



## Connecting Botvin LifeSkills® Training to Florida Educational Standards (Grades 9-10)

**Why align the LST Program with Florida education standards?** Many school districts find that conducting a crosswalk of the goals and objectives of the lessons in the LST program with their educational standards has several benefits:

- Assists in identifying ways to incorporate the LST program into existing curriculum requirements.
- Increases fidelity-based implementation of the program, which increases effectiveness in outcomes to reduce and prevent health risk behavior in elementary, middle, and high school students.
- Encourages faculty and administrative adoption and support for inclusion of prevention education in the overall curriculum rather than viewing it as an add-on or supplemental curriculum that has to be fit into existing requirements.

Within this document, each Botvin LifeSkills® Training unit is aligned to the specific knowledge, skills, and behaviors that are required by the education standards for the state of **Florida**.

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# High School

<b><i>Botvin LifeSkills® Training Units for High School</i></b>	<b>Unit Goal</b>	<b>Unit Objectives</b>	<b>Florida Learning Standard(s)</b>
<b>Unit 1: The Value of Good Health</b>	Introduce students to the LifeSkills Training program and explore why good health is important and how to protect it.	Students will better understand: <ol style="list-style-type: none"> <li>1. The various aspects of health.</li> <li>2. The meaning of prevention and how it relates to one’s actions, thoughts, and feelings.</li> <li>3. The topics covered in the LifeSkills Training program.</li> <li>4. The value of good health</li> <li>5. The types of actions, thoughts, and feelings that protect or improve health, and those that jeopardize health.</li> </ol>	<p><b>HE.912.SUA.4.1</b> Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.</p> <p><b>HE.912.R.2.3</b> Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.</p> <p><b>HE.912.R.2.4</b> Implement strategies and monitor progress in achieving a personal goal.</p> <p><b>HE.912.R.2.5</b> Formulate an effective long-term plan to include all dimensions of wellness.</p> <p><b>HE.912.R.2.6</b> Analyze how actions and reactions can influence one to respond in different situations.</p> <p><b>HE.912.R.2.7</b> Evaluate strategies that assist with managing challenges or setbacks.</p>

		<ol style="list-style-type: none"> <li>6. How people take care of themselves – or fail to.</li> <li>7. The steps involved in setting and achieving a goal.</li> </ol>	<p><b>HE.912.R.4.1</b> Analyze the importance of character and grit to achieve successful outcomes.</p> <p><b>HE.912.PHC.1.1</b> Evaluate personal health practices and overall health status to include all dimensions of health.</p> <p><b>HE.912.PHC.1.3</b> Analyze the role of individual responsibility in enhancing health.</p> <p><b>HE.912.PHC.1.4</b> Interpret the significance of interrelationships in mental and physical health.</p> <p><b>HE.912.PHC.2.6</b> Predict how healthy behaviors can affect health status.</p> <p><b>HE.912.PHC.3.3</b> Identify protective factors that help to mitigate the risks of suicide and mental health disorders.</p> <p><b>HE.912.PHC.3.8</b> Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers, and risks.</p> <p><b>HE.912.PHC.3.9</b> Implement strategies and monitor progress in achieving a personal health goal.</p> <p><b>HE.912.PHC.3.10</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.</p>
<p><b>Unit 2: Decision-Making for Health</b></p>	<p>Students will learn a straightforward method for working through decisions and apply it.</p>	<p>Students will better understand:</p> <ol style="list-style-type: none"> <li>1. The kinds of decisions we make for ourselves.</li> <li>2. How our decisions reflect who we are – our</li> </ol>	<p><b>HE.912.R.2.2</b> Analyze different perspectives to inform responsible decision-making.</p> <p><b>HE.912.R.2.6</b> Analyze how actions and reactions can influence one to respond in different situations.</p>

