

Program Overview

The Botvin *LifeSkills Training* Transitions program is a highly interactive, skills-based program designed to promote positive health and personal development. This program helps older adolescents navigate the transition from high school into the workforce and higher education. The *LifeSkills Training* Transitions program helps students achieve competency in the skills that not only are key to success but also have been found to reduce and prevent substance use and violence.

Target Audience

Designed for use in the 11th or 12th grade, the Botvin *LifeSkills Training* Transitions program can be taught in school, community, and after-school settings.

Program Learning Objectives

The *LifeSkills Training* Transitions program uses a developmentally appropriate, integrated approach designed to strengthen student abilities in the following areas:

- **Personal Self-Management Skills**
Provides students with strategies for healthy decision-making, managing stress, and managing time and money.
- **General Social Skills**
Enables students to strengthen their communication skills and build and maintain relationships in a variety of settings.
- **Drug Resistance Skills**
Empowers students to understand the consequences of substance use and risk-taking.

Program Structure*

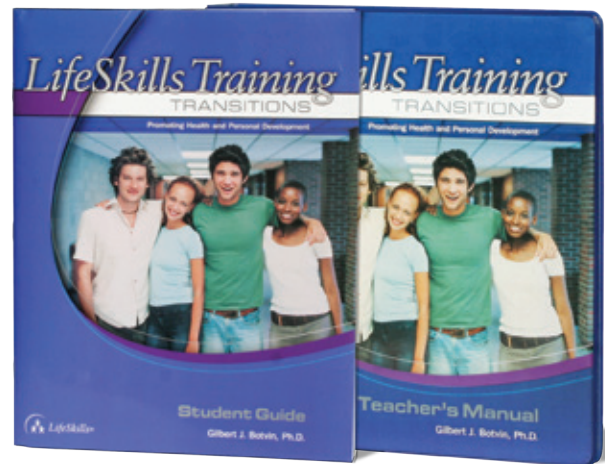
This program is designed to be implemented in 6 class sessions (approximately 40-45 minutes each session). The program can be taught either on an intensive schedule (two to three times a week until the program is complete) or on a more extended schedule (once a week for 6 weeks). The Transitions program can be used alone or in combination with the Botvin *LifeSkills Training* High School program.

*See Scope and Sequence

Program Components

The Botvin *LifeSkills Training* Transitions program includes the following materials:

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



“Through *LifeSkills* we are equipping students with skills that they need to be productive members of society and be happy and healthy.”

–LifeSkills Instructor

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