

Positive Action® (PA)

Program Summary: Positive Action® (PA) is an evidence-based prevention program that focuses on increasing positive behavior, reducing negative behavior, and improving social and emotional learning and school climate. The program features scripted lessons that are easy to prepare and teach children understanding and management of self and how to interact with others through positive behavior.

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Frequently Asked Questions

1. What population is Positive Action designed to serve?

Positive Action is designed for children grades K-8.

2. What risk and protective factors does the Positive Action curriculum target?

The program addresses the following individual risk/protective factors:

Protective factors targeted for an increase

- Academic self-efficacy
- Clear standards for behavior
- Perceived risk of drug use
- Problem solving skills
- Improved relations with pro-social peers
- Positive orientation to school
- Communication/interpersonal skills
- Decision-making and critical thinking skills
- Adaptive coping/self-management skills

Risk factors targeted for a decrease

- Antisocial/aggressive behavior
- Bullies others
- Early initiation of antisocial behavior
- Early initiation of drug use
- Favorable attitudes towards antisocial behaviors
- Favorable attitudes towards drug use
- Physical violence
- Rebelliousness
- Substance use

- Victim of bullying

3. What types of outcomes may be expected with Positive Action?

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.

Blueprints for Healthy Youth Development recognizes Positive Action as an Evidence-Based model program. Visit the website for more information on outcomes for Positive Action.

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

Positive Action has been shown to have a wide variety of impacts. The developer has summarized these impacts on their website by subject area:

<https://www.positiveaction.net/research-outcomes>

4. Who can deliver the Positive Action curriculum?

Trained teachers or counselors are the ideal instructors for Positive Action.

5. How is Positive Action structured?

Positive Action contains 6 consecutive Units in each grade level kit. The Units include the following topics: Self-Concept, Positive Actions for Your Body and Mind, Managing Yourself Responsibly, Treating Others the Way You Like to be Treated, Telling Yourself the Truth, and Improving Yourself Continually. Lessons should be taught in the morning and concepts reinforced throughout the day. Lessons will be more effective if effort is made to localize or adapt the lessons for your school and area. Areas that can be adapted include: Names of characters, settings of stories, and cultural references. Areas that cannot be adapted are: Concepts, methodologies, and strategies.

| Grades K-6 Structure | Grades 7-8 Structure |
|--|--|
| 140 lessons | 82 lessons |
| 10-15 minute lessons | 15-20 minute lessons |
| Minimum of 48 lessons delivered per school year. | Minimum of 31 lessons delivered per school year. |

6. What type of training is needed to be able to deliver the Positive Action curriculum?

A training session will cover the Pre K-12 curriculum (with supplements for bullying, drug and violence prevention), climate development, family/parent and community programs; and the Climate results from delivering the content through the tools. It will also cover the outcomes and the studies which produced them. It is interactive with group presentations. Three training options are available: Online Webinar Training, On-site Orientation Training, or On-site Training of the Trainers (Agency Trainers). **Please note that best practice is on-site, in-person for your initial training.

7. What is the cost of the training?

On-Site Orientation Training: \$3000 per day plus travel expenses, including Trainer’s travel time. Training is two (2) days. The appropriate Classroom Kits and School Climate Kit must also be purchased and received prior to the training. Effective for up to 50 participants.

On-site Training of the Trainers (Agency Trainers): \$3000 per day plus travel expenses, including Trainer’s travel time, and the purchase of the appropriate kits. Effective for up to 25 participants.

Online Training Webinar: \$550 for the first two hours. \$150 for each additional topic: High School, Climate Development, Family Classes and Community. In addition to these fees is the purchase of the appropriate kits as well. Effective for up to 30 participants. EPISCenter does not recommend initial online training for sites as it is not as beneficial as face-to-face training.

*Keep in mind that costs for trainer travel time could include airfare, airport parking, rental car, and per diem (hotel/food). This total is estimated to be approximately \$1600, but could also vary depending on where the trainer is located.

8. What materials are required and what are the associated costs?

| Materials & Equipment | Cost per Classroom (30 Students) | Cost per Student |
|--|--|-------------------------|
| Classroom Kit-includes all materials (Grades K-8) | \$400-\$450 Discount on multiple kits per grade level | \$14-\$15 |
| Optional Additional Kits-School Climate, Bullying Prevention, Drug Use Prevention, Conflict Resolution, Community, Counselor, Parenting and Family | \$150-\$1450 | \$5-\$49 |

| | | |
|---|---|---------|
| *School Climate Kit should be purchased as a requirement for PCCD grantees. | | |
| Student Pre/Post Surveys & Unit Fidelity Report (should be downloaded from EPISCenter website and duplicated) | No Cost | No Cost |
| Initial Cost for a Classroom of 30 Students not including Optional Additional Kits | \$400-\$450 plus 10% shipping and handling (not including optional additional Kits) | |

Additional materials information:

- Reinforcement materials are available through the Positive Action website for an additional fee.
- Free pre/post surveys may be downloaded from the EPISCenter website.
- Duplicating costs for pre/post measures and miscellaneous materials should be included and will vary by site.
- The ideal Positive Action budget will address costs related to administration of pre/post measures and data entry in addition to a 10% shipping and handling charge.

**For most current cost of training and materials please visit <https://catalog.positiveaction.net/> or call Positive Action.

9. How do I order and purchase these supplies?

Details about materials and how to order are located at the following website: <https://catalog.positiveaction.net/>

10. How do I schedule training?

Please contact: Carolyn Peterson, Senior Consultant Positive Action Inc.

www.positiveaction.net

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11. How can we sustain Positive Action?

- **Involve a collaborative board in planning the program**—Work together with local stakeholders, including school superintendents, principals, juvenile justice and mental health leaders, and local government officials.
 - Provide board members with a fact sheet and the program’s logic model.
 - Identify champions or gatekeepers who can support the program.
 - Keep board members involved by regularly sharing outcomes in both verbal and written forms.
 - Use this board to help identify ways to overcome barriers to implementation, and discover future funding opportunities.

- **Understand the cost benefits of Positive Action**---Understand the return on investment by implementing Positive Action and share with your stakeholders and collaborative board. Visit <http://www.wsipp.wa.gov/BenefitCost> to get the benefit cost.

12. What are the common barriers to successful implementation of Positive Action?

- **Lack of teacher buy-in and administrative support**
 - Ideally, key teachers, principals, and superintendents will be involved in developing the plan to implement Positive Action from the beginning. Have these key stakeholders sign memoranda of agreement to ensure clear communications and expectations.
 - Learn how Positive Action connects with the PA Department of Education's academic standards
- **Underestimating the importance of planning pre/post survey administration, data entry, and outcomes reporting**
 - Review the developer's guide as well as tools from the EPISCenter website early in the process.
 - Identify a key person to oversee this process and answer questions from administrators and instructors.
- **Lack of adherence to the curriculum, as originally designed**
 - Instructors should utilize an interactive style and use all of the dynamic activities outlined in the manual.
 - Instructors may not include outside materials in the lessons.
 - Adaptation can occur in the areas of: names of characters, settings of stories, and cultural references.
 - Areas of the curriculum not adaptable: concepts, methodologies, or strategies.

Visit the following Positive Action links for more information about the implementation of this Evidence-Based Program:

<https://www.positiveaction.net/overview/introduction>

<https://www.positiveaction.net/planning/guidelines>

For additional assistance and resources for preparation and implementation of the Positive Action program, please contact the EPISCenter:

Phone: 814-863-2568

Email: episcenter@psu.edu

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