techniques for managing stress and anger.	1
Family Communications	To increase awareness of changing roles in the family; to teach how to communicate effectively with family members.	Identifying developmental changes in oneself; interviewing family member; communication skills.	2
Healthy Relationships	To increase awareness of what students are attracted to in others and what attracts others to them; skills for effective social interaction; resolving conflicts in close personal relationships.	Reflecting on actions taken in personal relationships; verbal and non-verbal assertiveness; making social contacts; practicing conflict resolution.	2
Total Class Periods			10

	Unit Goals	Key Skills	Class Periods
Goal-Setting for Success	Introduce the LST Transitions program; examine how goal-setting can assist in navigating transitions; analyze the feasibility of a goal; teach strategies involved in setting goals.	Effective planning; differentiating short-term and long-term goals; enhancing perseverance.	1
Effective Communication	Understand the types of relationships and communication that occur in personal and professional environments; utilize effective verbal and written communication skills.	Preventing and reducing misunderstandings; identifying appropriate communication behaviors; enhancing self-representation.	1
Managing Stress	Increase awareness of common transitions of young adulthood and how they can cause stress; teach how stress-reduction techniques can help to cultivate resilience; recognize how the use of substances can undermine resilience.	Coping with stressful situations; behavioral monitoring; relaxation and stress reduction techniques; developing resilience.	1
Decision-Making and Risk	Examine personal and peer group attitudes about risk; understand elements involved in decision-making; teach how to analyze potential consequences associated with taking risks; increase awareness of the effects of substances on decision-making.	Analyzing the decision-making process; reducing risky behavior; reinforcing resistance to substances.	1
Managing Time and Money	Examine the relationship between priorities and managing time and money; increase awareness of potential obstacles to budgeting and scheduling; teach strategies for managing financial resources and time.	Prioritizing and planning; impulse control; self-monitoring; computational skills.	1
Building Relationships	Identify appropriate behaviors associated with different types of relationships; teach the skills and benefits of collaborating, negotiating, and compromising.	Differentiating types of relationships; productive conflict resolution; accepting differing points of view.	1
Total Class Periods			6

ELEMENTARY SCHOOL PROGRAM / Gilbert J. Botvin, Ph.D.

Program Recognition

Model Program

Center for Substance Abuse Prevention

Program Overview

The Botvin *LifeSkills Training* Elementary School program is a comprehensive, dynamic, and developmentally appropriate substance abuse prevention program designed for upper elementary school students. This highly effective curriculum has been proven to help increase self-esteem, develop healthy attitudes, and improve knowledge of essential life skills — all of which promote healthy and positive personal development.

Target Audience

Designed for children in grades 3 – 6, the program can be taught in school, community, and after-school settings.

Program Learning Objectives

The Botvin *LifeSkills Training* Elementary School program uses a scientific approach for addressing the critical factors found to promote substance abuse through a combination of provider-led activities and coaching with peer interaction. This highly interactive program strengthens students' abilities in the following areas:

- **Personal Self-Management Skills**
Students develop skills that enhance self-esteem, develop problem-solving skills, help them reduce stress and anxiety, and manage anger.
- **General Social Skills**
Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- **Drug Resistance Skills**
Students build effective defenses against pressures to use tobacco and other substances.

Program Structure*

The program consists of 8 class sessions (approximately 30 – 45 minutes each session) per year across all three years, beginning in either grade 3 or 4.

Level 1 (Grades 3/4): 8 class sessions

Level 2 (Grades 4/5): 8 class sessions

Level 3 (Grades 5/6): 8 class sessions

*See Scope and Sequence on pages 4–6

**Provider Training
Services**
to fit all your needs
LifeSkills Training
Online • On-site
See page 32



“The LST Elementary program is so easy to teach. I have really enjoyed watching the kids have so much fun with the lessons while gaining so much confidence in themselves.”

— Elementary School Teacher

The program can be taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week for eight weeks).

The Elementary School program can be used either alone or in combination with the Middle School program. Under ideal conditions, it should be implemented in a sequential manner across all three years of upper elementary school. However, the elementary program is designed to be flexible and can be implemented over one, two, or three years, depending on the availability of time.

Program Components

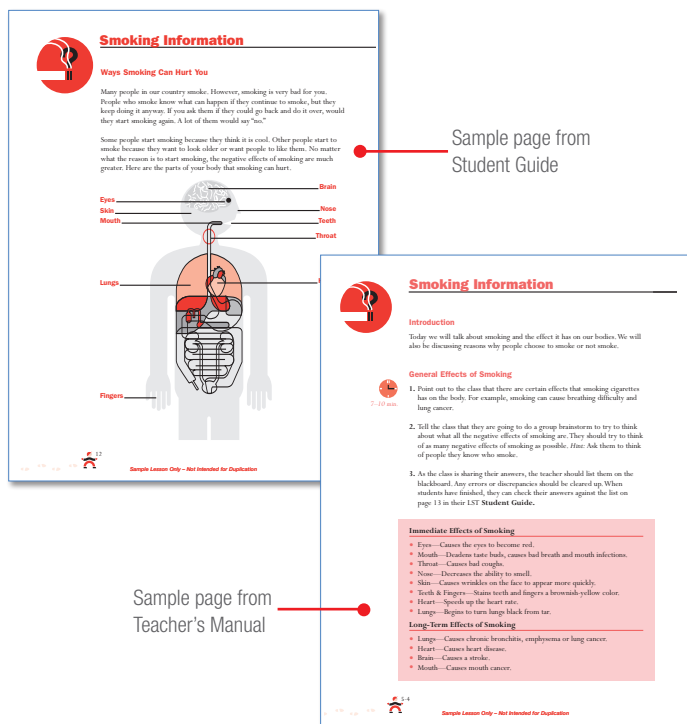
Each level includes the following materials:

- Comprehensive, easy-to-use Teacher's Manual
- Student Guide

Additional Elementary School Resources

- LST Elementary CD-ROM – Levels 1 and 2
- The Bully Proof Kit (see page 31)





ELEMENTARY CD-ROM: Levels 1 and 2

Friends Helping Friends Learn LifeSkills

Gilbert J. Botvin, Ph.D.



Overview

Grade Levels: 3 – 4 (Levels 1) / 4 – 5 (Level 2)

The award-winning Botvin *LifeSkills Training* Elementary CD-ROM is an exciting, animated program that teaches children valuable skills for life.

Each level's eight interactive units expand on the lessons learned in Levels 1 and 2 of the LST Elementary School program.

Learning Objectives

The skills covered in these easy-to-use CD-ROMs help children to:

- Increase self-esteem
- Improve decision-making skills
- Understand the harms of tobacco use
- Examine tricky techniques used in advertising
- Cope with stress
- Communicate feelings effectively
- Build social skills
- Develop assertiveness skills

PRICING

Elementary School Level 1 (Grades 3/4)

Student Guide 10-Pack	\$50.00
Teacher's Manual	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	\$235.00

Elementary School Level 2 (Grades 4/5)

Student Guide 10-Pack	\$50.00
Teacher's Manual	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	\$235.00

Elementary School Level 3 (Grades 5/6)

Student Guide 10-Pack	\$50.00
Teacher's Manual	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	\$235.00

Full Curriculum Set

Levels 1-3 (1 Teacher's Manual & 30 Student Guides per level)	\$655.00
---	----------

PRICING

Elementary CD-ROM, Levels 1 and 2	\$49.95 each
5-Pack	\$249.75
10-Pack	\$449.55
20-Pack	\$799.20



See page 33

MIDDLE SCHOOL PROGRAM / Gilbert J. Botvin, Ph.D.

Program Recognition

Exemplary Program

U.S. Department of Education

Model Program

Blueprints for Blueprints for Healthy Youth Development

Center for Substance Abuse Prevention

Office of Juvenile Justice and Delinquency Prevention

Office of National Drug Control Policy

Programs That Work

National Institute on Drug Abuse

Top Tier

Coalition for Evidence-Based Policy



Program Overview

The Botvin *LifeSkills Training* Middle School program is a groundbreaking substance abuse prevention program based on more than 35 years of rigorous scientific research. Proven to be the most effective evidence-based programs used in schools today, *LifeSkills Training* is comprehensive, dynamic, and developmentally designed to promote positive youth development.

In addition to helping children resist drug, alcohol, and tobacco use, as well as prescription opioid misuse, the Botvin *LifeSkills Training* Middle School program also effectively supports the reduction of violence and other high-risk behaviors.

Target Audience

Designed for children in grades 6 – 9, the program can be taught in school, community, and after-school settings.

Program Learning Objectives

The Botvin *LifeSkills Training* Middle School program uses a scientific approach and a combination of coaching with peer-interaction and provider-led activities to address the critical factors found to promote substance abuse. This highly interactive program strengthens student resistance skills in the following areas:

■ Personal Self-Management Skills

Students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger.

■ General Social Skills

Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.

■ Drug Resistance Skills

Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.

“I enjoy delivering the LifeSkills Training program because it provides real opportunities for students to learn critical life lessons in a way that is fun, engaging and relevant. As a prevention educator, it is rewarding to know that what I am doing is truly having a positive impact on my students.”

-Prevention Educator

- Interactive enrichment teaching techniques
- Teacher support through teaching icons, hints, and suggested timing
- Comprehensive implementation guidelines
- Revised fidelity checklists and much more
- Digital Support Slides to aid instruction
- Aligned to Common Core & SEL



Free!

Botvin LifeSkills Training Middle School Companion Website

with activities and resources for students and teachers

Visit www.lifeskillstraining.com/msweb

for more information.

