

Botvin

LifeSkills Training

Middle School

Lesson	Key Skills	Health Standard	Substance Misuse	Suicide	Bullying
Self-Image & Self Improvement	Self-analysis, self-improvement, goal-setting, reframing thoughts	S1 Obj. 1	X	X	X
Making Decisions (2)	Decision analysis: 3Cs of effective decision making (clarify, consider, choose); resisting group pressure	S1 Obj. 4, S3 Obj. 2	X	X	X
Smoking: Myths and Realities	Analyzing data; checking assumptions, considering pros/cons	S3 Obj. 2	X		
Smoking and Biofeedback	Measuring heart rate; scientific method	S2 Obj. 2a, S3 Obj. 1a	X		
Alcohol: Myths and Realities	Analyzing data; checking assumptions, considering pros/cons; separating fact and fiction	S3 Obj. 2	X	X	
Marijuana: Myths and Realities	Analyzing data, checking assumptions, considering pros/cons, separating fact from fiction	S3 Obj. 2	X		
Advertising	Analyzing data; checking assumptions; considering pros/cons; separating fact from fiction	S2 Obj. 3e, S3 Obj. 2d	X	X	X
Violence and the Media	Analyzing perceptions about violence; comparing image and reality; resistance to media distortions	S4 Obj.3 a & c Obj. 4d	X	X	X
Coping with Anxiety (2)	Recognizing anxiety and its physical effects; learning easy and healthy techniques to deal with anxiety; progressive relaxation; mental rehearsal/visualization; breathing	S1 Obj. 2d	X	X	X
Coping with Anger	Recognizing anger, its physical effects and multiple consequences; identifying reasons and learning techniques to control anger	S1 Obj. 2a	X	X	X
Communication Skills	Using verbal and non-verbal communication; techniques for avoiding misunderstandings; clarifying; asking questions; being specific; paraphrasing	S1 Obj. 4e S3 Obj. 1e, S3 Obj. 2e, S6 Obj. 2c&d	X	X	X
Social Skills (2)	Making social contacts; giving and receiving compliments and other feedback; scripting; effective listening; being persistent; having self-awareness; feelings towards others; communication, conversation; creative thinking	S1 Obj. 4e, S4 Obj. 4a, S6 Obj. 3a	X	X	X
Assertiveness (2)	Reflecting on actions taken, types of responses, consequences; decision-making; awareness of persuasive tactics; repertoire of refusal responses; verbal and non-verbal assertiveness; self-respect; planning; goal-setting	S1 Obj. 4d, S3 Obj. 2b, S6 Obj. 2b	X	X	X
Resolving Conflicts	Analyzing conflict resolution choices; controlling anger; building consensus; problem solving; negotiation and compromise	S1 Obj. 2a	X	X	X

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High School

Unit	Key Skills	Health Standard	Substance Misuse	Suicide	Bullying
Understanding Prevention	Cooperative learning; using assessment rubrics; self-analysis	S1 Obj. 1b	X	X	
Decision Making for Health	Self-reflection and assessment; analysis of health risks; decision analysis	S1 Obj. 1d, S3 Obj. 3b	X	X	X
Risk-Taking and Substance Abuse	Researching and analyzing myths and misconceptions; increased awareness of effects of drug use on physical mental and emotional health	S3 Obj. 1a	X	X	
The Media and Health (2)	Content analysis of media techniques; comparing media messages to previous knowledge;	S2 Obj. 3d, S3 Obj. 2c, S6 Obj. 3d	X	X	X
Managing Stress, Anger and Other Emotions	Self-reflection and assessment of stress and anger triggers and responses; resulting risky behaviors; analysis and practice of five techniques for managing stress and anger	S1 Obj. 2d	X	X	X
Family (2) Communications	Increased awareness of changing roles in the family; effective communication skills	S1 Obj. 4b, S6 Obj. 2c	X	X	X
Healthy Relationships (2)	Increased awareness of what students are attracted to in others and what attracts others to them; skills for effective social interaction; resolving conflicts in close personal relationships	S1 Obj. 4a, S4 Obj. 3c, S6 Obj. 2b, S6 Obj. 3b	X	X	X