

Core Social & Emotional Learning Competencies

Integrating Botvin *LifeSkills Training*¹ and Collaborative for Academic, Social and Emotional Learning²

Botvin LifeSkills Training Program Main Components

Personal Self-Management Skills

Enhance self-esteem and problem-solving, reduce stress and anxiety, manage anger

General Social Skills

Overcome shyness, communicate clearly, build relationships, avoid violence

Drug and Violence Resistance Skills

Build effective defenses against pressures to use tobacco, alcohol, and other drugs



LST High School Program Content

LST Units: High School Program	HS: 9 th / 10 th
Value of Good Health	1
Decision-Making for Health	1
Risk-Taking & Substance Use	1
Media and Health	2
Managing Stress/Anger/Emotions	1
Family Communications	2
Healthy Relationships	2
Total Class Periods	10

¹ www.lifeskillstraining.com

² www.casel.org