Program Structure*

The program is designed to be taught in sequence over three years in middle school or junior high. The curriculum is intended to be taught sequentially to build on skills learned in the previous levels. The first level should be implemented with 6th or 7th grade students, followed by booster sessions (levels 2 and 3).

Level 1 (Grades 6/7): Core Level

15 class sessions plus 3 optional violence prevention sessions

Level 2 (Grades 7/8): Booster Level

10 class sessions plus 2 optional violence prevention sessions

Level 3 (Grades 8/9): Booster Level

5 class sessions plus 4 optional sessions

The program can be taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week).

Although one year of Botvin *LifeSkills Training* has been proven to achieve measurable positive effects, multi-year implementation is strongly recommended. For maximum effectiveness, the entire *LifeSkills Training* Middle School curriculum should be implemented.

*See *Scope and Sequence* on pages 7–9

Program Components

Each level includes the following materials:

- Comprehensive, easy-to-use Teacher's Manual
- Student Guide
- Companion website

Additional Resources

- LST Middle School 101 CD-ROM (see page 17)
- I Was Cyberbullied (see page 30)

Aligned to
CASEL's Social
& Emotional
Learning
Competencies

Digital Support
Slides Available
for Every Level

Correlated to
Common Core
Standards

PRICING

Middle School Level 1 (Grades 6/7)

Student Guide 10-Pack	\$60.00
Teacher's Manual	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide, 1 Stress Management Techniques audio CD, 1 Smoking and Biofeedback DVD)	\$125.00
Curriculum set (1 Teacher's Manual, 30 Student Guides, 1 Stress Management Techniques audio CD, 1 Smoking and Biofeedback DVD)	\$295.00

Middle School Level 2 (Grades 7/8)

Student Guide 10-Pack	\$50.00
Teacher's Manual	\$65.00
Training set (1 Teacher's Manual & 1 Student Guide)	\$75.00
Curriculum set (1 Teacher's Manual, 30 Student Guides, 1 Stress Management Techniques audio CD, 1 Smoking and Biofeedback DVD)	\$245.00

Middle School Level 3 (Grades 8/9)

Student Guide 10-Pack	\$40.00
Teacher's Manual	\$45.00
Training set (1 Teacher's Manual & 1 Student Guide)	\$55.00
Curriculum set (1 Teacher's Manual, 30 Student Guides, 1 Stress Management Techniques audio CD)	\$175.00

Full Curriculum Set

Levels 1-3 (1 Teacher's Manual & 30 Student Guides per level, 1 Stress Management Techniques audio CD, 1 Smoking and Biofeedback DVD)	\$645.00
Smoking and Biofeedback DVD (now with closed captioning)	\$20.00
Stress Management Techniques audio CD	\$10.00
Middle School companion website	FREE

**Provider Training
Services**
to fit all your needs
LifeSkills Training
Online • On-site
See page 32

Level 1 Teacher's Manual / Sample Pages

Key unit information such as materials, timing, vocabulary, and special preparation is visible at a glance to aid in preparation.

Summarized unit goals and objectives provide background information.

Making Decisions

Unit Timing: 2 sessions, 45 minutes each

Vocabulary

- decision
- influence
- pressure
- persuasive tactics

Key to Teaching Strategies

- Facilitation
- Coaching
- Behavioral Rehearsal
- Assessment

Materials Needed

- Student Guide (pages 16-21)

Homework for Next Unit

Student Guide – *My Reasons for Not Smoking*, Worksheet 5 (page 27)

Special Preparation

- Have students prepared to review their homework assignment on *Everyday Decisions*.
- Select students to participate in the group conformity experiment (page 2.7).

Unit Goals and Objectives

As students get older, they face more complex and more important decisions. The ability to make an independent decision is a skill that requires practice. This unit is designed to be presented in two sessions so that students have sufficient time to practice the skill.

In this unit students will:

- Demonstrate how decisions are influenced by group pressures
- Discuss reasons why people are influenced by group members
- Identify everyday decisions
- Describe how important decisions are made
- Identify a process for making decisions

Group Pressures and Decision Making (25 minutes)

- Ask students to what extent they think their decisions are influenced by other people. (Example: If some friends told you that you look good in blue, how would this affect the color you wear?)
- Conduct the group conformity experiment given in **Appendix 1** (see page 2.9).
- After the experiment is finished, discuss it with students. Provide this definition of *pressure*.

Definition

Pressure is trying to force someone to do something by using overpowering influence or persuasion.

Point to Make

- Pressures from the group to which we belong often influence our decisions.

- Ask students to describe a situation that occurred recently in which they made a decision to go along with a group as a result of group pressure. (Example: You went along with the group decision to see a movie that you didn't particularly care to see.)
- Have students give reasons for why people are influenced so much by other people.

Examples

- Don't want to be an outcast
- To feel a part of the popular crowd
- To do things they think are cool or fun
- Don't have confidence in themselves
- Not sure what the right answer is to a problem

Point to Make

- We are often influenced by group members because everyone generally wants to be accepted by the group and not be considered outsiders, different, or unpopular.

Icons provide quick identification of the interactive teaching skill(s) being used in the activity.

Suggested time is given for each major activity.

Definitions and key points to make are highlighted in each lesson.

Level 1 Student Guide / Sample Pages

Step-by-step instructions are highlighted for quick access.

Easy-to-follow activities help students get to skill practice quickly.

Make a list of the most important decisions you have to make regularly at home, school, or with friends. Check off whether you make those decisions **On Your Own** or whether you are influenced by others. Check all that apply to each decision.

Everyday Decisions

Decisions	On My Own	Parents	Friends	Teachers	Media
At Home					
1. _____	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐
4. _____	☐	☐	☐	☐	☐
5. _____	☐	☐	☐	☐	☐
At School					
1. _____	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐
4. _____	☐	☐	☐	☐	☐
5. _____	☐	☐	☐	☐	☐
With Friends					
1. _____	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐
4. _____	☐	☐	☐	☐	☐
5. _____	☐	☐	☐	☐	☐

Deciding Things on Your Own

As you get older, you make more and more decisions on your own. Some of these may be very difficult. To make the best possible decisions, you need to be aware of the people or things around you that can influence your decisions (such as your parents, friends, TV, movies, and advertisements). You also need to learn an organized method for making decisions. Being aware of the factors that might influence your decisions and knowing how to make them can help you to make the best possible decisions for you.

A Simple Method for Making Better Decisions

Most people make all their decisions in the same way, without realizing the difference between simple choices, everyday decisions, and major decisions. Simple choices (whether to eat vanilla or chocolate ice cream) can be decided based on what you like. Other decisions should be made after carefully thinking about the possible consequences, or outcomes, of different decisions. To do this as well as possible and make the best decisions, learn to use the 3-step method described here.

The 3 Cs of Effective Decision-Making

Step 1: Clarify what decision you need to make.

Step 2: Consider the possible alternatives (think about the different things you might decide to do) and the consequences of choosing each alternative; collect any additional information needed. (If you are trying to solve a problem, think up as many solutions as possible.)

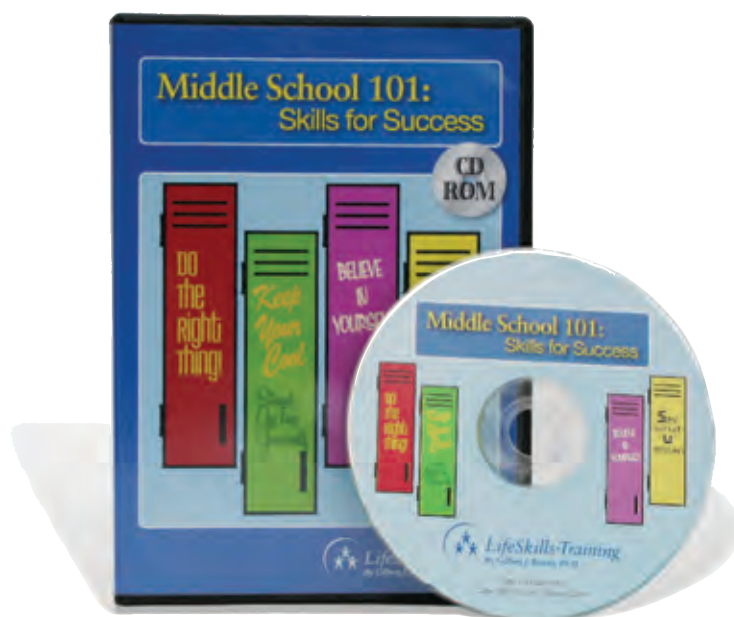
Step 3: Choose the best alternative and take the necessary action. Afterwards, think about whether you were satisfied with your decision.

Student Guides provide essential skill background and information.

Includes interactive enrichment teaching techniques

MIDDLE SCHOOL 101: Skills for Success

Gilbert J. Botvin, Ph.D.



Overview

Grade Levels: 6 – 9

Middle School 101: Skills for Success is an engaging CD-ROM that supplements the Botvin *LifeSkills Training* Middle School program and uses an interactive and entertaining format to provide students with the essential skills to reduce alcohol, tobacco, and drug use.

Middle School 101: Skills for Success consists of 10 video-based scenarios that model students effectively using the skills taught in the *LifeSkills Training* program.

Learning Objectives

This interactive, easy-to-use CD-ROM helps students to develop skills to:

- Increase self-esteem
- Say “no” to unfair requests
- Resist pressure from the media and peers to use drugs
- Communicate effectively
- Improve decision-making and problem-solving skills
- Manage anger and anxiety

PRICING	
Middle School 101 CD-ROM	\$49.95
5-Pack	\$249.75
10-Pack	\$449.55
20-Pack	\$799.20

Module Overview

The new LST Prescription Drug Abuse Prevention Module gives adolescents the skills and knowledge necessary to help them avoid the misuse/abuse of opioids and prescription drugs. This module is ideal for school districts, community-based organizations, and agencies serving students in grades 6 – 9. It is available in both digital and print formats.

