Botvin *LifeSkills Training*

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 ground-breaking 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



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)

