



Botvin LifeSkills Training Program  
High School

**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: 7 Units**

**Lessons are 45 minutes in length**

Value of Good Health  
Decision Making for Health  
Risk Taking and Substance Abuse  
The Media and Health (2)  
Managing Stress, Anger, and Other Emotions  
Family Communications (2)  
Healthy Relationships (2)

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

\*Total cost includes mileage and training.

*\*Students will need their own High School LifeSkills Training student guide which can be ordered and purchased. Contact [www.lifeskillstraining.com](http://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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