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

Positive Action (PA)
Program developed by Carol Gerber Allred, Ph.D.,

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

Distal Outcomes (Long Term)

Reduced Antisocial Behavior
Reduced Disciplinary Problems
Reduced Substance Abuse
Improved Social-Emotional Skills
Improved School Performance

Targets

Decrease Risk Factors
Increase Protective Factors
**Program’s Mechanism for Change & Goals**

**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*  

**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.

**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

**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

**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

**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-outcomes  
http://www.blueprintsprograms.com/evaluation-abstract/positive-action