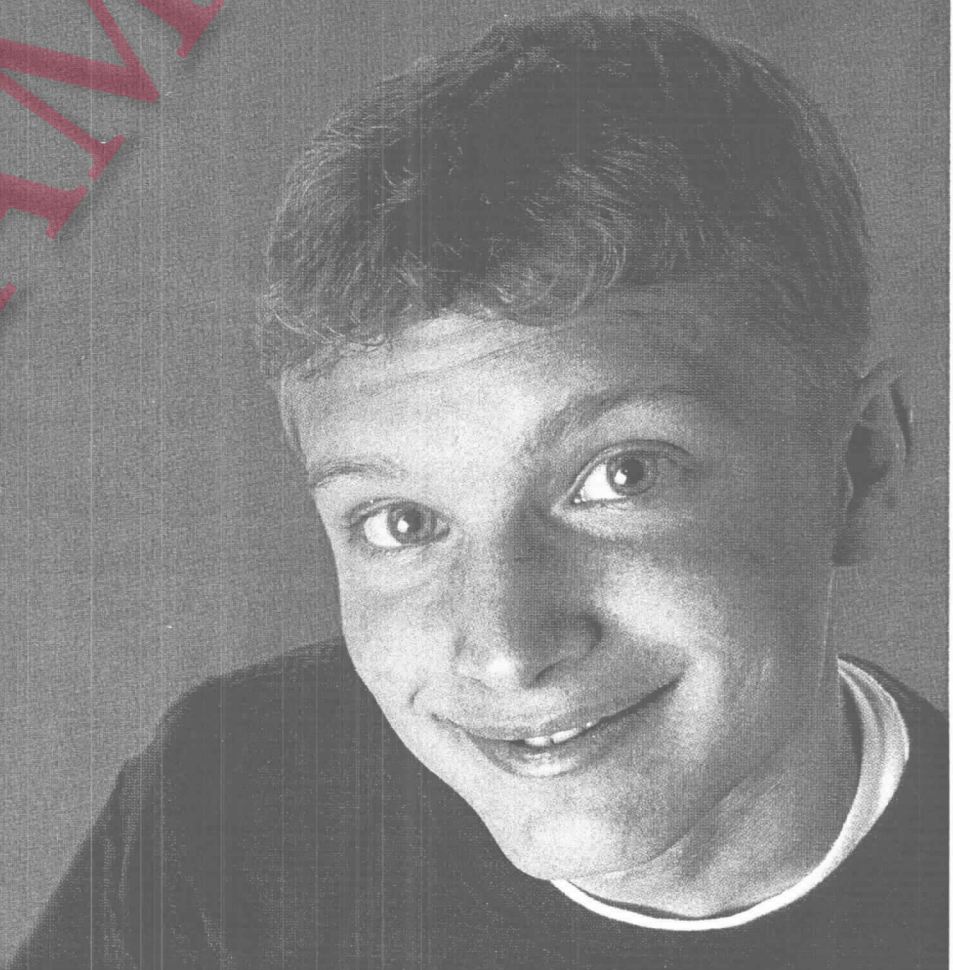
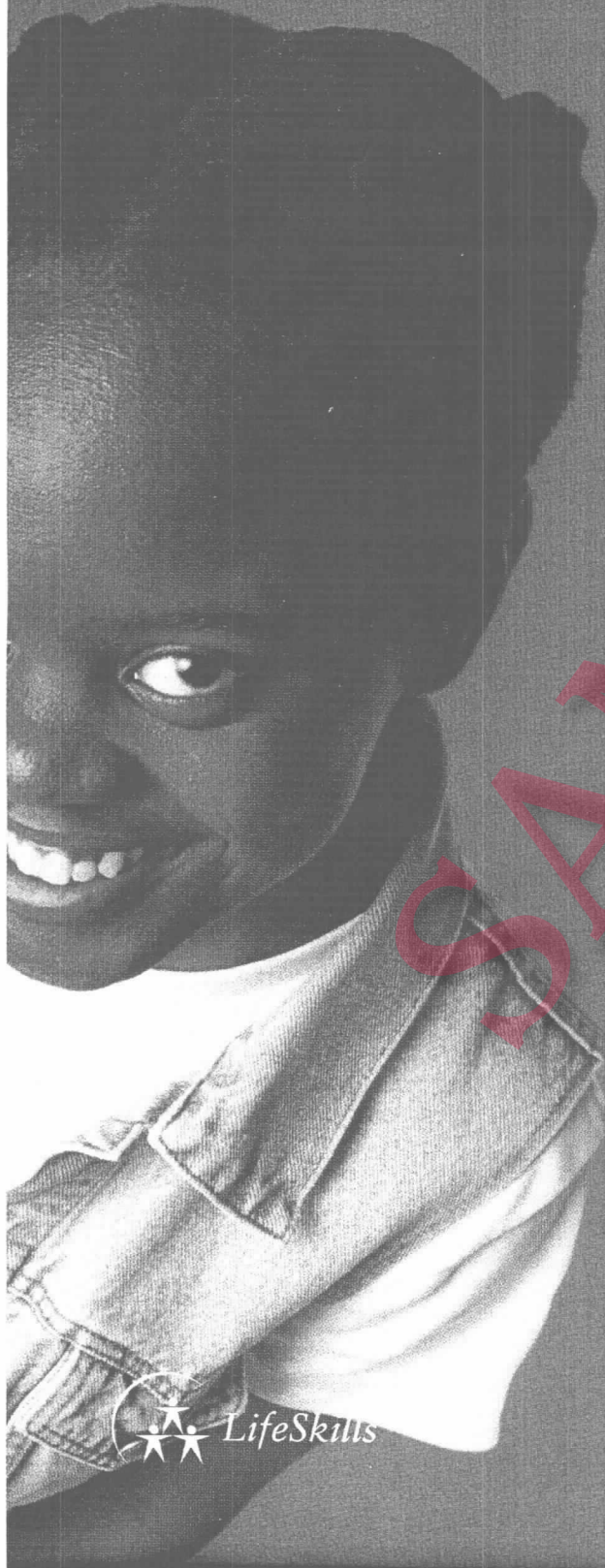


