

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 Program Structure and Content by Grade/Level

Middle School LST Units	L1: 6 th /7 th	L2: 7 th /8 th	L3: 8 th /9 th
Self-Image & Self-Improvement	1	0	0
Decision-Making	2	1	1
Substance Use / Drug Abuse	4	1	1*
Advertising/ Media Influences	1	1	1*
<i>Violence and the Media</i>	1*	0	0
Coping with Anxiety	2	2	1
<i>Coping with Anger</i>	1*	1*	1*
Communication Skills	1	1	0
Social Skills	2	1	1
<i>Conflict Resolution</i>	1*	1*	1*
Assertiveness	2	1	1
Resisting Peer Pressure	0	2	1
Total Class Periods	15/18*	10/12*	5/9*

Optional Units in **Red/Italics***

¹ www.lifeskillstraining.com

² www.casel.org