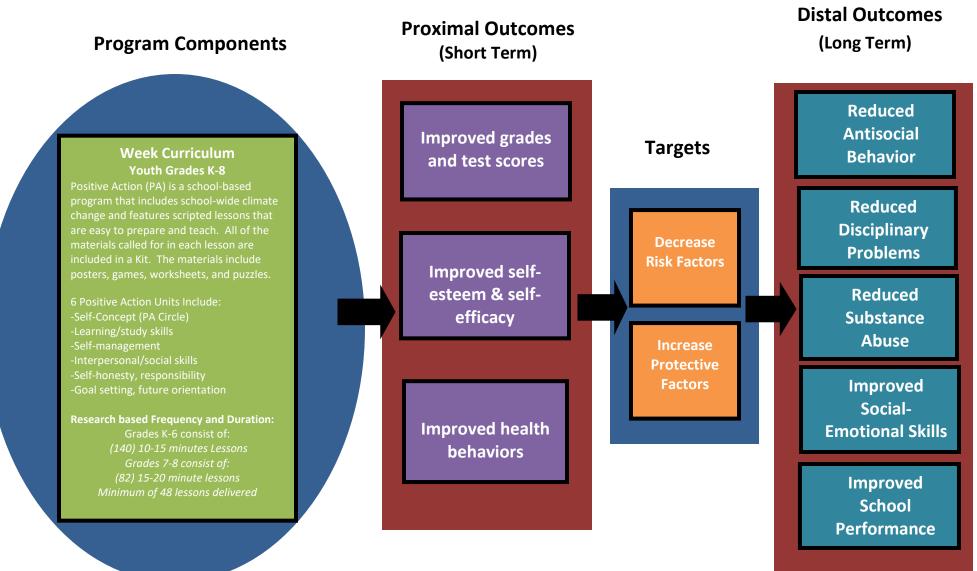
# **Positive Action (PA)**

Program developed by Carol Gerber Allred, Ph.D.,

This logic model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University in collaboration with the developer.



# Program's Mechanism for Change & Goals

### **Program Modalities**

Specific strategies, methods, and techniques used to accomplish the program goals.

Reinforces classroom

curriculum through

coordinating efforts of the

entire school in the practice

and reinforcement of

positive actions.

The principal is

responsible to:

1. Initiate the adoption process

2. Appoint a PA coordinator

3. Coordinate training and

professional development

4. Coordinate multiple

resources

workshops and work groups

and a PA committee

## **School Climate**

- \*Promotes a safe and orderly learning environment
- \*Clarifies and focuses the school's mission on educating students Enables the Principal to lead and support the school in positive directions
- \*Helps students gain higher expectations for their own success and the success of their peers
- \*Enables teachers to teach and students to learn skills that will help them succeed
- \*Helps students manage their own behavior
- \*Promotes frequent monitoring of student progress
- \*Improves home-school relations

### **Proximal Outcomes**

Targeted outcomes that the program is designed to impact immediately following program completion.

### **Change in School Climate:**

- -Reduction in grade retention,
- -Lower school-level disciplinary referrals
- -Improvement in school hassle scores
- -School-wide improvement in math and reading scores

## **Targeted Risk and Protective Factors**

Risk factors, which increase the likelihood of drug use, delinquency, school dropout, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

### **Risk Factors:**

- Favorable attitude towards drug Use
- -Peer Substance abuse
- Antisocial/aggressive behavior
- -Interaction with antisocial peers
- -Low School Commitment and attachment
- -Poor academic performance
- -Rebelliousness

# **Protective Factors:**

- Perceived risk of drug abuse
- -Prosocial behavior
- -Problem solving skills
- -Prosocial involvement
- -Rewards for prosocial involvement
- -Interaction with prosocial peers
- -Opportunities for prosocial involvement in education
- -Rewards for prosocial involvement in school

- suspensions, and absenteeism

- -Improved student and teacher school supportiveness

# **Classroom Lessons**

Unit 1: The Positive Action Philosophy and the Thoughts-Actions-Feelings about Self Circle

Unit 2: Positive Actions for Body and Mind

Unit 3: Social/Emotional Positive **Actions for Managing Yourself** Responsibly

Unit 4: Social/Emotional Positive Actions for Getting Along with Others

Unit 5: Social/Emotional Positive Actions for Being Honest with Yourself and Others

Unit 6: Social/Emotional Positive Actions for Improving Yourself Continuously

# Materials in each Kit may include:

- Puppets (K-1)
- **Posters**
- Music
- Games
- Other hands-on materials integrated into the lessons.

## **Student materials** include:

- **Activity booklets**
- **Journals**
- Other lesson aids

# **Change in Students:**

- -Higher socio-emotional and character development
- -Lower self-reported substance use
- -Lower self-reported violence
- -Higher life satisfaction
- -Lower depression and anxiety
- -Improved social interaction skills

### **Distal Outcomes**

Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

# Data from Chicago randomized study shows:

## **Reduced Antisocial Behavior:**

36% reduction in violence behavior

51% reduction in bullying behaviors

> 27% reduction in disruptive behaviors

## **Reduced Substance Use:**

31% reduction in substance use behavior

Students in the Positive Action schools were 20-39% less likely to have ever used tobacco. alcohol, or marijuana than students in control schools.

https://www.positiveaction.net/research

nttp://www.blueprintsprograms.com/ev uation-abstract/positive-action