# LifeSkills Training

Promoting Health and Personal  
Development

Teacher's Manual 1

Gilbert J. Botvin, Ph.D.



# Table of Contents

---

	<b>Introduction</b>	<b>1</b>
	Why Substance Abuse Prevention is Important	1.1
	How the <i>LifeSkills Training</i> Program is Different	1.3
	Evidence Documenting Effectiveness	1.4
	About the Author	1.5
	<i>LifeSkills Training</i> Evaluation Studies	1.6

---

	<b>Implementation Guidelines</b>	<b>2</b>
	Grade Level	2.1
	Teaching Sequence	2.1
	Curriculum Materials	2.2
	Organization and Layout	2.2
	Self-Improvement Project	2.4
	Teacher's Role	2.5
	Guidelines for the Teacher	2.5
	Ground Rules	2.6
	Icon Guide	2.7

---

	<b>Background Information for the Teacher</b>	<b>3</b>
	Problem of Teenage Substance Abuse	3.1
	Traditional Education Programs	3.1
	The Initiation of Substance Use	3.3
	Factors Promoting Substance Use	3.4
	Substance Use and Adolescent Development	3.5
	Theoretical Foundations	3.6
	The <i>LifeSkills Training</i> Program	3.7
	Evaluation of the <i>LifeSkills Training</i> Program	3.8
	Pilot Research	3.9
	Effectiveness of Peer Leaders as Providers	3.9
	Importance of Booster Sessions	3.10
	Impact on Alcohol Use	3.11
	Impact on Marijuana Use	3.11
	Evidence of Long-Term Effects	3.12
	Preventing Illicit Drug Use	3.13
	Violence Prevention	3.14
	Impact on Minority Youth	3.14
	Hispanic Youth	3.15
	African-American Youth	3.16
	Tailoring to the Target Population	3.17
	Importance of Proper Implementation	3.18
	Summary and Conclusions	3.19

---

	<b>Self-Image and Self-Improvement</b>	<b>4</b>
	Session Goals and Objectives	4.1
	Program Introduction	4.2
	Definition of Self-Image	4.3
	Formation of Self-Image	4.4
	Self-Image and Behavior	4.5
	Self-Image Improvement	4.5



# Table of Contents

Self-Improvement Project	4.6
Summary	4.10
Vocabulary List	4.11

---

## Making Decisions

5

Session Goals and Objectives	5.1
Introduction	5.2
Everyday Decisions	5.2
Difficult Decisions	5.3
Making Better Decisions	5.3
The 3 Cs of Effective Decision-Making	5.4
Decision Making Practice	5.4
Scripted Practice (Exercise 1)	5.4
Unscripted Practice (Exercise 2)	5.5
Unscripted Practice (Exercise 3)	5.6
Group Pressures and Decision Making	5.7
Summary	5.9
Appendix 1: Group Conformity Experiment	5.10
Vocabulary List	5.12

---

## Smoking: Myths and Realities

6

Session Goals and Objectives	6.1
Introduction	6.3
Smoking Prevalence	6.3
Pros and Cons of Tobacco Use	6.4
Cost of Smoking	6.5
Long-Range Effects of Smoking	6.6
Smoking and Your Body	6.6
Process of Becoming a Smoker	6.7
Social Acceptance of Smoking	6.8
Non-Smokers' Rights	6.8
My Reasons for Not Smoking	6.9
Summary	6.10
Appendix 1	6.11
Appendix 2: Facts About Smoking	6.12
Appendix 3	6.13
Vocabulary List	6.14

---

## Smoking and Biofeedback

7

Session Goals and Objectives	7.1
Introduction	7.3
Immediate Effects of Cigarette Smoking	7.3
Smoking and Increased Heart Rate	7.3
Interesting Facts	7.4
Things to Remember	7.5
Measuring Heart Rate	7.7
Class Experiment #2	7.11

Smoking Word Puzzle (optional)	7.12
Summary	7.13
Appendix 1: Tremor Test	7.14
Vocabulary List	7.15



