



Life Skills Training (LST)

Program Overview

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Program name

Life Skills Training (LST)

Country of Origin

United States

Other Countries

Croatia, Denmark, France, Greece, Germany, Ireland, Italy, Portugal, Norway, Spain, Sweden

Implementation level of the program

Organization

Type of Program

Evidence-based intervention

Description

LST is a program with an extensive curriculum substance abuse prevention curriculum based on a multifactorial causal model of the use of alcohol, tobacco and other drugs by young people and also based on the Social Learning Theory. This program is also aligned with CASEL's Social and Emotional Learning (SEL) competencies.

The LST prevention program focuses on three main components:

general self-management skills;

general social skills;

information and skills specific to drug use.

Format:

Middle School Program:

The LST program is taught in grades 6-8 or 7-9: (Hahn et al., 2002; Botvin & Griffin, 2004);

The LST program is a three years intervention and contains 30 sessions (45 minutes each session):

15 class sessions- Level 1- in the 1st year;

10 class sessions- Level 2- in the 2nd year;

class sessions – Level 3- in the 3rd year.

Elementary School Program:

There is a version for the youngest children attending the 3rd or 4th grades. This version consists of 24 sessions (30-45 minutes each session) over three years:

8 class sessions- Level 1 (Grades 3/4);



8 class sessions - Level 2 (Grades 4/5);

8 class sessions - Level 3 (Grades 5/6).

Materials:

“Teacher’s Manual” - detailed description of the planning for each session, with reference to the general goals and objectives;

“Student Guide” - with exercises to perform in sessions and homework;

“LST Elementary CD-ROM” – Levels 1st and 2nd ; The Bully Proof Kit (Elementary School).

Age Range

3-7 years

Age Range Information

- Elementary School (3/4 grades: 8-10 years old)

- Middle School (6-8 or 7-9 grades: 11-15 years old)

SEL Skills Targeted

Responsible decision-making, Relationship skills, Social awareness, Self-awareness, Self-management

Sequenced Activities

Elementary School - skills:

Self-Esteem

Decision-Making

Smoking Information

Advertising

Dealing with Stress

Communication Skills

Social Skills

Assertiveness

Sessions are implemented by the class teachers and follow a sequence. The curriculum has several units, in which the specific goals, the student's objectives, the contents to be covered and the activities in the classroom are defined.

Active Learning

LST instructors teach the skills using a combination of interactive teaching techniques including:

Demonstration;

Facilitation of behavioral rehearsal (practice);

Feedback;

Reinforcement;

Guiding students in practising the skills outside of the classroom setting.

Outcomes / Results

The effectiveness of the LST program has been frequently evaluated over the past 30 years through several quasi-experimental studies and randomized control trials. The results showed that this program has consistent and positive behavioral effects on the use of alcohol, tobacco and other drugs. These effects are not only seen in the short term, but also in the long term.

Results:

Decrease

Alcohol;

Tobacco;

Delinquency and criminal behaviour;

Other drugs;

Sexual risk behaviours;

Violence.

Increase

self-efficacy;

self-management;

social skills;

decision making;

problem solving.

Strengths and Weaknesses

The quality of the implementation of this program is dependent on the quality of the pedagogical dynamics and practices of each educational establishment, concretely of the teachers who are the mediators of the program.

Additional Information

<https://www.blueprintsprograms.org/programs/5999999/lifeskills-training-lst/>

<https://www.lifeskillstraining.com/>

References

Botvin, G. J., & Griffin, K. W. (2004). Life Skills Training: Empirical Findings and Future Directions. *The Journal of Primary Prevention*, 25(2), 211–232.

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