



## Connecting *Botvin LifeSkills® Training* to Florida Educational Standards (Grades 11-12)

**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**.

## Table of Contents

<b>Transitions</b> .....	3
Unit 1: Goal-Setting for Success.....	3
Unit 2: Effective Communication .....	4
Unit 3: Managing Stress .....	4
Unit 4: Decision-making and Risk .....	5
Unit 5: Managing Time and Money .....	6
Unit 6: Building Relationships .....	6

# Transitions

Botvin LifeSkills® Training Units for Transitions	Unit Goal	Unit Objectives	Florida Learning Standard(s)
Unit 1: Goal-Setting for Success	Introduce students to the concept of goal setting.	Students will: <ol style="list-style-type: none"> <li>1. Become familiar with the topics covered in the LifeSkills Training Transitions program.</li> <li>2. Identify how goal-setting can assist in navigating transitions and planning for the future.</li> <li>3. Identify the steps involved in goal-setting.</li> <li>4. Practice goal-setting.</li> <li>5. Identify strategies that are helpful in overcoming challenges to achieving goals.</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.2.7</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>Unit 2: Effective Communication</b></p>	<p>Students will learn how to communicate effectively in a variety of settings and relationships.</p>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Determine the similarities and differences between formal and informal communication.</li> <li>2. Identify types of relationships that occur in personal and work-related settings.</li> <li>3. Identify effective communication skills and how they can help people present themselves positively to others.</li> <li>4. Learn and apply effective communication skills to speaking and writing.</li> </ol>	<p><b>HE.912.R.1.1</b> Demonstrate effective and respectful communication skills and strategies.</p> <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>Unit 3: Managing Stress</b></p>	<p>Students will learn how to manage stress in healthy ways.</p>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Examine resilience and self-assess various traits associated with it.</li> <li>2. Explore the challenges and opportunities that may accompany the common transitions of young adulthood.</li> <li>3. Learn and apply stress management techniques that can help cultivate resilience.</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>4. Understand how the use of substances can undermine resilience.</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 4: Decision-making and Risk</b></p>	<p>Students will learn how to evaluate the beneficial and harmful consequences of risks, as well as the value of what is at risk.</p>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Examine attitudes and beliefs about risk.</li> <li>2. Explore possible consequences involved when taking risks.</li> <li>3. Learn a step-by-step decision-making method.</li> <li>4. Practice a step-by-step decision-making method.</li> <li>5. Identify the effects of substance use on risks and decision-making.</li> </ol>	<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.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> <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,</p>

			<p>activities, achievements, and college and career readiness.</p> <p><b>HE.912.CEH.3.5</b> Examine barriers that can hinder healthy decision making.</p>
<p><b>Unit 5: Managing Time and Money</b></p>	<p>Students will learn about managing time and money to support their priorities.</p>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Explore the relationship between priorities and managing time and money.</li> <li>2. Examine the elements involved in prioritizing and budgeting.</li> <li>3. Learn and practice steps for managing schedules and money to support priorities.</li> <li>4. Identify possible obstacles to the successful management of time and money, and learn strategies that help overcome them.</li> </ol>	<p><b>HE.912.R.2.2</b> Analyze different perspectives to inform responsible decision-making.</p> <p><b>HE.912.R.2.3</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.2.7</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>Unit 6: Building Relationships</b></p>	<p>Students will understand what skills can help them build healthy and productive relationships.</p>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Identify the appropriate behaviors associated with different types of relationships.</li> <li>2. Analyze the similarities and differences between formal and informal relationships.</li> <li>3. Examine the elements involved in collaborating,</li> </ol>	<p><b>HE.912.R.1.1</b> Demonstrate effective and respectful communication skills and strategies.</p> <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>negotiating, and compromising.</p> <p>4. Explore how collaborating, negotiating, and compromising are related to building and maintaining relationships.</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.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>
--	--	---	--