



# *Blueprints Model Programs* FACT SHEET

FS-BPM05

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## Life Skills Training

The results of over a dozen studies consistently show that the Life Skills Training (LST) program dramatically reduces tobacco, alcohol, and marijuana use. These studies further show that the program works with a diverse range of adolescents, produces results that are long-lasting, and is effective when taught by teachers, peer leaders, or health professionals.

### **Program Targets:**

LST is a primary intervention that targets all middle/junior high school students (initial intervention in grades 6 or 7, depending on the school structure, with booster sessions in the two subsequent years).

### **Program Content:**

LST is a three-year intervention designed to prevent or reduce gateway drug use (i.e., tobacco, alcohol, and marijuana), primarily implemented in school classrooms by school teachers. The program is delivered in 15 sessions in year one, 10 sessions in year two, and 5 sessions in year three. Sessions, which last an average of 45 minutes, can be delivered once a week or as an intensive mini-course. The program consists of three major components which teach students (1) general self-management skills, (2) social skills, and (3) information and skills specifically related to drug use. Skills are taught using training techniques such as instruction, demonstration, feedback, reinforcement, and practice.

### **Program Outcomes:**

Using outcomes averaged across more than a dozen studies conducted with LST, it has been found to:

- Cut tobacco, alcohol, and marijuana use 50% - 75%.

Long-term follow-up results observed six years following the intervention show that LST:

- Cuts polydrug use up to 66%;
- Reduces pack-a-day smoking by 25%; and
- Decreases use of inhalants, narcotics, and hallucinogens.

### **Program Costs:**

LST can be implemented at a cost of approximately \$7 per student per year (curriculum materials averaged over the three-year period). This does not include the cost of training which is a minimum of \$2,000 per day for one or two days.

**The information for this fact sheet was excerpted from:**

Botvin, G.J., Mihalic, S.F., & Grotmeter, J.K. (1998). *Life Skills Training: Blueprints for Violence Prevention, Book Five*. Blueprints for Violence Prevention Series (D.S. Elliott, Series Editor). Boulder, CO: Center for the Study and Prevention of Violence, Institute of Behavioral Science, University of Colorado.

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