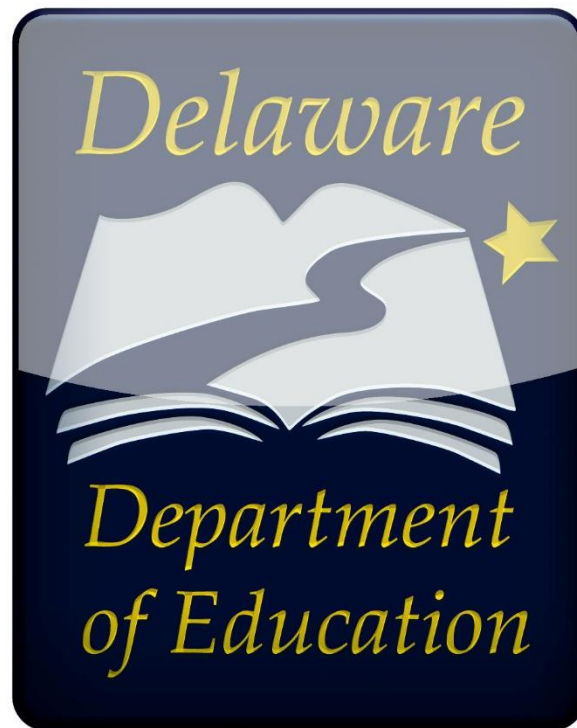


Delaware Health Education: Alcohol, Drug and Tobacco Resources



October 2020

DE School Health Curriculum – Model Analysis

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Note: Those with designations Model +, Model, and Promising are designated by Blueprints for Healthy Youth Development.

Botvin Life Skills Training (Model+)

<p>Content Description</p>	<p>LifeSkills Training (LST) is a three-year universal prevention program for middle/junior high school students targeting the use of gateway substances (tobacco, alcohol, and marijuana) and violence. The program provides students with training in personal self-management, social skills, and social resistance skills. LST consists of 15 core sessions in the first year, ten booster sessions in the second year, and five booster sessions in the third year. Each year also contains optional violence prevention sessions (three in year one, and two for both years two and three). Sessions are taught sequentially and delivered primarily by classroom teachers. Each unit in the curriculum has a specific major goal, measurable student objectives, lesson content, and classroom activities.</p>
<p>Curricular Focus</p>	<p>Life skills development, substance use prevention</p>
<p>Focus Population</p>	<p>Middle School, with grades 3-6 and 9th-10th grade components and “Transitions” for students age 16+.</p>
<p>Workflow/delivery model</p>	<p>Botvin LifeSkills Training (LST) is an evidence-based substance abuse and violence prevention program that is uniquely designed to be flexible and interactive. 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 until the program is complete). Both formats have proven to be effective. While one year of LST has been proven to achieve measurable positive effects, multi-year implementation is strongly recommended.</p> <p>LST is a self-contained, teacher friendly, and easy-to teach curriculum. One of the strengths of the LST program is its simplicity. It only requires a Teacher’s Manual and the Student Guide for each student. Audio CDs containing relaxation exercises, a Smoking & Biofeedback DVD, CD-ROMs, and companion websites are also available to supplement the curriculum.</p> <p><i>Elementary School Program</i> - The LST Elementary School program consists of 8 class sessions per year across all three years of upper elementary school. The elementary program can be implemented over one, two, or three years, depending on the availability of time. It is designed to be implemented either as a stand-alone program or in combination with the Middle School program</p>

Middle School Program - The LST Middle School program is designed to be taught in sequence over three years in either middle or junior high school. The first year of the program has 15 class sessions (plus 3 optional violence prevention sessions), the second year contains 10 sessions (plus 2 optional violence prevention sessions), and the third year consists of 5 sessions (plus 4 optional violence prevention sessions).

High School Program - The LST High School program comprises 10 class sessions. The program is typically taught in one year in either grade 9 or 10, and can be used alone or as a maintenance program in combination with other LST programs.

Transitions Program - The LST Transitions program has 6 class sessions for ages 16+. The program is typically taught in one year and can be used alone or as a maintenance program in combination with other LST programs.

Parent Program - The LST Parent program has 7 sessions designed for parents and guardians of students in grades 6 – 9. The program is available in two formats and can be delivered as a workshop or as individual self-study. (also available in Spanish)

Galaxia - LST Galaxia is an engaging and interactive educational game designed to prevent bullying, cyberbullying, substance use, and violence among middle school youth. Since middle school is a particularly high risk period for bullying and cyberbullying, LST Galaxia is a perfect complement to the Botvin LifeSkills Training (LST) Middle School program (Levels 1 – 3).

