

Botvin LifeSkills Training High School

SUPER: Substance Use Prevention Evidence-Based Resource, UCLA ISAP

Developer website: <https://www.lifeskillstraining.com/botvin-lifeskills-training-high-school-program/>

Practice record last updated September 1, 2026

Cost	Prevention Category	Practice Focus	Practice Focus
Over \$500	Universal Direct	SU	MH

Practice Summary

Botvin LifeSkills Training (LST) High School is a 10-session curriculum that reinforces self-management, social, and drug-resistance skills. Lessons feature developmentally appropriate content that addresses alcohol, cannabis, prescription drug misuse, and other risky behaviors. Interactive sessions are structured for flexible delivery by classroom teachers, prevention specialists, or health educators.

Practice Details

Substance Use Prevention Category	• Universal Direct
Practice Level	• Individual • Relationship
Substance Use Prevention Strategy	• Education
Practice Components	Individual • Assertiveness Training • Cognitive Behavioral Strategies • Goal Setting • Problem Solving • Psychoeducation • Relaxation • Self-Efficacy or Self-Esteem Enhancement • Skills Training Relationship • Peer Norm Development Community/Society • None
Population Age	• Age 13-17 • Age 18-20
Populations of Focus	• General Population • Hispanic or Latino
Settings	• School (K-12)
Parent/Caregiver Involvement	• No parent or caregiver involvement

Recommended Staffing	• Community members • Health or social work counselor, therapist or professional (licensed) • Health or social work counselor, therapist or professional (unlicensed) • Law enforcement • Mentors • Peers • Prevention staff • Teachers or educators
Prevention Focus	Substance Use Prevention Focus • Substance Use - General Mental Health Wellness and Promotion Focus • Behavioral and Conduct Disorders • Mental Health - General
Training and Technical Assistance	Formal training is highly recommended to ensure program fidelity. The developer offers free implementation resources to support program planning, fidelity tracking, and identify potential funding opportunities. Staff also provide standard technical assistance, as well as more intensive and customized training and technical assistance for a fee.
Program Costs	Over \$500. Please visit the developer's website listed above for updated information about implementation costs.
Adaptations	Please contact the developer for further information on adaptations of the Botvin LST High School program

Risk and Protective Factors

Youth Substance Use Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Conduct Disorder • Early and persistent antisocial behavior • Early initiation of substance use • Favorable attitudes towards substance use • Rebelliousness • Negative emotional state • Poor coping skills and behaviors	• Positive social orientation (e.g. engaging in healthy activities, accepting rules and community values, positive social engagement) • Emotional self-regulation • High self-esteem • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• None	• None
School, Peer, and Community	• Accessibility or availability of substances • Lack of plans or ambitions for the future • Norms favorable towards substance use • Substance use among peers	• Positive social norms

Youth Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Low self-esteem • Negative emotional state • Poor coping skills and behaviors	• Emotional self-regulation • High self-esteem • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)

Level	Risk Factors	Protective Factors
Family and Relationships	• None	• None
School, Peer, and Community	• Aggression towards peers • School violence • Norms favorable towards substance use • Substance use among peers	• Ability to make friends and get along well with others • Clear expectations for behavior • Positive social norms

Shared Substance Use and Mental Health Risk and Protective Factors

Level	Risk Factors	Protective Factors
Individual	• Negative emotional state • Poor coping skills and behaviors	• Emotional self-regulation • High self-esteem • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)
Family and Relationships	• None	• None
School, Peer, and Community	• Norms favorable towards substance use • Substance use among peers	• Positive social norms

Empirical Evidence of Impact

Prevention Focus	Outcome	Population Age	Evidence Strength and Study Populations of Focus
Substance Use (General)	Reduced Use or Delayed Initiation	High School	Moderate (General Population) [References 1]
Substance Use (General)	Changes in Knowledge, Attitudes, or Beliefs	High School	Promising (General Population) [References 1]
Mental Health (General)	Improved Relationships and Community Connectedness	High School	Promising (General Population) [References 1]
Mental Health (General)	Behavior, Attitudes, and Functioning	High School	Promising (General Population) [References 2]

References

- [1] Botvin, G. J., Griffin, K. W., & Williams, C. (2015). Preventing daily substance use among high school students using a cognitive-behavioral competence enhancement approach. *World Journal of Preventive Medicine*, 3(3), 48-53.
- [2] Williams, C., Griffin, K. W., Mehta, R. K., & Botvin, G. J. (2021). Testing an evidence-based drug abuse and violence preventive approach adapted for youth in juvenile justice diversionary settings. *Health & Justice*, 9(1), 3.

What California Providers Are Saying

We have not yet spoken to any California providers who have experience implementing Botvin LST High School. If you have implemented it, we would love to hear from you. Please [contact us](#).