

SUBSTANCE ABUSE PREVENTION

PROFESSIONAL DEVELOPMENT

PREVENTION FIRST
Building community capacity to prevent substance abuse

TIP SHEET

BOTVIN LIFESKILLS TRAINING HS PROGRAM: IMPLEMENTATION

PROGRAM OVERVIEW

Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Botvin LifeSkills Training High School Program is designed to be taught in sequence during 9th and 10th grades. (See Note below.) The 10 class sessions should be delivered once/twice weekly for 40 - 45 minutes each.

SPECIAL CONSIDERATIONS FOR ILLINOIS SUBSTANCE ABUSE PREVENTION PROVIDERS

SAPP Providers are ONLY required to deliver the core year of the program. NOTE: SAPP Providers should also refer to Youth Prevention Education Evidence-Based Model Program Overview Chart for further information. LST can be taught either on an intensive schedule of two times a week until the program is complete, or on a more extended schedule of once a week.

TEACHING STRATEGIES

Botvin LifeSkills Training operates with the guiding belief that effective, skill-focused prevention programs require interactive teaching methods and interactive activities that allow youth an opportunity to internalize the skills they learn in the program. The following tips will help maximize the success and interaction of the LST lessons.

Understand the Teacher's Role

Teachers have a dual role in conducting the Botvin LifeSkills Training program. Teachers are charged with facilitating discussion of the relevant topics in each of the various units and to foster the acquisition of life skills. Although some material(s) may lend itself to a more scripted presentation, teachers should serve as “facilitators” for the parts of the program involving class discussion and as a “coach” for the sessions involving skills training. The best approach to skills training is to use a combination of instruction, demonstration, in-class practice, feedback, social reinforcement (praise), and behavioral “homework” assignments to foster practice outside the classroom.

Helpful Guidelines to Keep in Mind

- Enforce the Botvin LifeSkills Training ground rules.
- Stimulate active discussion among students.
- Direct the flow of conversation to ensure all the major points are covered and any misinformation is corrected.
- Use encouragement and positive reinforcement to support students in all the lessons and activities.
- Whenever possible, try to have the class deal with questions or problems raised by students.
- Maximize the involvement of students.

Establish Ground Rules

It is generally a good idea to establish explicit ground rules for classes conducted as a part of the Botvin LifeSkills Training program in order to differentiate these classes from more traditional academic classes. While the following ground rules may not be appropriate or applicable for every class, they can be modified to suit your particular situation.

- Everyone should be given an opportunity to participate.
- Only one person talks at a time (while smaller groups might afford students the opportunity to speak up whenever they have something appropriate to contribute, it is sometimes necessary to have students in larger classes raise their hands to avoid having students talking over one another.)
- Everyone is free to express their opinions or participate in class activities without being subjected to criticism.
- Students should never be forced to participate; however, everyone should be encouraged to do so.
- Anything discussed in the class remains confidential.

Model Skills

Make sure to take the time to practice your demonstration of the skill before entering the classroom to ensure that your examples are genuine and practical.

ADDITIONAL RESOURCES

For more information about technical assistance or other services offered at Prevention First, please contact providerservices@prevention.org or call 217-836-5346.

Botvin LifeSkills Training Developer Information

Website: <https://www.lifeskillstraining.com/botvin-lifeskills-training-high-school-program/>

Email: LSTinfo@nhpamail.com

SAMHSA's National Registry of Evidence-Based Programs and Practices – NREPP

<https://www.samhsa.gov/nrepp>