



Botvin LifeSkills Training Program
Grades 7 & 8

Botvin LifeSkills Training Program:

Botvin LifeSkills Training (LST) is a proven effective program endorsed by: CSAP, U.S. Department of Education Exemplary Programs, White House Office of Drug Policy, NIDA, OJJDP, CDC. LST is an evidenced based, skills focused, cognitive behavioral program that changes what youth think (perception of risk) and what they do (behaviors).

Strengths of LST Program:

- Based on scientific evidence of what causes substance abuse.
- Uses a comprehensive approach.
- Emphasizes proven skills training methods.
- Proven to reduce tobacco, alcohol and other drug use.

LST Lessons: 10 Lessons

Lessons are 45 minutes in length

Drug Abuse & Violence
Decision Making
Media Influences
Coping with Anxiety
Coping with Anger
Communication
Social Skills
Assertiveness
Resolving Conflicts
Resisting Peer Pressure

Student Leadership Services Total Training Cost: \$2,000.00

*Total cost includes mileage and training.

**Students will need their own grade 7/8 LifeSkills Training student guide which can be ordered and purchased. Contact www.lifeskillstraining.com to purchase student guides. If money is not available for individual books please contact me and we can make other arrangements regarding the student books.*

Please contact Dawn Flood, LMSW, CPC-R at Student Leadership Services, Inc. if you are interested in scheduling this training.

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