The module is designed to be integrated into the LST Middle School program or used as a stand-alone component.

Target Audience

Students in grades 6–9.

Program Learning Objectives

Students will develop skills to:

- Recognize that prescription drugs are medications intended to help people deal with medical problems.
- Recognize that prescription drugs—and, in some cases, over-the-counter medicines—can be abused.
- Identify why people do or do not abuse prescription drugs (including opioids).

Module Structure

The LST Prescription Drug Abuse Prevention Module is available in both digital and print formats. Teachers can choose the format that best suits their implementation setting. The module can be used as a standalone component for programs that need content to explicitly address this serious public health issue, or in conjunction with LST Middle School program (intended to be implemented after Assertiveness in any LST Middle School level).



Two Formats

Which version is right for me?

The digital version is intended for independent student study. Students need access to the internet and a digital media format – i.e., tablet, iPad, computer, etc. If students cannot study independently then the print version is the more appropriate for your classes.

Digital

Each student completes their work independently, followed by in class group activities.

Duration: 50 minutes: (25 minutes online/25 minutes offline)

Cost: \$200 per teacher (unlimited number of students per teacher)

Print

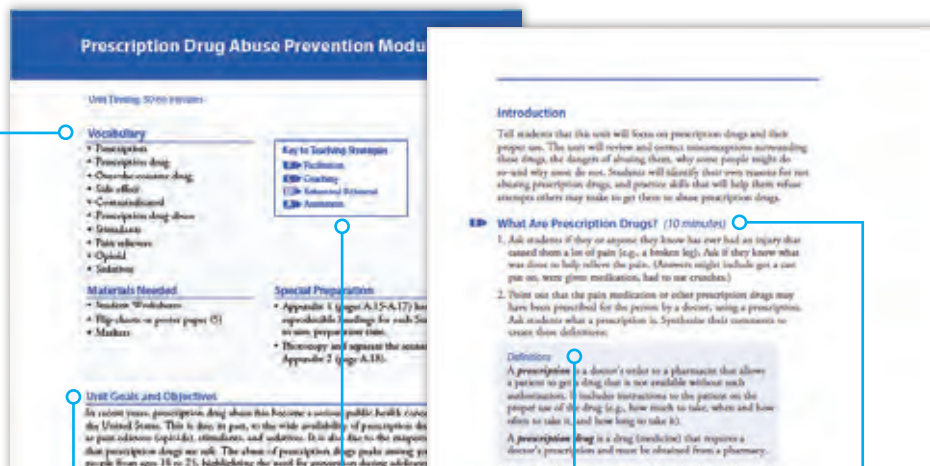
Teachers deliver lessons to students using Teacher's Materials and Student Worksheets.

Duration: 50 minutes

Cost: \$200 per teacher instructional materials and 100 student worksheets; additional packs of student worksheets available (packs of 100).



Teacher's Manual / Sample Pages



Unit timing, vocabulary, and materials needed, and special preparation are highlighted to simplify preparation.

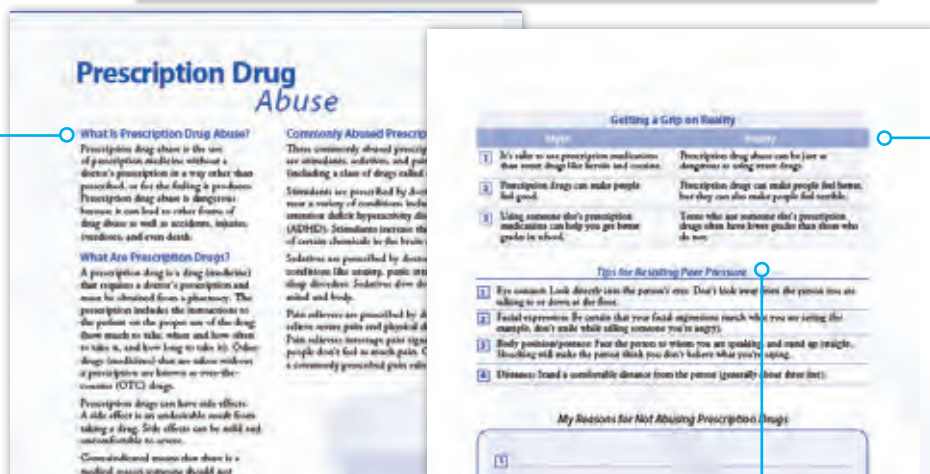
Goals and objectives are clearly identified.

Key to interactive teaching skills for LST.

Key definitions and vocabulary are highlighted throughout the Teacher's Manual.

Interactive teaching skill icons and suggested timing available at-a-glance.

Student Worksheet / Sample Pages



Presentation of helpful information related to prescription drugs
For example:
▶What is Rx drug abuse? ▶What are Rx drugs? ▶Commonly abused Rx drug classes

Tips for resisting peer pressure to abuse Rx drugs and identifying reasons for not abusing Rx drugs.

Myths and Realities of Rx drug abuse.

Program Overview

The Botvin *LifeSkills Training* High School program is a highly interactive, skills-based program designed to promote positive health and personal development for high school youth. Based on the highly effective *LifeSkills Training* curriculum, this program helps adolescents navigate the challenges of the high school years and prepares them for the independence and responsibilities that they will encounter as young adults. The *LifeSkills Training* High School program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been found to reduce and prevent substance use and violence.

Target Audience

Designed for use in the 9th or 10th grade, the Botvin *LifeSkills Training* High School program can be taught in school, community, and after-school settings.

Program Learning Objectives

The Botvin *LifeSkills Training* High School program is an integrated approach that helps to develop personal, interpersonal, and drug resistance skills. The curriculum is designed to strengthen student abilities in the following areas:

- **Personal Self-Management Skills**
Students develop strategies for making healthy decisions, reducing stress, and managing anger.
- **General Social Skills**
Students strengthen their communication skills and learn how to build healthy relationships.
- **Drug Resistance Skills**
Students understand the consequences of substance abuse, risk-taking, and the influences of the media.

Program Structure*

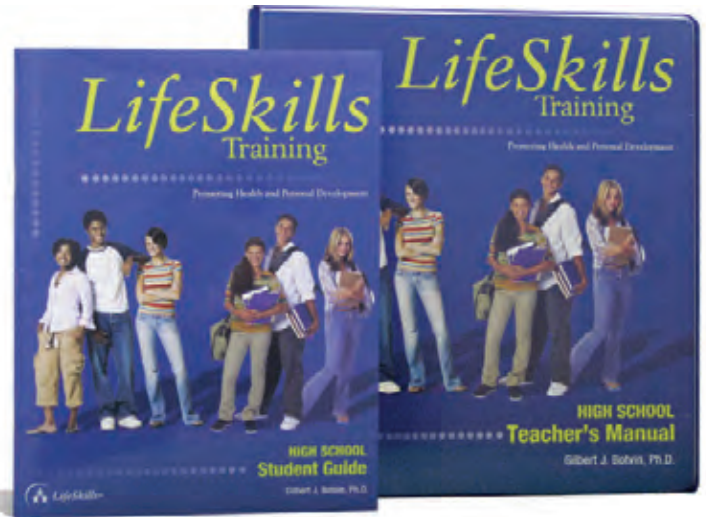
The program is designed to be implemented in 10 class sessions (approximately 40 – 45 minutes each session). The program can be taught either on an intensive schedule (two to three times a week until the program is complete) or on a more extended schedule (once a week for 10 weeks). The High School program can be used alone or in combination with the Botvin *LifeSkills Training* Middle School program, or with the *LifeSkills Training* Transitions program as a maintenance program.

*See Scope and Sequence on page 10

Provider Training Services
to fit all your needs
LifeSkills Training
Online • On-site
See page 32

Cuts Drug Abuse in Half

—World Journal of Preventive Medicine 2015



“The activities in the high school curriculum are engaging and easy to teach. The topics are relevant to the students, and spark very valuable discussions in the classroom.”

—Substance Abuse Prevention Coordinator

Program Components

The Botvin *LifeSkills Training* High School program includes the following materials:

- Comprehensive, easy-to-use Teacher's Manual
- Student Guide
- Companion website



Botvin LifeSkills Training High School Companion Website

with activities and resources for students and teachers
Visit www.lifeskillstraining.com/hsweb
for more information.

Additional Resources

- TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked (see page 26)
- The Truth About Teen Alcohol Use 101: A Social Norms Approach (see page 26)
- Coping with Disruptive Life Changes (see page 27)
- Skills for Healthy Living (see page 28)



See page 33

PRICING

Student Guide 10-Pack	\$60.00
Teacher's Manual	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	\$265.00
High School companion website	FREE

Figure It Out

Activity B: PROPS: A Decision-Making Method

Some decisions are easy, but others are difficult because a person might feel **ambivalent** (be able to see the benefits of different choices). Using the PROPS method can help you make decisions when you are facing a **dilemma** (a situation with more than one possible outcome) and unsure of what to decide.

- Step 1:** **Pause.** Breathe deeply. Tell yourself you can figure this out. A positive attitude aids decision-making.
- Step 2:** **Reflect** on the situation. What is the decision that needs to be made?
- Step 3:** Consider your **Options**. It may seem you have no choices, but in fact you do. Think about the likely benefits and risks of each option and the possible results.
- Step 4:** **Prioritize** your options on the basis of your values; that is, figure out what is most important to you. Determine what's at stake, both in the short and long terms.
- Step 5:** **Select** the most effective option; make your decision and then review the result.

