

# Botvin LifeSkills Training

## High School Program Overview

**LifeSkills Training (LST) High School Program** is an evidence-informed substance abuse and violence prevention program designed for implementation in the classroom. Through age-appropriate and culturally relevant information, facilitated discussion, and structured activities, students are equipped with skills to make healthy choices. To learn more about LST, visit [www.lifeskillstraining.com](http://www.lifeskillstraining.com).

### Substance Use Prevention



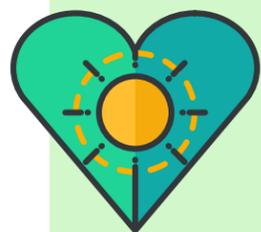
The program aims to prevent substance use by reducing risk factors and promoting protective factors. In LST, students evaluate perceived risks, consider potential consequences, learn techniques to assess whether a risk will harm or enhance their health, and understand how they can use their values to resist peer pressure.

### Vaping Prevention



Facilitators are equipped with a resource to bring emphasis to the salient topic of vaping and e-cigarettes. This includes background information and guidance on where to strategically integrate the topic within lessons.

### Violence Prevention



With lessons focused on managing stress, anger, and other emotions, students work to identify their triggers, understand how substances can influence emotional responses, and practice techniques to express powerful emotions in healthy non-violent ways.

### Social-Emotional Learning



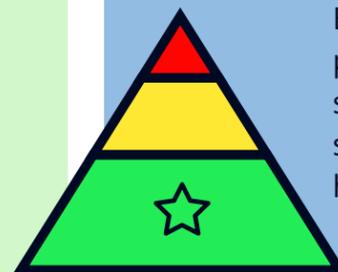
LST covers core competencies to enhance students' social and emotional intelligence. Through units on decision making, managing emotions, communicating with family members, and building healthy relationships, youth learn how to interact with others in healthy ways that align with their values.

### Mental Health Promotion



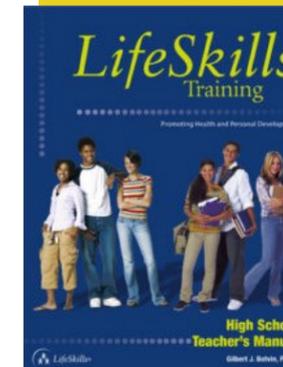
Students learn the value of good health, in both the mind and body. LST teaches students to effectively cope with extreme emotions such as anger and anxiety, adopt and maintain healthy thoughts and feelings, and consider how the media we consume can influence our beliefs about ourselves.

### Universal / Tier 1 Prevention Program



Botvin LifeSkills Training High School is a universal prevention program, designed to provide all students with health information, general life skills, and drug resistance skills as well as create a healthy school-wide norm against substance use.

### User-Friendly Lesson Plans



Instruction is made easy with user-friendly materials (Teacher Manual and Student Guide). The manual provides instructors with everything needed to deliver the program. Lessons are laid out with goals, key concepts, section headings, points-to-make, discussion questions, rubrics, teaching strategy icons, suggested timing, and more.

### Optional Online Resources



Instructors and students have access to supplemental online resources. The program's companion website includes activities that reinforce concepts and links to vetted sources where young people can safely research health-related topics.

### Theory-Based and Evidence-Informed



Grounded in theory, LST creates opportunities for students to learn healthy attitudes and ideas, and engage in peer-to-peer practice of pro-health behaviors. Additionally, a study showed a 52% reduction in daily substance users when comparing students who received LST to students who did not.