

# Positive Action®: an Overview

## The System

*Positive Action* is an evidence-based, integrated and coherent program that addresses the school's entire eco-system—school, family, and community.

## WHAT

- It is a systemic program with:
  - Engaging, easy-to-use tools
  - Training/PD/consultation services
  - Evaluation services

## WHY

- It is evidence-based for:
  - Reducing problem behaviors like substance abuse and bullying
  - Improving academics, behavior, social and emotional learning, and mental and physical health as well as school climate.
- It is affordable and cost effective.

## WHEN

- Anytime a school is dedicated to achieving excellence.
- Anytime an effective turnaround program is needed.
- Anytime a school needs interventions for special populations and/or purposes.

## WHERE

- In the classroom—regular, special needs, interventions (MTSS, PBIS, RTI).
- In the school—schoolwide, alternative sites, and afterschool.
- In the home.
- In the community.

## WHO

- Anyone looking for outcomes in substance abuse prevention, academics, behavior, social & emotional learning, mental & physical health, school climate, and more.
- Families and communities who want to succeed.

## HOW

*Positive Action* is a comprehensive PreK–12 curriculum delivered through toolkits complete with manuals and all the materials needed to carry out the lessons and activities for 30 students.

The program tools include:

### School

- PreK–12 classroom kit
- Supplement Kits
- Counselor's Kit
- Climate Development Kits

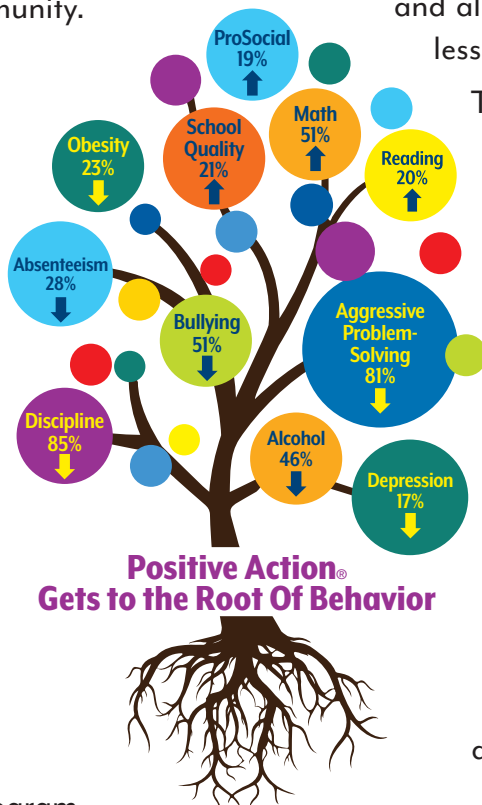
### Family

- Family Kit
- Family and Parenting Classes Kits

### Community

- Community Kit

Lesson strategies and methodologies include posters, games, manipulatives, journals, radio scripts, as well as stories, discussion, and role-playing.



Grade 4 Instructor's Kit

Grade-specific classroom curriculum kits with scripted, but adaptable, lessons that take 15–20 minutes.

A *Succeeding with Positive Action* guide explains how to implement *Positive Action* effectively.

**Learn how to help students with the educational element they need the most: to know the key positive actions for their whole self. If they do not know them, they cannot do them.**

## Positive Action Content

The content of the program is based on this universal philosophy: **You feel good about yourself when you do positive actions, and there is a positive way to do everything.**



The philosophy is depicted by the Thoughts-Actions-Feelings about Self Circle. It illustrates how thoughts lead to actions and actions to feelings about the self, which lead to more thoughts. The circle can be positive or negative.

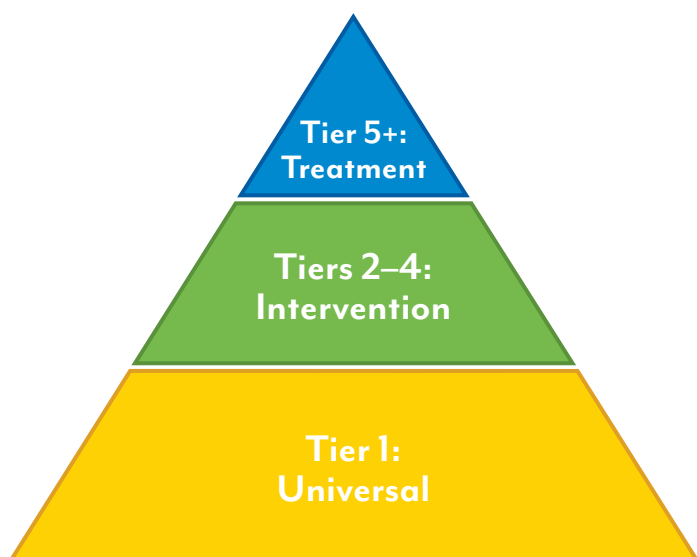
All component content is organized and aligned around six unit concepts. Unit 1 teaches the philosophy and Circle, and Units 2–6 teach the positive actions for the whole student: physical, intellectual, social and emotional. This enables an entire school community to have a common language and shared vision.

## Content Matters

We intuitively understand the Philosophy and Thoughts-Actions-Feelings Circle, however, when they are made conscious, we can deliberately control how we feel about ourselves, which is key to understanding ourselves.

It all begins by choosing a positive thought which leads to a positive action and a good feeling about ourselves. Feeling good about ourselves motivates us to have another positive thought, and the circle becomes self-reinforcing, which empowers us to intentionally create a positive, fulfilling life.

**Positive Action components can be used for multi-tiered interventions such as MTSS, PBIS, and RTI.**



## Every Student Succeeds Act (ESSA)

ESSA requires “evidence-based interventions” and defines “evidence-based” in four tiers. *Positive Action* more than meets the requirements for strong evidence of effectiveness.

### ► ESSA Tiers of “Evidence-Based”

- |          |   |   |  |   |
|----------|---|---|--|---|
| <b>1</b> | “Strong evidence,” meaning supported by at least <b>one</b> randomized study (RCT);     | { |  | <b>3 Studies:</b><br>RCT: Chicago<br>RCT: Hawaii<br>RCT: SE State |
| <b>2</b> | “Moderate evidence,” meaning supported by at least <b>one</b> quasi-experimental study; |   |  | <b>3 Studies:</b><br>Quasi: Long-term<br>Quasi: Nevada,<br>Hawaii |

### ► ESSA—Department of Education

## Key Registries Listing Evidence-based programs:

### ► What Works Clearinghouse (WWC)

*Positive Action* is distinguished by the U.S. Department of Education’s What Works Clearinghouse as the top-rated program in the nation for improving **academics** and **behavior**.

- **Academic Achievement:** +14 percentile points (reading, math and grade retention)
- **Behavior:** +19 percentile points (substance use, suspension and violence rates)

### ► Blueprints for Healthy Youth Development—Model Program

### ► CASEL Collaborative for Academic, Social, and Emotional Learning—SElect Program

### ► OJJDP Office of Juvenile Justice and Delinquency Prevention—Effective Model Program

### ► CrimeSolutions.gov—Effective Evidence-based Program