Work through a decision with your class. Write down the steps you take.

Pause			
Reflect			
Options	1.	2.	3.
Benefits			
Risks			
Prioritize			
Select and Evaluate			

Decision-Making for Health 11

Sample page from Student Guide

Figure It Out

Activity B: PROPS: A Decision-Making Method

10 minutes

- Goals** After completing this activity, students will better understand:
- #2. How our decisions reflect who we are—our personality, character, and values.
 - #3. How our decisions affect our health.
 - #4. How decision-making skills can help us change or improve a health behavior.

Instructions

1. State the goals of the activity.
2. Ask students to open to **Activity B on page 11** in the Student Guide.
3. Point out to students that sometimes they might **feel ambivalent** (that is, able to see the benefits of different choices) about a decision they need to make. Tell them that the method they are about to learn (called PROPS) can help them think through important decisions when they find themselves **facing a dilemma** (a situation with more than one possible outcome). Go over the steps of PROPS:

- Step 1:** **Pause.** Breathe deeply. Tell yourself you can figure this out. A positive attitude aids decision-making.
- Step 2:** **Reflect** on the situation. What is the decision that needs to be made?
- Step 3:** Consider your **Options**. It may seem you have no choices, but in fact you do. Think about the likely benefits and risks of each option and the possible results.
- Step 4:** **Prioritize** your options on the basis of your values; that is, figure out what is most important to you. Determine what's at stake, both in the short and long terms.
- Step 5:** **Select** the most effective option; make your decision and then review the result.

2.4 Teacher's Manual

Sample page from Teacher's Manual

TRANSITIONS PROGRAM / Gilbert J. Botvin, Ph.D.

Program Overview

The Botvin *LifeSkills Training* Transitions program is a highly interactive, skills-based program designed to promote positive health and personal development. This program helps older adolescents navigate the transition from high school into the workforce and higher education. The *LifeSkills Training* Transitions program helps students achieve competency in the skills that not only are key to success but also have been found to reduce and prevent substance use and violence.

Target Audience

Designed for use in the 11th or 12th grade, the Botvin *LifeSkills Training* Transitions program can be taught in school, community, and after-school settings.

Program Learning Objectives

The *LifeSkills Training* Transitions program uses a developmentally appropriate, integrated approach designed to strengthen student abilities in the following areas:

- **Personal Self-Management Skills**
Provides students with strategies for healthy decision-making, managing stress, and managing time and money.
- **General Social Skills**
Enables students to strengthen their communication skills and build and maintain relationships in a variety of settings.
- **Drug Resistance Skills**
Empowers students to understand the consequences of substance use and risk-taking.

Program Structure*

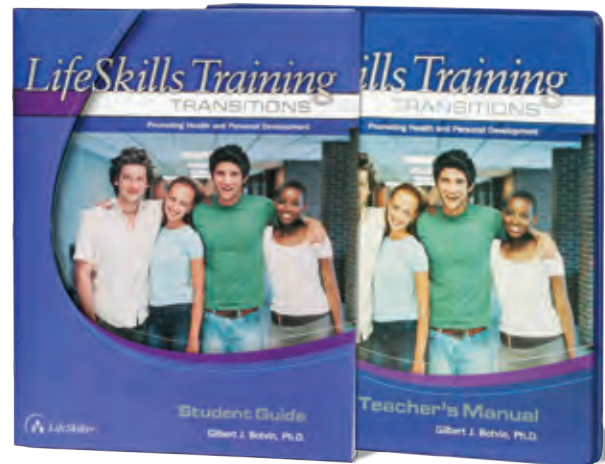
This program is designed to be implemented in 6 class sessions (approximately 40-45 minutes each session). The program can be taught either on an intensive schedule (two to three times a week until the program is complete) or on a more extended schedule (once a week for 6 weeks). The Transitions program can be used alone or in combination with the Botvin *LifeSkills Training* High School program.

*See Scope and Sequence on page 11

Program Components

The Botvin *LifeSkills Training* Transitions program includes the following materials:

- Comprehensive, easy-to-use Teacher's Manual
- Student Guide



“Through *LifeSkills* we are equipping students with skills that they need to be productive members of society and be happy and healthy.”

—LifeSkills Instructor

Provider Training Services

to fit all your needs
LifeSkills Training

Online • On-site

See page 32

Additional Resources

- The Truth About Teen Alcohol Use 101: A Social Norms Approach (see page 26)
- Dating for Real: Building Safe and Healthy Relationships (3-pack) (see page 27)
- Financial Literacy for Students (see page 27)
- Skills for Healthy Living (see page 28)

PRICING

Student Guide 10-Pack	\$60.00
Teacher's Manual	\$85.00
Training Set (1 Teacher's Manual & 1 Student Guide)	\$95.00
Curriculum Set (1 Teacher's Manual & 30 Student Guides)	\$265.00

Do It Now

Make It Happen

Activity D: Bounce-Back Practice

With your group, choose three triggers from those identified by your class in Activity B. Which Stress Management and Bounce-Back Techniques (pages 15-16) would you advise a person to use to help handle each trigger? What benefit would each technique provide?

Trigger(s): What causes stress?	Stress Management / Bounce-Back Technique(s) to use	Benefit of technique
Meeting with a supervisor	Deep breathing Put things in perspective	Calms nerves This is part of my job It's our first meeting and I'll get used to it

Trigger(s): What causes stress?	Stress Management / Bounce-Back Technique(s) to use	Benefit of technique
1.		
2.		
3.		

Wrap Up

- Stress is a normal part of a time of transition.
- Knowing how to benefit from opportunities and practicing stress management techniques can help you develop resilience during times of transition.
- Learning to manage the stress of transitions in healthy ways helps you cultivate resilience.
- Substance use undermines the ability to bounce back from stressful situations—and can make them worse.

3: Managing Stress 17

Sample page from Student Guide

Do It Now/Make It Happen

**Suggested
Timing**
10 minutes

Activity D: Bounce-Back Practice

Goal

- Students will:
- learn and apply stress management techniques that can help cultivate resilience

Teaching Strategies

- Coaching
- Behavioral Rehearsal
- Assessment

Instructions

1. Introduce the goal of the activity.
2. Tell students that they will be taking on the role of Bounce-Back Coach to practice their stress management skills.
3. Place students into small groups. Have each group select at least three triggers from the ones the class identified in Activity B.
4. Have students turn to Activity D: Bounce-Back Practice on **page 17 in the Student Guide**. Inform them that for each trigger, they will identify which Stress Management and Bounce-Back Techniques they would suggest a person use to handle each trigger and how it would help manage the stress.
Note: If time is running short, this can be done as a class activity.
5. Invite groups to share their ideas.
6. Process the activity using these open questions.

Observe

- What do you notice about the techniques that were selected?

Analyze

- What is the advantage of knowing more than one Stress Management or Bounce-Back Technique?

Predict

- How might a person's reaction be different without the capacity for resilience?

Suggest

- How might different people handle the same trigger?

3.B LifeSkills® Training: Transitions Teacher's Manual

Sample page from Teacher's Manual

Parent Program / Gilbert J. Botvin, Ph.D.

Program Overview

The award-winning Botvin *LifeSkills Training* Parent Program is designed to help parents strengthen communication with their children



and prevent them from using substances. This powerful prevention tool is ideal for individual use at home. The comprehensive guide and DVD included in this program contain materials and exercises that help parents teach their children the skills to resist the threats of tobacco, drugs, and violence. These tools

help parents prepare their children for a successful progression from adolescence to early adulthood.

Target Audience

Designed for parents and guardians of students in grades 6 – 9.

Program Learning Objectives

The Botvin *LifeSkills Training* Parent Program is divided into four easy-to-use sections:

■ Section 1: Introduction

Gives an overview of the issues related to adolescent drug abuse.

■ Section 2: Protective Family Factors

Provides parents with information on how to be a good role model for their children, ways to convey a clear anti-drug message, and tips for effective family communication and parental monitoring.

■ Section 3: General Life Skills

Provides parents with information and engaging activities to help their children develop personal self-management and social skills.

■ Section 4: Additional Resources

Offers a comprehensive listing of resources to guide parents who are seeking additional information.

*See *Scope and Sequence* on page 25

Workshop Set

The Botvin *LifeSkills Training* Parent Program Workshop Set is designed to provide parent workshop leaders with materials suited for workshop delivery. The set includes:

■ Leader's Guide

A step-by-step manual for workshop facilitators provides activities and instructions for implementing parenting workshops. It includes lesson plans for each session, implementation tips, and a Parent DVD.

