



Skills for Adolescence Implementation Models

The implementation models described below allow the course to be taught as a nine-week or one semester program, as well as in one, two, and three-year models. The curriculum manual includes four additional community-building lessons, placed at the end of Unit 1, to be used when the program is implemented on a two or three-year schedule. Research indicates that life skills programs are most effective when taught on a regular, intensive basis over a long period of time. Therefore, we strongly recommend that the program be offered as a three-year model and be taught no less than twice weekly.

Three-Year Models

Option 1: Teach the program in one school year and provide booster lessons in subsequent years

- **Year 1:**
Units 1 – Summing Up as a one-year course (taught twice weekly), a one-semester course (taught daily), and or a nine-week course (see One-Year Model below)
- **Year 2:**
Year Two Community Building Activities from Unit 1
“Making Healthy Choices,” Year 2
- **Year 3**
Year Three Community Building Activities from Unit 1
“Making Healthy Choices,” Year 3

Option 2: Teach the core program over three years (detailed Curriculum Maps available in the Workshop Guidebook or Lions Quest)

- **Year 1:** 33 lessons
Units 1, 2, 3, and 4 (Lesson 1, 2, 4)
- **Year 2:** 33 lessons
Community Building Lessons from Unit 1, review key skills from Units 2 – 3, Units 4, Service-Learning, 6, and Summing Up
- **Year 3:** 33 lessons
Community Building Lessons from Unit 1, review key lessons from Units 2 – 4, Units 5, Service-learning, 6 (Year 3), 7, and Summing Up

Two-Year Models

Option 1: Teach the core program in one year and booster lessons in subsequent years

- **Year 1:**
Units 1 – Summing Up as a one-year course (taught twice weekly), a one-semester course (taught daily), and or a nine-week course (see One-Year Model below)
- **Year 2:**
Year Two Community Building Activities from Unit 1
Unit 6 “Making Healthy Choices,” Year 2

Option 2: Teach the core program over two years (detailed Curriculum Maps available in the Workshop Guidebook or from Lions Quest)

- **Year 1:** 30 lessons (One 45 min lesson per week or two 20-30 minutes lessons)
Units 1, 2, 3, 4 (Lessons 1-3), Service-Learning, and Summing Up
- **Year 2:**
Community Building Lessons from Unit 1, review key lessons from Units 2 – 3, Units 4 (Lessons 4-9), 5, 6 (Year 2), 7, Service-Learning, and Summing Up

One-Year Models

Option 1: One-year course (taught twice weekly)

Option 2: One-semester course (taught daily)

Option 3: Basic Course of Essential Social and Emotional Skills (33 lessons)

- Unit 1: Lessons 1, 2, 4, 8, 10
- Unit 2: Lessons 1, 4, 5, 8
- Unit 3: Lessons 1, 3, 4, 6, 7
- Unit 4: Lessons 1, 5, 6, 7, 9
- Unit 5: Lessons 4-5
- Unit 6: Year 1, Lessons 1, 2, 7, 9, 10, 11, 13, 14 (emphasis on healthy choices rather than specifically drug abuse prevention. If the course focus is drug prevention, teach Lessons 1 – 15)
- Unit 7: Lessons 1, 4, 5
- Summing Up: Lesson 2