



## LifeSkills Training (LST) Middle School Program Guidelines and CU Boulder Grant Requirements

<b>Student Reach</b>	<p>Reach <b>all eligible students</b> with LST since it is a universal prevention program:</p> <ul style="list-style-type: none"> <li>Year 1: Level 1 to all 6<sup>th</sup> graders</li> <li>Year 2: Level 1 to all 6<sup>th</sup> graders, Level 2 to all 7<sup>th</sup> graders</li> <li>Year 3: Level 1 to all 6<sup>th</sup> graders, Level 2 to all 7<sup>th</sup>, Level 3 to all 8<sup>th</sup> graders</li> </ul> <p><i>(Exception: special populations such as students in self-contained classrooms)</i> Full student reach is a grant requirement because LST is a universal prevention program designed to provide all students with health information, general life skills, and drug resistance skills as well as to create a healthy school-wide norm against substance use.</p>
<b>Single-Grade Classes</b>	LST classes must be <b>taught to single-grade level classrooms</b> , so students receive the appropriate level of the program. This prevents students from missing a level of LST or receiving the same level twice, and helps ensure that students receive age-appropriate and academically appropriate material.
<b>Scope &amp; Sequence</b>	<p>Teach the full scope and sequence of the LST program. <b>Teach all lessons in the order given</b>, making the key points in each lesson.</p> <ul style="list-style-type: none"> <li>Level 1 = 15 core sessions (+3 optional violence prevention sessions)</li> <li>Level 2 = 10 core sessions (+2 optional violence prevention sessions)</li> <li>Level 3 = 5 core sessions (+4 optional violence prevention sessions)</li> </ul>
<b>Frequency of Delivery</b>	Students should receive LST <b>at least one time per week for consecutive weeks</b> until all units are taught. The curriculum may be taught more than one time per week but must be taught at least once per week, in consecutive weeks.
<b>Class Period</b>	<b>LST class periods should be at least 40-45 minutes in length.</b> The minimum length for an LST class period is 30 minutes; however, when periods are shorter than 40-45 minutes, lessons typically need to be carried over into the subsequent LST class session in order to fully cover the material.
<b>Class Size</b>	<b>Maintain reasonable class sizes.</b> The program developer determined the ideal class size for LST to be up to approximately 25 students. As class size increases beyond this range, it can become more challenging for instructors to manage the classroom, monitor student behavior, and devote time to discussion and skill practice.
<b>Classroom Facility</b>	LST instruction is best suited to the <b>typical classroom setting</b> , where student learning and participation may be fostered. Areas with excessive noise, inadequate space, or insufficient resources may negatively impact student engagement.
<b>Interactive Techniques</b>	<b>Use interactive teaching strategies.</b> Students acquire skills when the interactive teaching skills (coaching, facilitation, behavioral rehearsal, and feedback) emphasized in training are used.
<b>Booster Levels</b>	<b>Teach the booster sessions.</b> (Level 2 in Year 2 and Levels 2-3 in Year 3). LST is a three-year program. Level 1 (Years 1-3) is the core. Levels 2 and 3 are booster sessions. Research has established that booster sessions increase the long-term effectiveness of LST.
<b>Training</b>	All LST instructors must <b>attend an initial training workshop</b> prior to delivering the LST curriculum.
<b>Materials</b>	Implement <b>using the LST program materials</b> , proven to be effective in obtaining targeted outcomes.