■ Parent Workshop Guide

Specifically designed for facilitated workshops, the Botvin *LifeSkills Training* Parent Workshop Guide contains the Protective Family Factors and General Life Skills sections from the full Parent Program. Used in conjunction with the Parent Program Leader's Guide, this guide allows facilitators to address specific needs of parents in their community.



available in Spanish

PRICING

Parent Program Workshop Set

(1 Parent Program Leader's Guide, 1 DVD, and 20 Workshop Guides) \$395.00

Parent Program Leader's Guide \$175.00

Parent Workshop Guide 10-Pack* \$120.00

Parent Workshop Guide 20-Pack* \$220.00

Parent Program Training Set

(1 Parent Program Leader's Guide, 1 Parent DVD, 1 Parent Workshop Guide) \$192.00

*Pricing also applies to Spanish curriculum

Additional Resources (see page 26)

- Alcohol and the Teenage Brain: A Video Guide for Parents and Professionals
- Underage Drinking: A Video Guide for Parents and Professionals
- Marijuana: A Video Guide for Parents and Professionals
- Reality Matters for Parents 4-Pack DVD

	Unit Goals	Key Skills	Class Periods
LST Parent Program Orientation	To introduce participants to the program; to understand the challenges of combating substance use.	Identifying group's concerns; setting group's goals.	1
Family Communication	To help participants develop family communication skills.	Analyzing family communication styles; building skills for avoiding misunderstandings and expressing feelings effectively; family goal-setting.	1
Parental Monitoring	To help participants understand the importance of parental monitoring and determine an appropriate level.	Assessing family risk factors; establishing rules.	1
Being a Good Role Model	To help participants realize the power of positive role models and how to model positive behaviors.	Role modeling drug resistance and healthy stress management; value assessment.	1
Use of Appropriate and Consistent Discipline	To analyze disciplinary styles and help participants understand the importance of establishing rules.	Identifying different parenting styles; establishing rules; compromising; negotiation.	1
Effects and Warning Signs of Substance Use	To discuss commonly used substances, their effects, and warning signs of their use.	Analyzing adolescent behaviors; identifying signs of substance use; expressing substance-use concerns effectively.	1
Taking a Clear Stand on Drugs	To help participants communicate rules and consequences on substance abuse to their children.	Preparing to respond to substance-related questions; analyzing rules and the consequences for breaking them.	1
Total Class Periods			7

Wise Owl's Drug Safety Kit



Grade Levels: Kindergarten – 3

Based on effective, age-appropriate strategies for K-3 drug education, this curriculum carefully introduces young students to the concepts of healthy decisions related to drugs and medicines. Three videos use a mix of live-action scenes and colorful animation featuring Wise Owl and his niece Wendy. An interactive format uses video pauses that allow viewers to share ideas and discuss what characters should do next.

Includes: DVD, teacher's resource bookn with pre/post tests, student handouts, 3 posters, 15 activity cards, and 60 stickers
Total running time: 30 Minutes, closed captioned



TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked



Grade Levels: 7 – 12

This video explores the phenomenon of targeting young consumers. It will surely be an eye-opener for students who may prefer to think that they're not being manipulated by ads and media images. *TARGETED!* unveils some of the most common "tricks of the trade" that tobacco and alcohol companies use to market their products.

Includes: Teacher's resource book and student handouts
Total running time: 23 minutes



The Truth About Teen Alcohol Use 101: A Social Norms Approach



Grade Levels: 10 – 12, Adult

The social norms approach of this groundbreaking video demonstrates to high school students that most of their peers do not drink, regardless of what they assumed. Interwoven with lifesaving facts about alcohol poisoning, student interviews reveal surprise and relief that their own non-drinking behavior is identical to that of the majority of their peers.

Total running time: 23 minutes

The Real True and False About Alcohol, Marijuana, and Inhalants



Grade Levels: 5 – 9

The impression many middle school students have about drugs is that "everybody's using them." That misinformation may influence students to take their first step through the gateway provided by alcohol, marijuana, or inhalants. Hosted by high school students, this engaging, fact-filled program uses a lively "pop quiz" format that guides middle schoolers through the myths and truths of specific drugs.

Total running time: 15 minutes

For Parents and Professionals

Reality Matters for Parents 4-Pack DVD



Bullying, teenage drinking, obesity, and Internet safety are some of the biggest challenges facing parents and teens today. These programs provide tips for keeping teens safe and helping them to make smart decisions now and in the future.

Total running time: 80 minutes (20 minutes per disc)

Alcohol & the Teenage Brain: A Video Guide for Parents and Professionals



This straightforward video presents the latest research about how alcohol impairs the growing adolescent brain. Once thought to be finished developing at birth, the brain continues to grow and develop through adolescence and into the early 20s—times of intense and massive knowledge acquisition. Adolescents experimenting with alcohol and binge drinking are literally putting their futures at risk by compromising the full potential of their brains to learn, conceptualize, and prepare for college and the workplace.

Total running time: 15 minutes

Underage Drinking: A Video Guide for Parents and Professionals



This video arms parents with crucial information about setting firm guidelines for their teenage children. Most importantly, though, it lets parents know that they are the best deterrent to underage teen drinking. The program also informs parents of their legal liabilities if teens are drinking in their homes or at unsupervised parties.

Total running time: 15 minutes

Marijuana: A Video Guide for Parents and Professionals



This video presents the latest research that marijuana is not a harmless drug. Viewers learn of the groundbreaking research that clearly connects marijuana use to head and neck cancer and shows the devastating results of these cancers. Also presented are the disturbing link between marijuana use and lung cancer, and the difficulty teenagers have in quitting once they have started.

Total running time: 15 minutes

PRICING	
Wise Owl's Drug Safety Kit	\$279.95
TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked	\$139.95
The Truth About Teen Alcohol Use 101: A Social Norms Approach	\$149.95
The Real True and False About Alcohol, Marijuana, and Inhalants	\$129.95
Reality Matters for Parents 4-Pack	\$159.95
Alcohol & the Teenage Brain: A Video Guide for Parents and Professionals	\$19.95
Underage Drinking: A Video Guide for Parents and Professionals	\$29.95
Marijuana: A Video Guide for Parents and Professionals	\$29.95

What Does It Mean to Be a Good Friend?

DVD

Grade Levels: 3 – 5



This program, featuring real kid-on-the-street interviews, fun animation, and typical scenarios of friendship dilemmas, will help your students learn new tips for navigating the world of friendships. Worksheets and lesson plans are designed to promote classroom discussion and encourage students to think about what it means to be a good friend.

Includes: DVD, Teacher's Resource Book, and Student Handouts in digital formats

Produced by: Human Relations Media, Inc.

Total running time: 20 minutes, closed captioned

Coping with Disruptive Life Changes

DVD

Grade Levels: 7 – College



This program showcases the real stories of several teens who coped with major disruptions in their lives. The program emphasizes the importance of being patient, having realistic expectations, and seeking out people who can provide help and support. On-screen experts provide creative tips for adapting, coping, and growing.

Includes: DVD, Teacher's Resource Book, and Student Handouts in digital formats. DVD contains Spanish subtitles.

Produced by: Human Relations Media, Inc.

Total running time: 22 minutes, closed captioned

Toxic Relationships

DVD

Grade Levels: 9 – 12



In this thought-provoking video, high school students discuss the obsessive demands, the blaming, and control issues common to abusive relationships. The teens encourage peers to avoid abusive situations and to look for trust and acceptance from their peers.

Includes: DVD, Teacher's Resource Book, and Student Handouts in digital formats

Produced by: Human Relations Media, Inc.

Total running time: 32 minutes

Dating for Real: Building Safe and Healthy Relationships

DVD

Grade Levels: 8 – 12



This three-part video series uses pop-culture imagery, documentary interviews, and entertaining acted-out dramas to inform youth about the elements of healthy relationships, violence and abuse in relationships, and other important factors affecting dating couples. Young people from diverse backgrounds discuss real-life dating experiences and how former gender stereotypes are giving way to new expectations for equality and mutual respect.

Includes: DVD and Teacher's Resource Book in digital format

Produced by: FaithTrust Institute for Human Relations Media, Inc.

Total running time: 3 20-minute videos, closed captioned

PRICING

What Does It Mean to Be a Good Friend?	\$99.95
Coping with Disruptive Life Changes	\$139.95
Toxic Relationships	\$149.95
Dating for Real: Building Safe and Healthy Relationships (3-pack)	\$199.95

Reality Matters: Students at Risk 6-Pack

DVD



Grades 6-12

These days, students are inundated with mixed messages about drugs, smoking, peer pressure, and many other real-life issues. This DVD 6-pack will help teachers speak directly to students about the serious issues teens face during puberty.

Extreme Measures *Total running time: 24 minutes*

Deadly Highs *Total running time: 24 minutes*

Smoke Signals *Total running time: 24 minutes*

High Performance *Total running time: 24 minutes*

Cruel Schools *Total running time: 24 minutes*

Sexual Pressures *Total running time: 24 minutes*

PRICING

Reality Matters: Students at Risk 6-Pack	\$259.95
Extreme Measures	\$59.95
Deadly Highs	\$59.95
Smoke Signals	\$59.95
High Performance	\$59.95
Cruel Schools	\$59.95
Sexual Pressures	\$59.95

Also Available

Financial Literacy for Students

DVD

Grades 9-12

Instill your students with a sense of personal fiscal responsibility. Students will learn about security and banking online, figuring interest, the rewards and risks of credit, securing loans, and long-term saving and investing.

Total running time: 19 minutes

PRICE

\$59.95

Grade Levels: 9 – 12

Analyzing Media Influences

DVD



Experts blame the growing obesity epidemic on a variety of factors, including excessive snacking and advertising. In this video, viewers examine how various forms of the media affect the way we feel about ourselves and influence the health choices we make.

Total running time: 27 minutes

Sex and Consequences

DVD



The number of sexually active teens is decreasing, despite media portrayal of the opposite. This video introduces viewers to teens who have decided to make safe choices about sex once they have thought about the risks.

Total running time: 30 minutes

Coping with Change

DVD



Teens often have to deal with many changes at home and at school, as well as changes taking place inside their bodies. In this video, teens, parents, and physicians discuss family changes that affect the lives of adolescents and offer tips on how to cope.

Total running time: 30 minutes

Weighing the Risks

DVD



Teens often face pressure to try drugs and alcohol. Listen to several teens who have learned, sometimes the hard way, to say no. This video addresses how drug use and abuse lead to physical, emotional, social, and legal consequences.

