



## Life Skills Training

### AUDIENCE CHARACTERISTICS

Age Range	Youth ages 8 – 12
Grade	Grades 3 – 8
Gender	Both Male and Female

### PROGRAM DETAILS

Type of Program	Prevention
Audience Size	5 - 30
# of Lessons	Elementary Level 1- 8 Elementary Level 2- 8 Elementary Level 3- 8 Middle School Level 1- 15 Middle School Level 2- 10 Middle School Level 3- 5 High School- 10
Length of Sessions	30 – 45 minutes
Duration of Implementation	2 - 15 weeks, at least once a week
Training	Preferred

### BRIEF PROGRAM DESCRIPTION

*Life Skills Training (LST)* is a proven, highly effective substance-abuse prevention and competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use/abuse. LST increases students' knowledge of the immediate consequences of substance use while providing necessary skills to resist social (peer) pressures and reduce psychosocial motivation to smoke, drink, and use drugs.

### SPECIFIC OUTCOMES

- Evaluation studies demonstrate that the *Life Skills Training* program effectively reduces rates of alcohol, tobacco, and marijuana use by 50% or more among those who participate in the program relative to control group students.
- LST also leads to a reduction in pack a day smoking by 25% and reduces the use of inhalants, narcotics and hallucinogens.

### HOW IT WORKS

The *Life Skills Training* curriculum for middle (or junior high) schools is intended to run for fifteen 45-minute class periods. A booster intervention has been developed that is taught over 10 class periods in the second year and 5 in the third year. This means the initial program should be implemented with sixth or seventh grade students, followed by booster sessions during the next 2 years. Optional violence prevention units can be implemented for each year of the program, extending the overall number of class sessions.

The *Life Skills Training* elementary school curriculum runs for 8 class sessions, each 30 to 45 minutes long. A booster intervention has been developed that is taught over eight class sessions in the second year and eight in the third year. The booster sessions provide additional skill development and opportunities to practice in key areas. Level I is

designed for either grade three or four, depending on when the transition from elementary to middle school begins.

The *Life Skills Training* high school curriculum runs for 10 class sessions, each 40 to 45 minutes long.

All three programs can either be taught intensively (consecutively every day or two to three times a week) until the program is complete or they can be taught on a more extended schedule (once a week). Both formats have proven to be equally effective.

## IMPLEMENTATION ESSENTIALS

To replicate with fidelity, programs must:

- Teach the full scope and sequence of the LST curriculum
- Teach at least one time per week for consecutive weeks until all units are taught
- Use interactive teaching strategies
- Teach the booster sessions

## MATERIALS AND TRAINING

There are three basic *Life Skills Training* curricula: one for elementary schools, one for middle/junior high schools and one for high schools. The elementary and middle school basic curriculum platform is enriched by booster sessions, providing additional skill development and opportunities to practice in key areas.

A complete set for each level (elementary, middle school and high school) includes 1 teacher's manual and 30 student guides.

### *Year 1 Program Materials*

Elementary School Year 1 - \$235

Middle School Year 1 - \$275

High School - \$265

### *Booster Materials (Years 2 & 3)*

Elementary School Year 2 - \$235

Elementary School Year 3 - \$235

Middle School Year 3 - \$175

Middle School Year 2 - \$225

Elementary School Full Set – (all 3 years) \$655  
Middle School Full Set (all 3 years) - \$625

### *Additional Student Guides*

Middle School Year 1 - \$60 per pack of 10

Middle School Year 2 - \$50 per pack of 10

Middle School Year 3 - \$40 per pack of 10

Elementary Year 1/2/3 - \$50 per pack of 10

High School - \$60 per pack of 10

### *Training (Preferred)*

Implementation training is preferred and offered free of charge to VFHY grantees by VFHY staff.

## PROGRAM CONTACT

For training and program information, contact:

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## ADDITIONAL INFORMATION

Website: <http://www.lifeskillstraining.com>

[Program Information Worksheet](#)

[SAMHSA's National Registry of Evidence –based Program & Practices \(NREPP\) Review Documents](#)