

Botvin LifeSkills Program Evaluation → → High School

Botvin LifeSkills Training (LST) is a research-validated substance use prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.

**Reach**

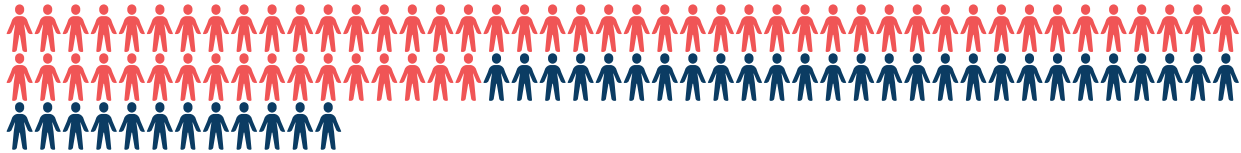
The Botvin LifeSkills Training was implemented among 9th and 10th grade students attending YMCA programming between November 2024 and June 2025: 9 students participated; 4 females and 5 males.

-1.4%**Data 01**Change in
Awareness**-14.9%****Data 02**Change in Risk
Perceptions**+2.9%****Data 03**Change in Refusal
Skills**+12.5%****Data 04**Change in
Assertiveness Skills**+25.0%****Data 05**Change in
Relaxation Skills**+44.6%****Data 06**Change in Self-
Control Skills

It is not possible to draw firm conclusions from the data collected through this program due to the limited sample size. Doing so would lead to lower statistical power, increasing the risk of misleading results. We can, however, utilize the data outputs to enhance program fidelity in the areas where negative results were observed. Process notes can be compared to implementation guides to ensure fidelity to maximize benefit.

Botvin LifeSkills Program Evaluation →→ Middle School

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Reach

The Botvin LifeSkills Training was implemented among 7th and 8th grade students attending YMCA programming between November 2024 and June 2025: 112 students participated; 61 females and 51 males.

+5.5%

Data 01

Change in Awareness

-3.2%

Data 02

Change in Risk Perceptions

-9.0%

Data 03

Change in Refusal Skills

-1.7%

Data 04

Change in Assertiveness Skills

+6.9%

Data 05

Change in Relaxation Skills

+3.0%

Data 06

Change in Self-Control Skills

Slight improvements were noted for substance use awareness, relaxation skills, and self-control. We can also utilize the data outputs to enhance program fidelity in the areas where negative results were observed. Process notes can be compared to implementation guides to ensure fidelity to maximize benefit to prevent negative outcomes.

Botvin LifeSkills Program Evaluation → → Elementary School

Botvin LifeSkills Training (LST) is a research-validated substance use prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.

**Reach**

The Botvin LifeSkills Training was implemented among 3rd- 5th grade students attending Boys & Girls Club programming between November 2024 and January 2025: 14 students participated; 9 females and 5 males.

+11.5%**Data 01**Change in
Awareness**+0.8%****Data 02**Change in Risk
Perceptions**+5.8%****Data 03**Change in Coping
Mechanisms**+11.6%****Data 04**Change in
Assertiveness Skills*Evidence-Based Prevention Programs for Schools, Families, and Communities*

While improvements were observed in each of the areas measured in elementary school, results should be interpreted with caution due to the limited sample size.