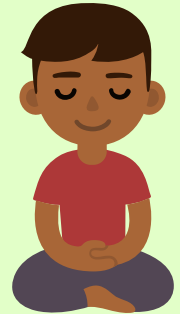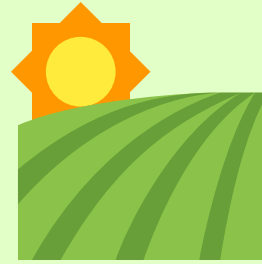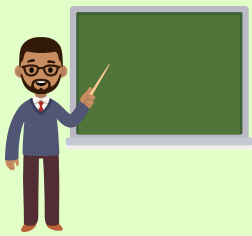# LifeSkills Training Middle School Program: Placement Examples*

Below are a few examples of how schools could deliver the LifeSkills Training Middle School curriculum. To the extent possible, CSPV will work with individual schools to make sure LST fits in their context.
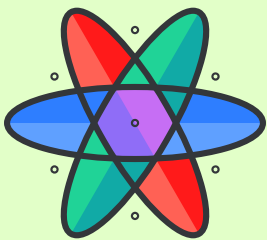
School A is a small, rural, K-12 private school with around 30 students per grade. This school trained their health teacher to provide the curriculum as part of the existing health class time. The sessions were taught once per week, 45 minutes each, over the course of four months until all 15 Level 1 sessions, 10 Level 2 sessions, and 5 Level 3 sessions were taught to 6th, 7th, and 8th graders, respectively.

School B is a suburban junior high school with 150 students in 7th, 8th, and 9th grades. This school partnered with prevention specialists from an outside organization to co-facilitate the curriculum. LST was taught as a "mini-series", with a lesson taught every day for consecutive weeks until the 15 Level 1 sessions (7th graders), 10 Level 2 sessions (8th), and 5 Level 3 sessions (9th) were delivered.

School C is an urban middle school with 300 6th-8th graders. This school trained an interdisciplinary set of teachers, counselors, and resource officers to teach the curriculum during the school's advisory period. They scheduled two LST sessions per week for consecutive weeks until all 15 Level 1 sessions (6th graders), 10 Level 2 sessions (7th), and 5 Level 3 sessions (8th) were delivered to all students.

School District D includes four middle schools that are all implementing LST in their own unique way. Curricular homes include social studies, science, language arts, and a special elective LST rotation in which all students are enrolled. Schedules vary by school, and all students receive a lesson at least weekly, including the optional violence prevention units, until all lessons are taught.

*Examples reflect schools that have progressed to their third year of implementation and deliver all three levels of the program.