		<p>personality, character, and values.</p> <ol style="list-style-type: none"> <li>3. How our decisions affect our health.</li> <li>4. How decision-making skills can help us change or improve a health behavior.</li> </ol>	<p><b>HE.912.R.2.7</b> Evaluate strategies that assist with managing challenges or setbacks.</p> <p><b>HE.912.R.4.1</b> Analyze the importance of character and grit to achieve successful outcomes.</p> <p><b>HE.912.R.4.2</b> Generate and apply alternative solutions when solving problems or resolving conflict.</p> <p><b>HE.912.R.4.4</b> Identify the importance of perseverance when facing difficulty solving a problem.</p> <p><b>HE.912.PHC.3.1</b> Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p><b>HE.912.PHC.3.2</b> Assess whether individual or collaborative decision making is needed to make a healthy decision.</p> <p><b>HE.912.PHC.4.2</b> Propose strategies to reduce or prevent injuries and health problems.</p>
<p><b>Unit 3: Risk-Taking and Substance Abuse</b></p>	<p>Students will explore the dynamics of risk and techniques for assessing whether risk harms or enhances their health.</p>	<p>Students will better understand:</p> <ol style="list-style-type: none"> <li>1. How our values are influenced by our perception of risk.</li> <li>2. How a possible risk becomes a probably risk.</li> <li>3. The role substance use plays in risk-taking and its consequences.</li> </ol>	<p><b>HE.912.SUA.1.2</b> Analyze how moderate and excessive alcohol consumption can contribute to risky, unsafe behaviors and consequences.</p> <p><b>HE.912.SUA.1.4</b> Analyze how alcohol, marijuana/THC, tobacco, nicotine, and/or drug use can impede goals, activities, achievements, and college and career readiness.</p> <p><b>HE.912.SUA.1.5</b> Analyze the physical, mental, social and legal consequences of marijuana/THC use.</p>

		<p>4. How decision-making skills and understanding the factors affecting risk-taking can help us decide whether to take a risk.</p>	<p><b>HE.912.SUA.2.1</b> Analyze the legal, mental and social consequences of underage consumption of alcohol.</p> <p><b>HE.912.SUA.4.1</b> Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.</p> <p><b>HE.912.R.2.7</b> Evaluate strategies that assist with managing challenges or setbacks.</p> <p><b>HE.912.PHC.2.3</b> Analyze how friends and peers influence the health of individuals.</p> <p><b>HE.912.PHC.2.4</b> Analyze how family and culture influence the health of individuals.</p> <p><b>HE.912.PHC.2.6</b> Predict how healthy behaviors can affect health status.</p> <p><b>HE.912.PHC.2.7</b> Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.</p> <p><b>HE.912.PHC.3.3</b> Identify protective factors that help to mitigate the risks of suicide and mental health disorders.</p> <p><b>HE.912.PHC.3.7</b> Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.</p> <p><b>HE.912.PHC.3.10</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.</p> <p><b>HE.912.PHC.4.2</b> Propose strategies to reduce or prevent injuries and health problems.</p>
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			<b>HE.912.CEH.3.5</b> Examine barriers that can hinder healthy decision making.
<b>Unit 4: The Media and Health</b>	Students will become more aware of how the media might be influencing their self-image, thoughts, and behaviors.	Students will better understand: <ol style="list-style-type: none"> <li>1. Different forms of media.</li> <li>2. Why people use media, and why they prefer certain types.</li> <li>3. How media influences our beliefs about ourselves, our culture, and various health behaviors.</li> <li>4. The strategies we can use to analyze the media messages that we consume.</li> <li>5. What we can do to make sure that we use media in ways that protect our health.</li> </ol>	<p><b>HE.912.SUA.2.2</b> Distinguish how external factors, including industry practices, can influence behaviors related to tobacco, nicotine use, and/or vaping.</p> <p><b>HE.912.SUA.3.1</b> Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse and/or abuse.</p> <p><b>HE.912.SUA.5.2</b> Utilize current, accurate data/information to formulate a health-enhancing message to effectively persuade others to be drug and alcohol free.</p> <p><b>HE.912.PHC.2.4</b> Analyze how family and culture influence the health of individuals.</p> <p><b>HE.912.PHC.2.9</b> Analyze the impacts of technology and social media on popular culture and personal life.</p> <p><b>HE.912.CEH.2.1</b> Assess how the school and community can affect personal health practices and behaviors.</p> <p><b>HE.912.CEH.2.4</b> Evaluate how environment and community health are interrelated.</p> <p><b>HE.912.CEH.2.6</b> Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p><b>HE.912.CEH.2.7</b> Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p>

