Botvin *LifeSkills®Training*

Middle School Level 1
Grades 6/7– Scope and Sequence

Lesson	Lesson Goals	Key Skills	Class Periods
Self-Image & Self-Improvement	To teach what self-image is, how it is formed, how it relates to behavior, and how it may be improved.	Self-analysis, self-improvement, goal-setting, reframing thoughts.	1
Making Decisions	To teach how to make decisions and solve problems independently.	Decision analysis; 3 Cs of effective decision-making (Clarify, Consider, Choose); resisting group pressure.	2
Smoking: Myths and Realities	To teach information about cigarette smoking and other forms of tobacco use to counter common myths and misconceptions.	Analyzing data; checking assumptions; considering pros/cons.	1
Smoking and Biofeedback	To teach some of the immediate physiological effects of smoking.	Measuring heart rate; scientific method.	1
Alcohol: Myths and Realities	To teach information about alcohol to counter common myths and misconceptions.	Analyzing data; checking assumptions; considering pros/cons; separating fact and fiction.	1
Marijuana: Myths and Realities	To teach information about marijuana to counter common myths and misconceptions.	Analyzing data; checking assumptions; considering pros/cons; separating fact from fiction.	1
Advertising	To increase awareness of the techniques employed by advertisers to manipulate consumer behavior and to teach students how to resist these techniques.	Analyzing ads; recognizing techniques; separating fact from fiction – want from needs.	1
Violence and the Media*	To increase awareness of how the media influences student perceptions about violence and to teach them how to check media presentations against reality.	Analyzing perceptions about violence; comparing image and reality; resistance to media distortions.	1
Coping with Anxiety	To teach what anxiety is, common situations which cause it, and techniques for coping with anxiety.	Recognizing anxiety and its physical effects; learning easy and healthy techniques to deal with anxiety; progressive relaxation; mental rehearsal/visualization; breathing.	2
Coping with Anger*	To teach anger recognition and common situations which cause it, and to learn techniques for self-control.	Recognizing anger, its physical effects and mulitiple consequences; identifying reasons and learning techniques to control anger.	1
Communication Skills	To teach how to communicate effectively.	Using verbal and non-verbal communication; techniques for avoiding misunderstandings; clarifying; asking questions; being specific; paraphrasing.	1
Social Skills	To teach basic social skills in order to develop successful interpersonal relationships. Teach skills pertaining to closer personal relationships, interaction with others, and planning social activities.	Making social contacts; giving and receiving compliments and other feedback; scripting; effective listening; being persistent; having self-awareness; feelings toward others; communication, conversation; creative thinking.	2
Assertiveness	To teach how to become more assertive and resist peer pressure to use drugs.	Reflecting on actions taken, types of responses, consequences; decision-making; awareness of persuasive tactics; repertoire of refusal responses; verbal and non-verbal assertiveness; self-respect; planning; goal-setting.	2
Resolving Conflicts*	To review previous skills as students learn and practice techniques for resolving conflicts.	Analyzing conflict resolution choices; controlling anger; building consensus; problem solving; negotiation and compromise.	1
Total Class Periods			15/18

*optional violence lessons

Botvin LifeSkills® Training

Middle School Level 2
Grades 7/8 – Scope and Sequence

Lesson	Lesson Goals	Key Skills	Class Periods
Drug Abuse and Violence: Causes and Effects	To increase awareness of the social factors promoting drug abuse.	Analyzing observations and data; questioning assumptions; reasoning; causes and effects of drug abuse and violence.	1
Making Decisions	To teach how to make informed desicisons that are consistent with what is important to students.	Decision-analysis: individual, group, peer; resisting peer/group pressure.	1
Media Influences	To increase awareness of the techniques used by advertisers to manipulate consumer behavior and to teach students how to resist these techniques.	Media analysis, responding critically to manipulate tactics; consumerism: separating wants from needs; personal needs from product claims.	1
Coping with Anxiety	To teach how to cope with situations producing anxiety.	Recognizing situations that cause anxiety; building repertoire of healthy stress-reduction techniques.	2
Coping with Anger*	To teach reasons and techniques for controlling anger.	Recognizing anger, its physical effects, and multiple consequences; identifying reasons and learning techniques to control anger.	1
Communication Skills	To teach effective communication.	Effective use of verbal and non-verbal communication; sending and receiving skills; active listening; questioning, clarifying, paraphrasing.	1
Social Skills	To teach basic social skills in order to help students develop successful interpersonal relationships.	Overcoming shyness; initiating social contacts; mastering conversational skills; using open-ended questions.	1
Assertiveness	To teach when and how to become more assertive.	Analyzing situations; identifying and practicing effective responses; making requests; reflecting on and expressing personal feelings; verbal and non-verbal skills.	1
Resolving Conflicts*	To review, acquire, and practice the skills needed to successfully resolve conflicts.	Analyzing conflict resolution choices; applying life skills (anxiety and anger reduction, decison-making, communication, social and assertiveness skills) to resolve conflicts.	1
Resisting Peer Pressure	To teach how to resist peer pressures to smoke, drink, or use drugs.	Analyzing and developing repertoire of responses to group pressure; analyzing interpersonal persuasive tactics and practicing resistance or refusal skills.	2
Total Class Periods			10/12

*optional violence lessons

Botvin *LifeSkills®Training*

Middle School Level 3
Grades 8/9 – Scope and Sequence

Lesson	Lesson Goals	Key Skills	Class Periods
Drug Abuse: Causes and Effects*	To increase awareness of the causes and consequences of drug abuse.	Analyzing risk factors; personalizing and generalizing information on risk of use and abuse.	1
Making Decisions	To increase ability to make informed and responsible decisions.	Decision analysis; recognizing options; application of decision-making process.	1
Media Influences*	To increase awareness of the influence the media has in shaping attitudes and behavior.	Analyzing and resisting media influences, in general and specific to drug use.	1
Coping with Anxiety	To increase ability to cope with anxiety.	Anxiety self-assessment; building and reinforcing repertoire of healthy stress-reduction techniques.	1
Coping with Anger*	To teach reasons and techniques for controlling anger.	Recognizing anger, its causes, and consequences; identifying reasons and techniques to control anger.	1
Social Skills	To improve general social skills.	Practicing greetings and brief social exchanges; differentiating between superficial, informational, and "deep" conversations, and practicing "deep" conversation skills.	1
Assertiveness	To increase general assertive skills.	Analyzing situations; identifying and practicing effective responses; saying no, making requests, asserting rights, expressing feelings; verbal and non-verbal assertive skills.	1
Resolving Conflicts*	To review, acquire, and practice the skills needed to successfully resolve conflicts.	Analyzing conflict resolution choices; applying life skills (anxiety and anger reduction, decision-making, communication, social, and assertiveness skills) to resolve conflicts.	1
Resisting Peer Pressure	To increase the ability to resist peer pressure to smoke, drink, or use other drugs.	Further practice in applying assertive skills in peer situations; identifying and responding to persuasive tactics.	1
Total Class Periods			5/9

*optional lessons