

# Botvin's Life Skills Training

An evidence-based program for middle school students (grades 6-8) designed to promote mental health and positive youth development. This program helps students resist drugs, alcohol, and tobacco use and supports the reduction of violence and other high-risk behaviors. *Life Skills Training* is aligned to the National Health Education Standards and to CASEL's social and emotional Learning (SEL) competencies.

## Program Learning Objectives

- Personal Self-Management Skills
- General Social Skills
- Drug Resistance Skills

## Program Structure

- 8 weeks
- 45-50 minute sessions
- 20-30 students
  - Each student receives an interactive workbook
- 1 Facilitator

## Lesson Topics

- Drug Abuse and Violence: Causes and Effects
- Making Decisions
- Coping with Anxiety
- Coping with Anger
- Communication Skills
- Social Skills
- Assertiveness
- Resisting Peer Pressure