<p><b>Unit 5: Managing Stress, Anger, and Other Emotions</b></p>	<p>Students will learn about emotions, how people react to them, and how some emotions are impacted by others.</p>	<p>Students will better understand:</p> <ol style="list-style-type: none"> <li>1. How emotions such as stress and anger affect our other emotions.</li> <li>2. Some common trigger situations that can provoke strong emotions for us, as well as ones that are personally challenging.</li> <li>3. How emotions can influence our decisions about how to respond to triggers.</li> <li>4. How tobacco, alcohol, and other drugs influence our emotional responses to triggers.</li> <li>5. Healthy techniques that help us manage powerful emotions so we can stay true to our values.</li> <li>6. The benefits of managing emotions (such as stress and anger) and expressing them in healthy ways.</li> </ol>	<p><b>HE.912.R.2.6</b> Analyze how actions and reactions can influence one to respond in different situations.</p> <p><b>HE.912.R.2.7</b> Evaluate strategies that assist with managing challenges or setbacks</p> <p><b>HE.912.PHC.1.3</b> Analyze the role of individual responsibility in enhancing health.</p> <p><b>HE.912.PHC.1.4</b> Interpret the significance of interrelationships in mental and physical health.</p> <p><b>HE.912.PHC.3.10</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.</p> <p><b>HE.912.PHC.3.10</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.</p>
<p><b>Unit 6: Family Communications</b></p>	<p>Students will learn about clear and consistent communication and family expectations for</p>	<p>Students will better understand:</p> <ol style="list-style-type: none"> <li>1. What young adults' needs are for independence and</li> </ol>	<p><b>HE.912.R.1.1</b> Demonstrate effective and respectful communication skills and strategies.</p>

	healthy and safe behavior.	<p>how family caregiving styles adapt to those needs.</p> <ol style="list-style-type: none"> <li>2. How and why misunderstandings about needs and expectations for safe and drug-free behavior typically develop.</li> <li>3. The expectations regarding substance use that young adults and their families should have for one another.</li> <li>4. Which communication skills can help families avoid misunderstandings about each other’s needs and expectations for safe and drug-free behavior.</li> <li>5. The difference between understandings and agreements and why it is important to know the difference.</li> </ol>	<p><b>HE.912.R.1.2</b> Demonstrate empathy in a variety of contexts and situations.</p> <p><b>HE.912.R.1.3</b> Adjust behavior to respect the needs of others.</p> <p><b>HE.912.R.2.6</b> Analyze how actions and reactions can influence one to respond in different situations.</p> <p><b>HE.912.R.2.7</b> Evaluate strategies that assist with managing challenges or setbacks.</p> <p><b>HE.912.PHC.1.4</b> Interpret the significance of interrelationships in mental and physical health.</p> <p><b>HE.912.PHC.2.4</b> Analyze how family and culture influence the health of individuals.</p> <p><b>HE.912.R.4.2</b> Generate and apply alternative solutions when solving problems or resolving conflict.</p> <p><b>HE.912.R.4.3</b> Describe ways to anticipate, avoid or de-escalate conflicts.</p> <p><b>HE.912.R.4.4</b> Identify the importance of perseverance when facing difficulty solving a problem.</p> <p><b>HE.912.PHC.3.10</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.</p>
<b>Unit 7: Healthy Relationships</b>	Students will learn about the foundations and requirements of healthy relationships	<p>Students will better understand:</p> <ol style="list-style-type: none"> <li>1. The kinds of traits that draw people to each other</li> </ol>	<p><b>HE.912.R.1.1</b> Demonstrate effective and respectful communication skills and strategies.</p>

	<p>and developing positive healthy values.</p>	<p>and help build healthy relationships.</p> <ol style="list-style-type: none"> <li>2. The ingredients that make up a healthy relationship.</li> <li>3. The role persuasion plays in personal and relationship health.</li> <li>4. How assertiveness can help us build healthy relationships.</li> </ol>	<p><b>HE.912.R.1.2</b> Demonstrate empathy in a variety of contexts and situations.</p> <p><b>HE.912.R.1.3</b> Adjust behavior to respect the needs of others.</p> <p><b>HE.912.R.2.6</b> Analyze how actions and reactions can influence one to respond in different situations.</p> <p><b>HE.912.R.2.7</b> Evaluate strategies that assist with managing challenges or setbacks</p> <p><b>HE.912.PHC.2.3</b> Analyze how friends and peers influence the health of individuals.</p> <p><b>HE.912.PHC.2.7</b> Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.</p> <p><b>HE.912.R.4.4</b> Identify the importance of perseverance when facing difficulty solving a problem.</p> <p><b>HE.912.PHC.3.10</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.</p>
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