## Alcohol: Myths and Realities

8

Session Goals and Objectives	8.1
Introduction	8.2
Alcohol and its Effects	8.2
Drinking Prevalence	8.4
Patterns of Drinking	8.5
Reasons for Drinking/Not Drinking	8.6
Social Acceptance of Drinking	8.8
Correcting Misconceptions About Drinking	8.8
My Reasons for Not Drinking	8.9
Summary	8.10
Appendix 1: General Effects of Alcohol	8.11
Appendix 2	8.13
Vocabulary List	8.15



## Marijuana: Myths and Realities

9

Session Goals and Objectives	9.1
Introduction	9.3
The Nature of Marijuana	9.3
Prevalence of Marijuana Use	9.3
Reasons for And Against Smoking Marijuana	9.4
Immediate Effects of Marijuana	9.6
Long-Term Effects of Marijuana	9.7
Legal Issues	9.8
Marijuana and Other Drugs	9.9
Summary	9.10
Vocabulary List	9.11



## Advertising

10

Session Goals and Objectives	10.1
Introduction	10.2
Purpose of Advertising	10.2
Advertising Media	10.2
Advertising Techniques	10.3
Practice Analyzing Ads	10.5
Cigarette and Alcohol Ads	10.6
Summary	10.8
Appendix 1	10.9
Vocabulary List	10.10

# Table of Contents

	<b>Violence and the Media</b>	<b>11</b>
	Session Goals and Objectives	11.1
	Introduction	11.2
	Influence of Media	11.2
	The Prevalence of Violence	11.2
	Role Models	11.3
	The Power of Media	11.4
	Other Media	11.5
	Is Media Violence Harmful	11.5
	Resisting False and Distorted Images	11.6
	Summary	11.8
	Appendix 1: Optional Media Activities	11.9
	Vocabulary List	11.10
	<b>Coping With Anxiety</b>	<b>12</b>
	Session Goals and Objectives	12.1
	Introduction	12.2
	Feeling Anxious	12.2
	Definition of Anxiety	12.2
	Physical Effects of Nervousness	12.3
	Situations Which Cause Anxiety	12.3
	Dealing With Anxiety	12.4
	Techniques for Coping With Anxiety	12.5
	Relaxation Exercise (Technique #1)	12.6
	<i>LifeSkills Training</i> Relaxation Exercise	12.7
	Mental Rehearsal (Technique #2)	12.7
	Deep Breathing (Technique #3)	12.7
	Summary	12.9
	Vocabulary List	12.10
	<b>Coping With Anger</b>	<b>13</b>
	Session Goals and Objectives	13.1
	Introduction	13.2
	Feeling Angry	13.2
	Definition of Anger	13.2
	Physical Effects of Anger	13.3
	Reasons for Controlling Anger	13.4
	Dealing With Anger and its Effects	13.5
	Techniques for Controlling Anger	13.6
	Summary	13.8
	Vocabulary List	13.9
	<b>Communication Skills</b>	<b>14</b>
	Session Goals and Objectives	14.1
	Introduction	14.3
	What is Communication	14.3
	Types of Communication	14.3
	Activities	14.4
	Avoiding Misunderstandings	14.5

Skills for Avoiding Misunderstandings	14.6
The Value of Asking Questions	14.7
Summary	14.8
Appendix 1	14.9
Vocabulary List	14.10



<b>Social Skills (A)</b>	<b>15</b>
Session Goals and Objectives	15.1
Introduction	15.2
Overcoming Shyness	15.2
Initiating Social Contacts	15.4
Sample "Openers"	15.5
Giving and Receiving Compliments	15.6
Conversational Skills	15.7
Summary	15.9
Vocabulary List	15.10



<b>Social Skills (B)</b>	<b>16</b>
Session Goals and Objectives	16.1
Introduction	16.2
Attraction	16.2
Talking With Someone You are Attracted To	16.2
Social Activities	16.3
Asking Someone Out	16.3
Tips for Asking Someone Out	16.4
Being Asked Out	16.5
Tips When Someone Asks You to a Social Activity	16.6
Summary	16.7
Vocabulary List	16.8



<b>Assertiveness</b>	<b>17</b>
Session Goals and Objectives	17.1
Introduction	17.2
Assertive Situations	17.2
Understanding Assertiveness	17.3
Reasons for Not Being Assertive	17.4
Benefits of Being Assertive	17.4
Verbal Assertive Skills	17.5
Nonverbal Assertive Skills	17.8
Ways of Saying "No"	17.10
Resisting Peer Pressure to Use Drugs	17.11
Developing Action Plans	17.13
Summary	17.14
Appendix 1	17.15
Vocabulary List	17.16

# Table of Contents



---

## Resolving Conflicts

**18**

Session Goals and Objectives

18.1

Introduction

18.2

Choices to Make

18.2

Control Anger in Conflict Situations

18.3

Building Consensus

18.4

Solving the Problem

18.4

Behavioral Rehearsal

18.5

Summary

18.6

Vocabulary List

18.7

---

## References

**19**

SAMPLE