Total running time: 30 minutes

Handling Stress

DVD



Stress comes in many forms for teenagers. Meet several teens who were bullying victims and several who did the bullying, and find out what they learned about themselves.

Total running time: 30 minutes

Setting Goals for Healthy Living

DVD



It's not enough for students to just wish to eat better or get more exercise. This video will teach students how to set and meet health goals.

Total running time: 30 minutes

Learning to Like Yourself

DVD



Learning to like yourself for the person you are is not always easy. In this video, teens discuss ways to build confidence and self-esteem by focusing on individual talents and learning how to accept themselves for the people they are.

Total running time: 30 minutes

Making Healthy Choices

DVD



Teens make decisions every day that affect their health. In this video, viewers learn how to weigh all the possibilities before taking action by understanding the importance of making good decisions and examining the possible consequences of making poor decisions.

Total running time: 44 minutes

PRICING

Analyzing Media Influences	\$59.95
Coping with Change	\$59.95
Handling Stress	\$59.95
Learning to Like Yourself	\$59.95
Making Healthy Choices	\$59.95
Sex and Consequences	\$59.95
Weighing the Risks	\$59.95
Setting Goals for Healthy Living	\$59.95

Straight Talk about Sexting and Messaging new DVD

Grade Levels: 7 – College



True life stories offer cautionary tales about the dangers of sexting and anonymous messaging on cell phones and on social media. Students will learn that privacy is not possible on the Internet and once a nude photo or racy text is sent, it is likely to come back to haunt them. Viewers learn the downside of sexting, including possible charges of sending or receiving child pornography, being blackmailed by exes who threaten to release private photos, being labeled a sex offender, and experiencing severe depression about loss of control of their images, videos, and reputations.

Includes: Video, plus teacher's resource book, student handouts in digital format
Total Running Time: 19 minutes, closed captioned

Unlocking Your Potential: Grit, Determination, and Mindset new DVD

Grade Levels: 7 – College



"I just can't do this." That's the reaction of too many teens when they face academic and personal challenges. As a result, these students struggle to reach their goals.

This program describes new research that informs students how to discard the "I can't" mindset, and how intelligence and talent can be developed through hard work and persistence. It emphasizes the importance of embracing challenges and viewing failure as a way to learn. Students are encouraged to evaluate their own mindsets and to think about the importance of grit and determination in their own lives.

Includes: video, plus teacher's resource book, student handouts and pre/post tests in digital format
Total Running Time: 20 minutes, closed captioned

Mind/Body Connection: How Your Emotions Affect Your Health DVD

Grade Levels: 7 – College



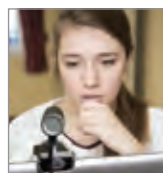
In this program students learn how their emotional health affects their physical health and vice-versa. The program describes how many physical ailments have a mental component and are precipitated by factors such as stress, anxiety, and depression.

Researchers and clinicians talk about how improvements in psychological functioning can mitigate and even prevent the symptoms of many diseases. Viewers come away with the message that emotional health promotes physical health, and a healthy body leads to a healthier, happier mind. In addition to the student video, the DVD includes a separate 7-minute video on meditation featuring Dr. Peter Montminy, a clinical psychologist and mindfulness teacher.

Includes: video, plus 31-page teacher's resource book, student handouts and pre/post tests in digital format
Total running time: 20 minutes, closed captioned

Ten Ways To Stay Safe on the Internet DVD

Grade Levels: 7 – College



Digitally smart teens need to understand and avoid the consequences of putting very private personal information and photos onto social networking sites, email, chat rooms, blogs, and websites. This program encourages teens to consider their posts before they click, protect their passwords, regularly monitor their online profiles and privacy settings, check tags in postings from others, and more. Teens are encouraged to be aware of tracking technologies abuses, the dangers of texting and driving, anonymous (not!) apps, social network platforms, sexting, cyber bullying, and safe surfing and downloading practices.

Includes: video, plus 28-page teacher's resource book, student handouts and pre/post tests in digital format
Total running time: 22 minutes, closed captioned

PRICING

Straight Talk about Sexting and Messaging	\$149.95
UNLOCKING YOUR POTENTIAL: Grit, Determination, and Mindset	\$149.95
Mind/Body Connection: How your Emotions Affect Your Health	\$149.95
Ten Ways to Stay Safe on the Internet	\$149.95



The Bully Proof Kit

DVD

Grade Levels: 3 – 6

This unique curriculum includes four videos, engaging activity cards and role-play scenarios, and other activities and posters that reinforce and explore positive ways to recognize and deal with bullying situations.

Includes: 4 DVDs, teacher's resource book, pre-/post-tests, 3 color posters, 40 activity cards, and activity sheets

Total running time: 60 minutes, closed captioned

Are You a Bully?

DVD

This program encourages students to recognize bullying behavior in themselves.

Includes: Teacher's resource book and student handouts

Total running time: 15 minutes

Don't Stand By

DVD

Witnesses to bullying are just as guilty as the bullies themselves. Using the video-diary format, viewers follow four young students who witness bullying and do something about it.

Includes: Teacher's resource book and student handouts

Total running time: 15 minutes

Five Ways to Stop a Bully

DVD

This program shows victims and bystanders how to stop a bully. Viewers are guided through five strategies: Stay Away, Stand Up, Put on a Brave Face, Talk One-on-One, and Tell an Adult. These effective strategies empower kids to stop bullying and stay safe.

Includes: Teacher's resource book and student handouts

Total running time: 15 minutes

Help! I'm a Bully

DVD

Bullying is a learned behavior that can be changed. In this program, the kids themselves discover their bullying behavior and successfully change it.

Includes: Teacher's resource book and student handouts

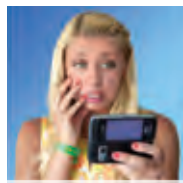
Total running time: 15 minutes

Whiteboard version available for SMART notebook

I Was Cyberbullied

DVD

Grade Levels: 7 – College



This program presents three real-life stories from kids who were targets of cyberbullying attacks and offers viewers practical suggestions for how to avoid being victimized by this new, rapidly spreading type of bullying. Each story highlights important tips.

Includes: DVD, teacher's resource book and student handouts in digital formats. DVD contains Spanish subtitles.

Total running time: 23 minutes, closed captioned

Produced by: Human Relations Media, Inc.

Bully Bystanders: You Can Make a Difference

DVD

Grade Levels: 7 – College



This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. We also hear from real teens discussing incidents where they and their peers made a difference by intervening in a bullying situation. On-screen experts advise

teens how they can become proactive without putting themselves at risk.

Includes: DVD, teacher's resource book and student handouts in digital formats, DVD contains Spanish subtitles.

Total running time: 17 minutes, closed captioned

Produced by: Human Relations Media, Inc.

Standing Tall: Learning Assertiveness Skills

DVD

Grade Levels: 5 – 9

Teasing, bullying, peer pressure: These are all that are challenging for middle school students — especially shy ones — to deal with. How should they respond when bullies, cliques, and even friends make them feel bad or treat them disrespectfully? This powerful program helps guide middle school students on the challenging road toward learning to speak up for themselves and others. Conflict resolution expert Naomi Drew offers practical tips that students can use in developing assertiveness and standing up for themselves.

Includes: DVD, teacher's resource book, and student handouts in digital formats

Total running time: 24 minutes, closed captioned

Produced by: Human Relations Media, Inc.



Wise Owl Bully Stopper Kit

Grade Levels: Kindergarten – 2

The Wise Owl Bully Stopper Kit is designed to provide the tools that a school needs to put a stop to bullying. Helpful vignettes play out common situations that help young viewers learn how to deal with bullies in a healthy, assertive manner.

Includes: 3 DVDs, teacher's resource book, pre-/post-tests, student activities, 3 full-color posters, and laminated activity cards

Total running time: 34 minutes



Don't Be a Bully Bystander



I See a Bully introduces three age-appropriate vignettes to help Wise Owl offers several strategies for children to use when they see someone else being bullied. This video encourages viewers to appreciate their own power to help stop others from being bullied.

Includes: DVD, teacher's resource book, and student handouts

Total running time: 13 minutes

I See a Bully



I See a Bully introduces three age-appropriate vignettes to help young viewers learn how to identify different types of bullies. Students learn that bullies are kids who hurt others with their behavior, their words, or their aggressive acts.

Includes: DVD, teacher's resource book, and student handouts

Total running time: 10 minutes

You Can Stop a Bully



Wise Owl helps viewers learn valuable techniques for standing up for themselves and stopping bullying. Tips include Ignore a Bully, Walk Away, Never Get Physical with a Bully, Team Up with Friends, and Tell an Adult.

Includes: DVD, teacher's resource book, and student handouts

Total running time: 11 minutes

PRICING

The Bully Proof Kit*	\$399.95
I Was Cyberbullied	\$139.95
Bully Bystanders: You Can Make a Difference	\$139.95
Standing Tall: Learning Assertiveness Skills	\$129.95
Wise Owl Bully Stopper Kit**	\$329.95

*Pricing also applies to Whiteboard version

**Pricing also applies to Spanish version *Produced by: Human Relations Media, Inc.*

Training Overview

LifeSkills Provider Training Workshops prepare teachers, school counselors, prevention specialists, community youth educators, and other program providers to effectively implement the state-of-the-art prevention education activities found in the Botvin *LifeSkills Training* program.

Each Workshop plays an important role in enhancing the confidence and skill capacity of participants, resulting in optimal implementation of the Botvin *LifeSkills Training* program.