Prescription Drug Abuse Prevention Module - The LST Prescription Drug Abuse Prevention Module is one class session that can be used as a standalone component for programs that need content to explicitly address this serious public health issue, or in conjunction with LST Middle School program (intended to be implemented after Assertiveness in any LST Middle School level).

[\(https://www.lifeskillstraining.com/program-structure/\)](https://www.lifeskillstraining.com/program-structure/)

Categories of Evidence-based	<p>LST is the most widely used evidence-based tobacco, alcohol, drug abuse, and violence prevention programs available. It is also one of the most comprehensive and rigorously tested prevention programs in America today. LST has been extensively tested and proven effective both by Dr. Botvin and colleagues at Cornell University's Weill Cornell Medical College and by a number of independent research groups.</p> <p>(https://www.lifeskillstraining.com/faqs/)</p>
Outcomes, if evidence-based	<p>Studies testing the effectiveness of LST show that it can reduce the prevalence of tobacco, alcohol, and illicit drug use by as much as 80%. It can also reduce multiple drug use by up to 66%. Research conducted for the elementary version of the program shows a 60% reduction in tobacco and alcohol use as well as increased self-esteem. LST has also been shown to reduce violent and aggressive behavior.</p> <p>Evaluation studies: https://www.lifeskillstraining.com/evaluation-studies/</p>
Monitoring fidelity and impact	<p>Pre- and post-tests are available for the LST Elementary, Middle, High School, Transitions and Parent programs. The questionnaires are designed to evaluate the participant's knowledge and attitudes prior to and at the end of implementing the Botvin LifeSkills Training program. (https://www.lifeskillstraining.com/lst-evaluation-tools/)</p> <p>Fidelity Checklists help teachers recognize whether they are covering the right material and teaching the program properly. Checklists are available for the LST Elementary, Middle, High School, Transitions, and the Prescription Drug Abuse Prevention Module (https://www.lifeskillstraining.com/lst-fidelity-checklists/)</p>
Model developer	<p>Dr. Gilbert J. Botvin (https://www.lifeskillstraining.com/program-developer/)</p>
Cost/potential funding sources	<p>Pricing is based on number of materials</p> <p>Price list –</p> <p><u>Elementary by Level:</u></p> <p>Student Guide 10-Pack \$50.00 Teacher's Manual \$85.00 Training set (1 Teacher's Manual & 1 Student Guide) \$95.00 Curriculum set (1 Teacher's Manual & 30 Student Guides) \$235.00</p> <p><u>Full Elementary Curriculum:</u></p> <p>Full curriculum set \$655.00 Levels 1-3 (1 Teacher's Manual & 30 Student Guides per level)</p>

Middle School by Level:

Student Guide 10-Pack \$40.00 - 60.00

Teacher's Manual \$45.00 - 85.00

Training set (1 Teacher's Manual & 1 Student Guide) \$55.00 – 75.00

Curriculum set (1 Teacher's Manual & 30 Student Guides + other tools) \$175.00 – 295.00

Full Middle School Curriculum:

Full curriculum set \$645.00

Levels 1-3 (1 Teacher's Manual & 30 Student Guides per level + tools)

<https://www.lifeskillstraining.com/wp-content/uploads/2020/01/2019-Price-List-Updated-1.10.20.pdf>

Federal

[Administration for Children and Families](#)

[AmeriCorps](#)

[Campaign for Tobacco-Free Kids](#)

[Catalog of Federal Domestic Assistance](#)

[Center for Disease Control and Prevention](#)

[Center for Health and Health Care in Schools](#)

[Department of Education](#)

[Department of Health and Human Services](#)

[Drug Free Communities – ONDCP](#)

[Foundation Center Statistical Services](#)

[Grants.gov](#)

[Health Resources & Services Administration](#)

[National Institute for Mental Health](#)

[National Institute on Drug Abuse](#)

[National Institutes for Health](#)

[Office of Juvenile Justice & Delinquency Prevention](#)

[Office of National Drug Control Policy](#)

[Office of Safe and Drug-free Schools](#)

[Substance Abuse & Mental Health Services Administration \(SAMHSA\)](#)

Delaware

[Delaware Community Foundation](#)

Link

<https://www.lifeskillstraining.com/>