

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

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



“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

