

Positive Action (PA)

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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 Components

Week Curriculum Youth Grades K-8

Positive Action (PA) is a school-based program that includes school-wide climate change and features scripted lessons that are easy to prepare and teach. All of the materials called for in each lesson are included in a Kit. The materials include posters, games, worksheets, and puzzles.

6 Positive Action Units Include:

- Self-Concept (PA Circle)
- Learning/study skills
- Self-management
- Interpersonal/social skills
- Self-honesty, responsibility
- Goal setting, future orientation

Research based Frequency and Duration:

Grades K-6 consist of:
(140) 10-15 minutes Lessons
Grades 7-8 consist of:
(82) 15-20 minute lessons
Minimum of 48 lessons delivered

Proximal Outcomes (Short Term)

Improved grades
and test scores

Improved self-
esteem & self-
efficacy

Improved health
behaviors

Targets

Decrease
Risk Factors

Increase
Protective
Factors

Distal Outcomes (Long Term)

Reduced
Antisocial
Behavior

Reduced
Disciplinary
Problems

Reduced
Substance
Abuse

Improved
Social-
Emotional Skills

Improved
School
Performance

Program's Mechanism for Change & Goals

Program Modalities

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

Proximal Outcomes

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

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.

Distal Outcomes

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

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

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 and a PA committee
3. Coordinate training and professional development workshops and work groups
4. Coordinate multiple resources

Change in School Climate:

- Reduction in grade retention, suspensions, and absenteeism
- Lower school-level disciplinary referrals
- Improvement in school hassle scores
- School-wide improvement in math and reading scores
- Improved student and teacher school supportiveness

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

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-outcomes>

<http://www.blueprintsprograms.com/evaluation-abstract/positive-action>

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