Types of Workshops

Foundation Training Workshops

One-day workshop prepares individuals to implement the Botvin *LifeSkills Training* program.

Core Training Workshops

Two-day workshop provides in-depth analysis of the curriculum as well as hands-on practice teaching the program.

Booster Training Workshops

One-day workshop introduces participants to levels 2 and 3 of the Botvin *LifeSkills Training* Middle School program. Prerequisite: completion of middle school core or foundation workshop.

Training of Trainers Workshops

Two-day advanced training workshop teaches participants how to deliver and conduct LifeSkills Provider Training Workshops for their organization.

Prerequisite: completion of core or foundation workshop and at least one semester of implementing the LST program.

Parent Program Leader Training Workshops

One-day workshop provides individuals with the tools to implement the Botvin *LifeSkills Training* Parent Program. Facilitators leave this workshop ready to assist parents in successfully applying the program in their homes.

Training Formats

Online Training Workshops

Offering flexibility and convenience; accessible from your work or personal computer. Available for all foundation training and parent program leader training workshops for \$250 per person. Note that training materials are additional. All trainings require participants to have a copy of the curriculum at the training.

On-Site Training Workshops

For organizations requiring training for a maximum of 20 people. Available for all types of workshops. Call or email us for a quote.

Technical Assistance

On-site or online technical assistance is a customized support service designed to help program providers identify pre- and post-adoption strengths and challenges and develop action plans and strategies for building institutional and instructional support specific to their site.

Professional Development

National Health Promotion Associates (NHPA) is pleased to launch new professional development services designed to provide prevention providers, health and wellness educators, administrators, and parents with flexible training options to expand their knowledge and skills in a variety of critical health topics impacting youth today.

 Teaching Marijuana Prevention

 E-cigarettes and vaping

Courses will be available in a variety of formats:

- Instructor-led (in-person and online)
- Blended (instructor-led and self-paced)
- Self-paced

Our goal is to provide high quality services available that meet the needs and schedules of today's prevention providers. NHPA has a cadre of experienced trainers and has been delivering services to schools and communities for over 25 years.

Visit us online at www.lifeskillstraining.com to learn more or contact us at (800) 293-4969.



Visit lifeskillstraining.com for training schedule & workshops

Celebrate your students' success with LST Celebration items



Elementary School Set
30 Certificates • 30 Wristbands • 30 Pencils
\$54.00



Middle School Set
30 Certificates • 30 Wristbands • 30 Pens
\$76.50



High School Set
30 Certificates • 30 Wristbands • 30 Highlighter/Pens
\$84.00



Elementary School Certificate
(10 pack)
\$3.00



Middle School Certificate
(10 pack)
\$3.00



High School Certificate
(10 pack)
\$3.00



“Got Skills” T-shirt
\$10.00



Classic T-Shirt
\$10.00



Backpack
\$3.00



Water Bottle
\$1.50



Wristband
\$1.00



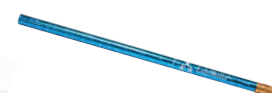
Stress Ball
\$1.00



Pen
\$1.25



Highlighter/Pen
\$1.50



Pencil
\$.50



Pen
\$1.25



Pencil
\$.50



Wristband
\$1.00

Botvin LifeSkills Training Elementary School Program (pages 12-13)
Elementary School Level 1 (Grades 3/4)

	ENGLISH	PRICE
Student Guide 10-Pack	ES10PK L1	\$50.00
Teacher's Manual	ESSTM L1	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	ESSSET L1	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	ESCSET L1	\$235.00

Elementary School Level 2 (Grades 4/5)

	ENGLISH	PRICE
Student Guide 10-Pack	ES10PK L2	\$50.00
Teacher's Manual	ESSTM L2	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	ESSSET L2	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	ESCSET L2	\$235.00

Elementary School Level 3 (Grades 5/6)

	ENGLISH	PRICE
Student Guide 10-Pack	ES10PK L3	\$50.00
Teacher's Manual	ESSTM L3	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	ESSSET L3	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	ESCSET L3	\$235.00

Full Elementary Curriculum Set

	ENGLISH	PRICE
Full curriculum set	ESFSET	\$655.00
Levels 1-3 (1 Teacher's Manual & 30 Student Guides per level)		

Botvin LifeSkills Training Elementary CD-ROM, Level 1 (page 13)

	ITEM #	PRICE
Elementary CD-ROM, Level 1	ESCD-ROM	\$49.95
5-Pack	ESCD-ROM 5PK	\$249.75
10-Pack	ESCD-ROM 10PK	\$449.55
20-Pack	ESCD-ROM 20PK	\$799.20

Botvin LifeSkills Training Elementary CD-ROM, Level 2 (page 13)

	ITEM #	PRICE
Elementary CD-ROM, Level 2	ESCD-ROM2	\$49.95
5-Pack	ESCD-ROM2 5PK	\$249.75
10-Pack	ESCD-ROM2 10PK	\$449.55
20-Pack	ESCD-ROM2 20PK	\$799.20

Botvin LifeSkills Training Middle School Program (pages 14-15)

Middle School Level 1 (Grades 6/7)

	ENGLISH	PRICE
Student Guide 10-Pack	MS10PK L1	\$60.00
Teacher's Manual	MSSTM L1	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide, 1 Stress Management Techniques audio CD & 1 Smoking and Biofeedback DVD)	MSSSET L1	\$125.00
Curriculum set (1 Teacher's Manual, 30 Student Guides, 1 Stress Management Techniques CD & 1 Smoking and Biofeedback DVD)	MSCSET L1	\$295.00

Middle School Level 2 (Grades 7/8)

	ENGLISH	PRICE
Student Guide 10-Pack	MS10PK L2	\$50.00
Teacher's Manual	MSSTM L2	\$65.00
Training set (1 Teacher's Manual, & 1 Student Guide)	MSSSET L2	\$75.00
Curriculum set (1 Teacher's Manual, 30 Student Guides, 1 Stress Management Techniques audio CD, & 1 Smoking and Biofeedback DVD)	MSCSET L2	\$245.00

Middle School Level 3 (Grades 8/9)

	ENGLISH	PRICE
Student Guide 10-Pack	MS10PK L3	\$40.00
Teacher's Manual	MSSTM L3	\$45.00
Training set (1 Teacher's Manual & 1 Student Guide)	MSSSET L3	\$55.00
Curriculum set (1 Teacher's Manual, 30 Student Guides, & 1 Stress Management Techniques audio CD)	MSCSET L3	\$175.00

Full Middle School Curriculum Set

	ENGLISH	PRICE
Full curriculum set	MSFSET	\$645.00
Levels 1-3 (1 Teacher's Manual, 30 Student Guides per level, 1 Stress Management Techniques audio CD, & 1 Smoking and Biofeedback DVD)		
Stress Management Techniques audio CD	MSSTRESS	\$10.00
Smoking & Biofeedback DVD	MSDVD	\$20.00

Prescription Drug Abuse Prevention Module (page 18)

	ITEM #	PRICE
Prescription Drug Abuse Prevention Module – Digital <i>Cost is per teacher with unlimited student access</i>	MSPDA DIGTL	\$200.00
Prescription Drug Abuse Prevention Module – Print <i>Cost is per teacher and includes Teacher's Manual insert plus worksheets for 100 students</i>	MSPDA	\$200.00
Prescription Drug Abuse Prevention Module student worksheets <i>Additional packs of 100</i>	MSPDA WS	\$39.99

Botvin LifeSkills Training Middle School 101 CD-ROM (page 17)

	ITEM #	PRICE
Middle School 101 CD-ROM	MSCD-ROM	\$49.95
5-Pack	MSCD-ROM 5PK	\$249.75
10-Pack	MSCD-ROM 10PK	\$449.55
20-Pack	MSCD-ROM 20PK	\$799.20

Botvin LifeSkills Training High School Program (pages 20-21)
(Grades 9/10)

	ENGLISH	PRICE
Student Guide 10-Pack	HS10PK	\$60.00
Teacher's Manual	HSSTM	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	HSSSET	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	HSCSET	\$265.00

Botvin LifeSkills Training Transitions Program (pages 22-23)
(Grades 11/12)

	ENGLISH	PRICE
Student Guide 10-Pack	TR10PK	\$60.00
Teacher's Manual	TRSTM	\$85.00
Training set (1 Teacher's Manual & 1 Student Guide)	TRTSET	\$95.00
Curriculum set (1 Teacher's Manual & 30 Student Guides)	TRCSET	\$265.00

Botvin LifeSkills Training Parent Program (page 24)

	ENGLISH	PRICE
Parent Program (1 Parent Guide & 1 DVD)	MIPPO01DVD	\$59.95
5-Pack	MIPPO01DVD5PK	\$299.00
10-Pack	MIPPO01DVD10PK	\$540.00

Botvin LifeSkills Training Parent Program Workshop Set (page 24)

	ENGLISH	SPANISH	PRICE
Parent Program Workshop Set (1 Parent Program Leader's Guide, 1 Parent DVD, & 20 Parent Workshop Guides)	PPWSET		\$395.00
Parent Program Leader's Guide	PPLG		\$175.00
Workshop Guide 10-Pack	PPWG10PK	PPWGP10PK	\$120.00
Workshop Guide 20-Pack	PPWG20PK	PPWGP20PK	\$220.00
Training Set (1 Leader's Manual, 1 Workshop Guide, & 1 Parent DVD)	PPSSET		\$192.00

Celebration Collection (page 31)

