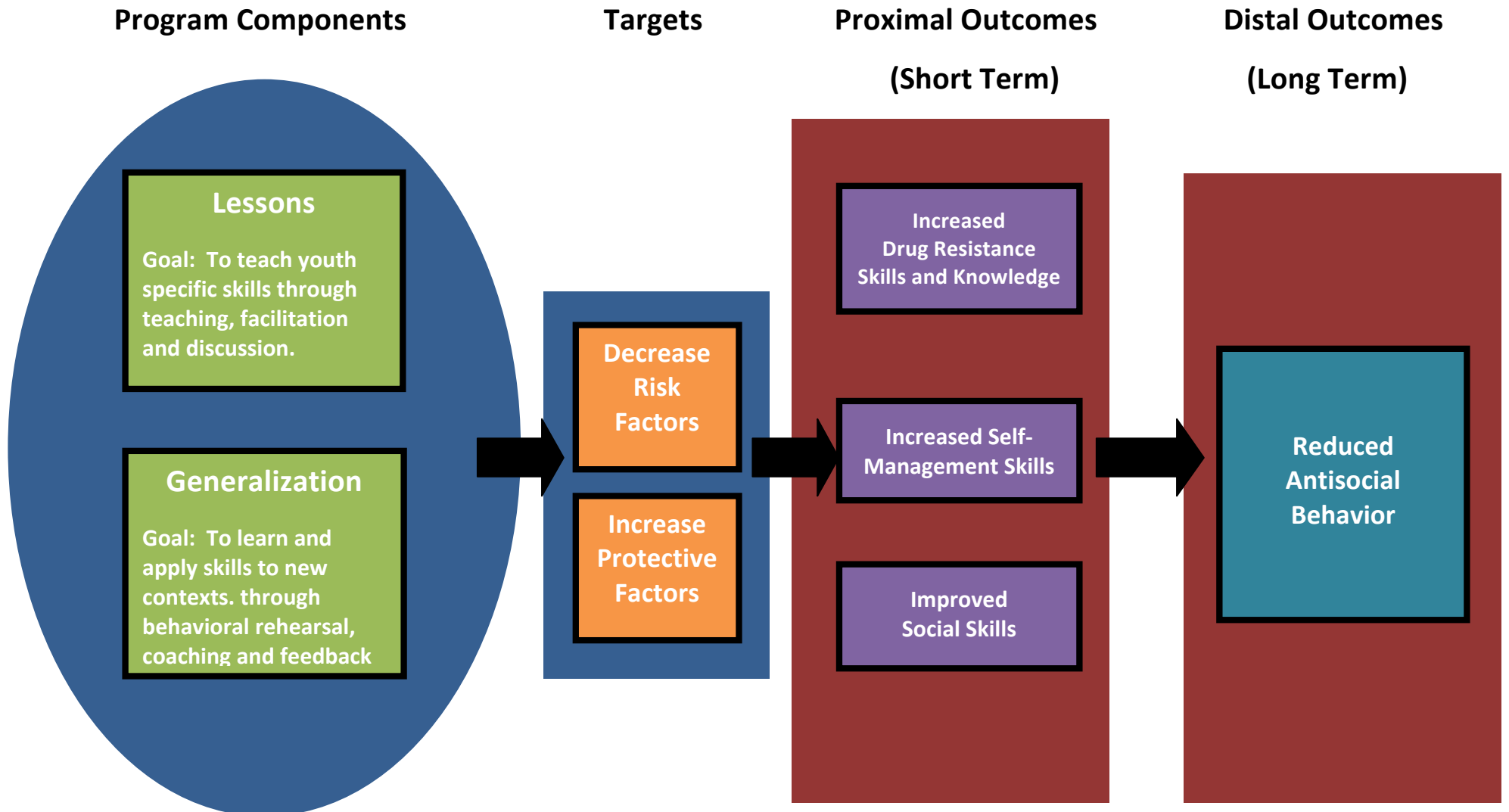


Botvin's LifeSkills® Training (LST) Middle School

Program developed by Gilbert J. Botvin, Ph.D., Cornell University

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University in collaboration with Gilbert J. Botvin, Developer/National Health Promotions Associates.



*Program consists of Level 1: 15 sessions in Grade 6/7, Level 2: 10 sessions in Grade 7/8 and Level 3: 5 sessions in Grade 8/9 *Sessions are 30-45 min in length. *Lessons must be taught in sequence, frequency can vary from once per week to every day until program is complete. *Program can be successfully implemented by teachers, school counselors, prevention specialists, police officers, and other providers. *Optional violence prevention sessions are available for each level.

Program Components & Goals

LST Middle School consists of 30 class sessions designed to be taught over three years.

Program Modalities

Specific strategies, methods, and techniques are used to accomplish the program goals.

Targeted Risk and Protective Factors

Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, teen pregnancy, and violent behavior) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal Outcomes

Targeted outcomes that the program is designed to impact *immediately following* program completion.

Proximal Indicators of Distal Outcomes

These outcomes are measured after the program. Changes are indicative of distal changes to be expected.

Distal Outcomes

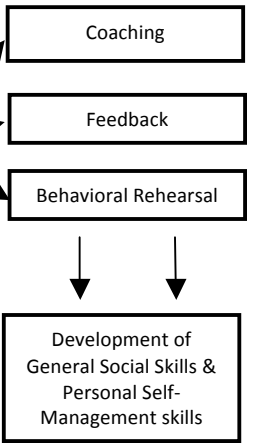
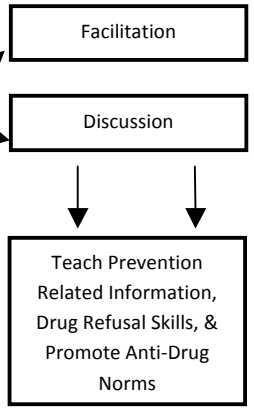
Outcomes impacted by the program *months/years following* program completion that have been demonstrated through research.

Lessons

Goal: To teach youth skills through teaching, facilitation and discussion.

Generalization

Goal: To learn and apply skills to new contexts through behavioral rehearsal, coaching and feedback



Risk Factors:

- Low Perceived Risks of Drug Use
- Early Initiation of Drug Use
- Sensation Seeking
- Rebelliousness
- Friends' Delinquent Behavior
- Friends' Use of Drugs
- Peer Rewards for Antisocial Behavior
- Favorable Attitudes toward Antisocial Behavior
- Favorable Attitudes toward Alcohol, Tobacco and Other Drug Use

Protective Factors:

- Social Skills
- Interaction with Prosocial Peers

Increased Drug Resistance Skills and Knowledge:

- Decreased favorable attitudes toward substance use
- Increased knowledge of effects of substance use
- Increased knowledge of media influences to use tobacco/alcohol/drugs
- Decreased belief in the normative nature of peer substance use

Improved Self-Management Skills

- Increased understanding of the importance of a positive self-image*
- Increased knowledge of good decision making
- Increased task persistence
- Increased understanding of anxiety and its effects
- Increased relaxation skills

Improved Social Skills:

- Increased effective communication skills
- Increased assertiveness skills

Reduced Intent to Use:

- Tobacco
- Alcohol
- Marijuana
- Other drugs

Reduced Antisocial Behavior:

- Tobacco use
- Alcohol use
- Marijuana use
- Other drug use
- Violence
- Risky behavior

*Botvin logic model refers to program increasing "self-esteem", survey items measure self-image.