

Program Overview

The Botvin *LifeSkills Training* High School program is a highly interactive, skills-based program designed to promote positive health and personal development for high school youth. Based on the highly effective *LifeSkills Training* curriculum, this program helps adolescents navigate the challenges of the high school years and prepares them for the independence and responsibilities that they will encounter as young adults. The *LifeSkills Training* High School program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been found to reduce and prevent substance use and violence.

Target Audience

Designed for use in the 9th or 10th grade, the Botvin *LifeSkills Training* High School program can be taught in school, community, and after-school settings.

Program Learning Objectives

The Botvin *LifeSkills Training* High School program is an integrated approach that helps to develop personal, interpersonal, and drug resistance skills. The curriculum is designed to strengthen student abilities in the following areas:

- **Personal Self-Management Skills**
Students develop strategies for making healthy decisions, reducing stress, and managing anger.
- **General Social Skills**
Students strengthen their communication skills and learn how to build healthy relationships.
- **Drug Resistance Skills**
Students understand the consequences of substance abuse, risk-taking, and the influences of the media.

Program Structure*

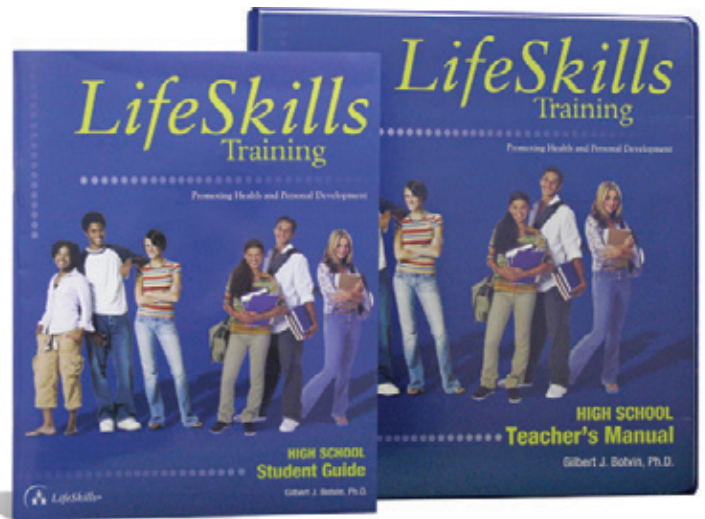
The program is designed to be implemented in 10 class sessions (approximately 40 – 45 minutes each session). The program can be taught either on an intensive schedule (two to three times a week until the program is complete) or on a more extended schedule (once a week for 10 weeks). The High School program can be used alone or in combination with the Botvin *LifeSkills Training* Middle School program, or with the *LifeSkills Training* Transitions program as a maintenance program.

*See Scope and Sequence

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

Cuts Drug Abuse in Half

—World Journal of Preventive Medicine 2015



“The activities in the high school curriculum are engaging and easy to teach. The topics are relevant to the students, and spark very valuable discussions in the classroom.”

—Substance Abuse Prevention Coordinator

Program Components

The Botvin *LifeSkills Training* High School program includes the following materials:

- Comprehensive, easy-to-use Teacher's Manual
- Student Guide
- Companion website



Botvin LifeSkills Training High School Companion Website

with activities and resources for students and teachers
Visit www.lifeskillstraining.com/hsweb
for more information.