AMOSKEAG HEALTH

2025-2026

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 through 12th grade students attending YMCA programming between August 2025 and July 2026: 98 students participated; 37 females and 61 males.

-1.2%

Data 01
Change in Awareness

+7.3%

Data 02
Change in Risk Perceptions

-1.9%

Data 03
Change in Refusal Skills

+8.3%

Data 04
Change in Assertiveness Skills

-3.0%

Data 05
Change in Relaxation Skills

+29.8%

Data 06
Change in Self-Control Skills

Key Takeaways for Program Optimization

1. Core Successes: The program demonstrated exceptionally strong impacts on youth perseverance and self-control, alongside reinforced norms that substance use does not confer social status among peers.
2. Areas for Refinement: Future cohorts would benefit from enhanced practice scenarios focusing on box breathing techniques for stress regulation and refusal skill role-playing specifically targeting alcohol, traditional cigarettes, and prescription medication misuse.

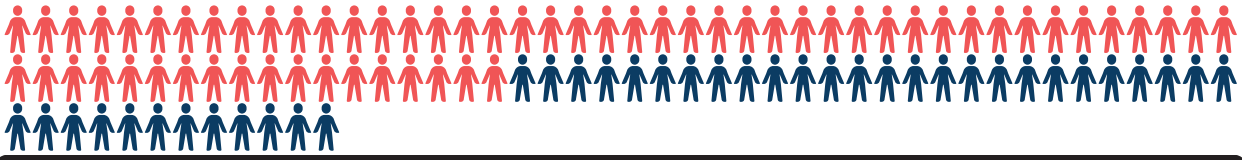
Source: Botvin LifeSkills Pre- and Post-Test, 2025/2026.

AMOSKEAG HEALTH

2025-2026

Botvin LifeSkills Program Evaluation →→ Middle 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 6th through 8th grade students attending YMCA programming between August 2025 and July 2026: 119 students participated; 62 females and 57 males.

+27.6%

Data 01
Change in Awareness

+9.5%

Data 02
Change in Risk Perceptions

+7.1%

Data 03
Change in Refusal Skills

+14.1%

Data 04
Change in Assertiveness Skills

+16.7%

Data 05
Change in Relaxation Skills

+13.4%

Data 06
Change in Self-Control Skills

Key Takeaways for Program Optimization

- Core Successes: The program demonstrated correction of social norms, substance physiology, and social media literacy. Targeted refusal interventions also proved to be effective, as did resilience and coping skill-building activities.
- Areas for Refinement: Coordinate directly with school administration to embed post-test survey windows into fixed homeroom or class schedules, ensuring full longitudinal tracking across all middle school grades.

Source: Botvin LifeSkills Pre- and Post-Test, 2025/2026.