	ITEM #	RED RIBBON	PRICE
Elementary School Set	ESCS		\$54.00
Middle School Set	MSCS		\$76.50
High School Set	HSCS		\$84.00
Elementary School Certificates	LSTCERTES		\$3.00
Middle School Certificates	LSTCERTMS		\$3.00
High School Certificates	LSTCERTHS		\$3.00
Got Skills T-Shirt	TSSKILLS		\$10.00
Classic T-Shirt	TS		\$10.00
Backpack	LSTDRAW		\$3.00
Water Bottle	LSTWATER		\$1.50
Wristband	LSTBAND	LSTBANDRED	\$1.00
Pens	LSTPEN	LSTPENRED	\$1.25
Hi-Liter Pen	LSTHP		\$1.50
Stress Ball	LSTSTRBALL		\$1.00
Pencils	LSTFOIL	LSTFOILRED	\$5.00



Substance Abuse Prevention (page 26)**Wise Owl's Drug Safety Kit**

	DVD ITEM#	PRICE
Wise Owl's Drug Safety Kit	HRM900DV	\$279.95

TARGETED! How Tobacco & Alcohol Companies Try to Get You Hooked

	DVD ITEM#	PRICE
TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked	HRM583DV	\$139.95

The Truth About Teen Alcohol Use 101: A Social Norms Approach

	DVD ITEM#	PRICE
The Truth About Teen Alcohol Use 101:	DE877936	\$149.95

The Real True and False About Alcohol, Marijuana, and Inhalants

	DVD ITEM#	PRICE
The Real True and False About Alcohol, Marijuana, and Inhalants	DE867184	\$129.95

For Parents and Professionals**Reality Matters for Parents 4-Pack**

DVD ITEM#	PRICE
DE024659	\$159.95

Alcohol & the Teenage Brain: A Video Guide for Parents and Professionals

DVD ITEM#	PRICE
HRM4100DV	\$19.95

Underage Drinking: A Video Guide for Parents and Professionals

DVD ITEM#	PRICE
HRM4103DV	\$29.95

Marijuana: A Video Guide for Parents and Professionals

DVD ITEM#	PRICE
HRM4102DV	\$29.95

Health and Wellness (pages 27 - 29)**Relationships**

	DVD ITEM#	PRICE
What Does it Mean to Be a Good Friend?	HRM901DV	\$99.95
Coping with Disruptive Life Changes	HRM902DV	\$139.95
Toxic Relationships	DE872259	\$149.95
Dating for Real: Building Safe and Healthy Relationships	HRM497DV	\$199.95

Reality Matters: Adolescence**Reality Matters: Students at Risk 6-Pack**

	DVD ITEM#	PRICE
Reality Matters: Students at Risk 6-Pack	DE024165	\$259.95
Extreme Measures	DE776310	\$59.95
Deadly Highs	DE776328	\$59.95
Smoke Signals	DE776302	\$59.95
High Performance	DE776336	\$59.95
Cruel Schools	DE776351	\$59.95
Sexual Pressures	DE776344	\$59.95

Financial Literacy for Students

	DVD ITEM#	PRICE
Financial Literacy for Students	DE024354	\$59.95

Skills for Healthy Living

	DVD ITEM#	PRICE
Analyzing Media Influences	DE890012	\$59.95
Coping with Change	DE890038	\$59.95
Handling Stress	DE890053	\$59.95
Learning to Like Yourself	DE890061	\$59.95
Making Healthy Choices	DE890079	\$59.95
Sex and Consequences	DE890111	\$59.95
Weighing the Risks	DE890095	\$59.95
Setting Goals for Healthy Living	DE890103	\$59.95

Health and Nutrition

	DVD Item#	PRICE
Straight Talk about Sexting and Messaging	HRM8279DV	\$149.95
UNLOCKING YOUR POTENTIAL: Grit, Determination, and Mindset	HRM8280DV	\$149.95
Mind/Body Connection: How Your Emotions Affect Your Health	HRM8261DV	\$149.95
Ten Ways to Stay Safe on the Internet	HRM8270DV	\$149.95

Bullying Prevention (pages 30-31)**The Bully Proof Kit**

	DVD ITEM#	PRICE
The Bully Proof Kit	HRM8294DV	\$399.95

I Was Cyberbullied

	DVD ITEM#	Whiteboard	PRICE
I Was Cyberbullied	HRM904DV	HRM712WB	\$139.95

Bully Bystanders: You Can Make a Difference

	DVD ITEM#	PRICE
Bully Bystanders: You Can Make a Difference	HRM903DV	\$139.95

Standing Tall: Learning Assertiveness Skills

	DVD ITEM#	PRICE
Standing Tall: Learning Assertiveness Skills	HRM701DV	\$129.95

Wise Owl Bully Stopper Kit

	ENGLISH	SPANISH#	PRICE
Wise Owl Bully Stopper Kit	HRM8004DV	HRM8004SD	\$329.95

Training Services (page 32)

		PRICE
Online Training Workshop (price is per participant)	OTPFW	\$300.00
Training of Trainers (TOT) Workshop (materials included)	OTPTOT	\$1,500.00
To obtain a quote or information on arranging a training workshop or technical assistance, email training@nhpamail.com or call 1-800-293-4969.		

Visit the Botvin LifeSkills Training Website

Research. Browse. Download. Shop.

All of your
prevention needs
are one click away.



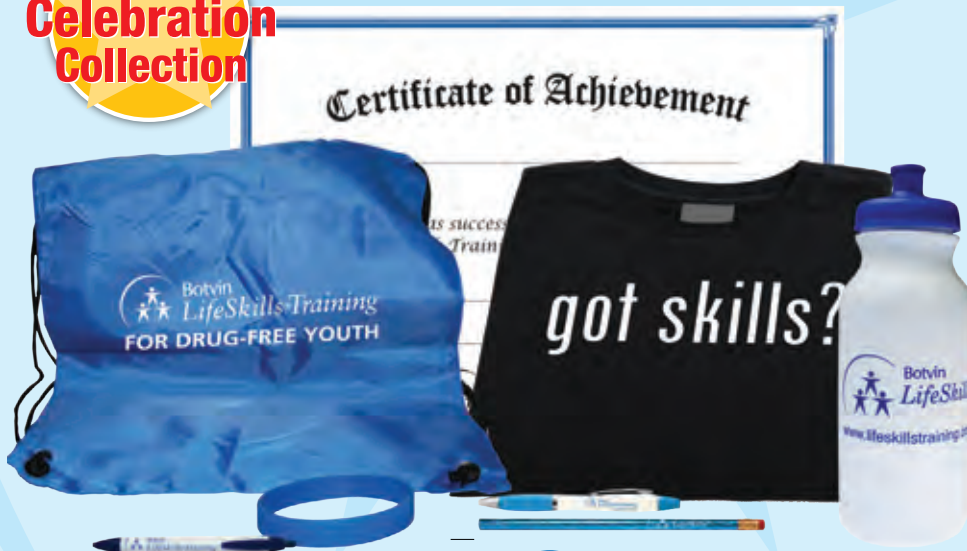
New Products • Latest Research • Access to Online Sample Lessons • Funding and Prevention News
Up-to-date Training and Event Information • Online Ordering

Botvin LifeSkills Training Celebration Collection

Recognize students' completion of a **Botvin LifeSkills Training** level!

For more information, visit www.lifeskillstraining.com

**LST
Celebration
Collection**



Celebrate your
students' success with the
LST Celebration Collection.

Choose from an
array of items including
Certificates of Achievement,
wristbands, T-shirts,
and more!

see page 33



Visit us on the web: www.lifeskillstraining.com



1025 Westchester Avenue, Suite 410
White Plains, NY 10604

The Experts' Choice • The Educators' Choice • The Educated Choice

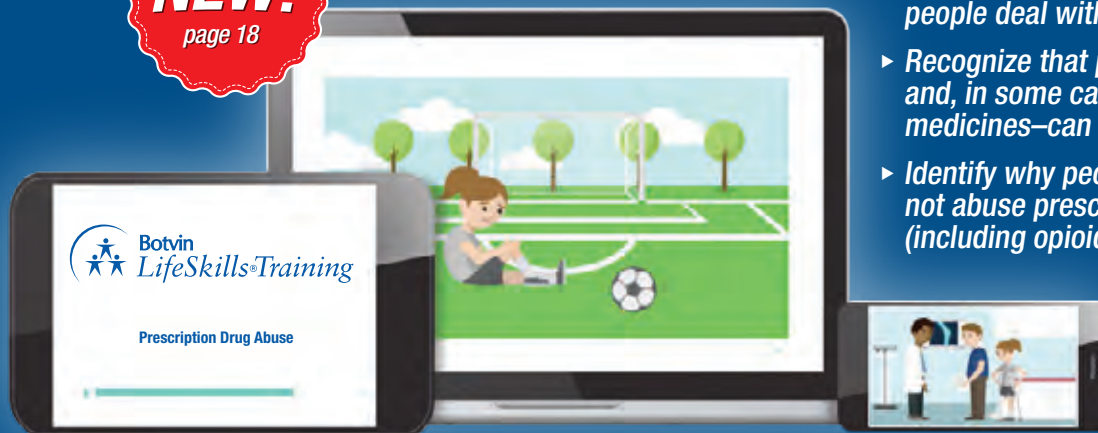


To obtain sample materials, please visit us online at www.lifeskillstraining.com or call 1-914-421-2525

Connect with us:



LST Prescription Drug Abuse Prevention Module



OBJECTIVES:

- ▶ Recognize that prescription drugs are medications intended to help people deal with medical problems.
- ▶ Recognize that prescription drugs—and, in some cases, over-the-counter medicines—can be abused.
- ▶ Identify why people do or do not abuse prescription drugs (including opioids).

Available in Digital and Print Formats