LifeSkills Training (LST) – Gilbert J. Botvin

**THEORY**

**LifeSkills Provider Training Workshops**
- National Health Promotion Associates (NHPA) teach LifeSkills Providers (teachers, school counselors, prevention specialists, etc.) the theory, research, and rationale of the program
- Providers learn teaching skills, how to adapt the curriculum to meet local needs, and develop methods to overcome instructional and institutional implementation barriers

**Cognitive Behavioral Skills Training**

Sessions use lecture, discussion, coaching, and practice

**Elementary School Curriculum**
- 24 (30-45 minutes) class sessions taught over 3 years (8 sessions each year)

**Middle/Junior High School Curriculum**
- 30 (45 minute) class sessions taught over 3 years (15 sessions in the first year, 10 sessions in the second year, and 5 sessions in the third year)

**High School Curriculum**
- 10 (45 minute) class sessions taught over 1 year

**Sessions focus on:**

**General Social Skills**
- Overcoming shyness
- Communicating effectively and avoiding misunderstandings
- Resolving conflicts
- Assertiveness skills to make or refuse requests
- Recognizing choices other than aggression or passivity when faced with difficult decisions

**Personal Self-Management Skills**
- Examining self-image and its effects on behavior
- Coping with anxiety & anger
- Setting goals and tracking personal progress
- Understanding how decisions are influenced by others
- Analyzing problem situations and considering consequences of actions

**Drug Resistance Skills**
- Recognizing and challenging misconceptions about substance use (current prevalence rates and social acceptability)
- Understanding short- and long-term consequences of substance use
- Education about the addiction process
- Coping with peer & media pressure

**IMMEDIATE OUTCOMES**

**Students**
- Consistently attend school and actively participate in program sessions
- Gain knowledge about the misconceptions of substance use and learn effective coping skills to resist negative social pressures
- Practice skills learned to manage behavior

**INTERMEDIATE OUTCOMES**

**Students**
- Demonstrate an improvement in healthy communication and positive peer relationships
- Are introduced to concepts about effective communication and how to build positive peer relationships

**FINAL OUTCOMES**

**Students**
- Demonstrate increased knowledge about and modified normative expectations concerning substance use
- Develop a higher self-esteem, and feel confident to resist peer & media influences to use tobacco/alcohol/drugs
- Use problem-solving and decision-making skills to make healthy choices

**Lowered incidence and prevalence of cigarette smoking, marijuana use, and immoderate alcohol use**