

Boys & Girls Clubs of America Introductory Overview

Empowering Greatness in Individuals, Schools, Families, and Communities Around the World

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What is Positive Action?



- A systematic program that builds intrinsic motivation and encourages kindness and cooperation, among youth and adults.
- Develops and reinforces positive actions in the physical, intellectual, social and emotional areas in a fun and easy way improving:
 - Social-Emotional Learning
 - Academics & Behavior
 - Substance Abuse
 - Mental & Physical Health
 - ✤ College and Career Readiness

Authoritative Groups Confirm Evidence-based

U.S. Department of Education INSTITUTE OF EDUCATION SCIENCES What Works Clearinghouse







Approved Whole-School Reform

Model (1 of 4 programs in the nation) Provider for School Improvement Grants by the U.S. Dept. of Ed—2015

- Top-rated in the nation for improving academics, behavior and character by the U.S. Dept. of Ed., What Works Clearinghouse—2006
- Identified by Evidence for ESSA as the only program on with a "strong" ESSA rating in both reading and math—2017
- + Top-rated SEL Program for increasing academics by University Dublin College—2018

 Endorsed by the Council of Administrators of Special Education (CASE) for academics, behavior and character with general as well as special education students—2011









- Recognized as a Model Program by Blueprints for Healthy Youth Development, meeting the highest standards of evidence through independent review by the nation's top scientists—2013
- Recognized as an Effective Model Program with strong evidence for the outcomes with the U.S.
 Department of Justice (DOJ), Office of Justice Programs' (OJP), CrimeSolutions.gov for the Office of Juvenile Justice Delinquency and Prevention (OJJDP)—2007



Identified in evidence-based program directories for bullying prevention programs on the stopbullying.gov website. Directories: Blueprints, FindYouthInfo.gov, and DOJ—2011



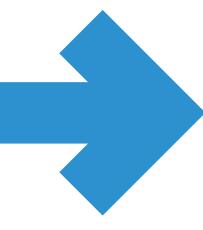
Recognized as a Model Program with a Strong Evidence rating by the National Dropout—2009

Every Student Succeeds Act (ESSA)

Requires Evidence-Based Programs

ESSA Levels of Evidence-Based

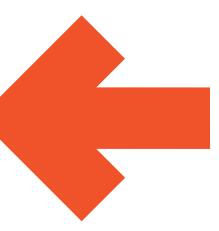
"Strong Evidence," meaning supported by at least one randomized study (RCT);



3 Studies: RCT: Chicago RCT: Hawaii RCT: Southeastern State

"Moderate Evidence,"

meaning supported by at least one quasi-experimental study;



3 Studies: Quasi: Long-Term Quasi: Nevada & Hawaii

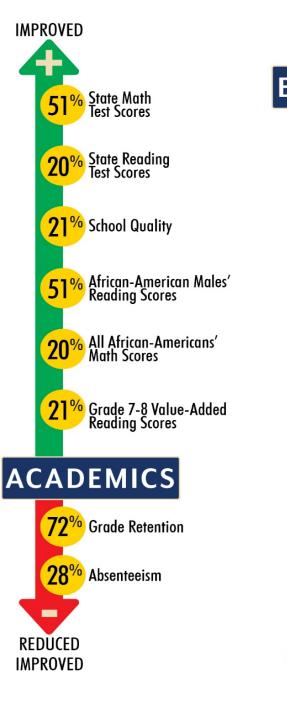
Demographics Represented in

Randomized-Controlled Trials

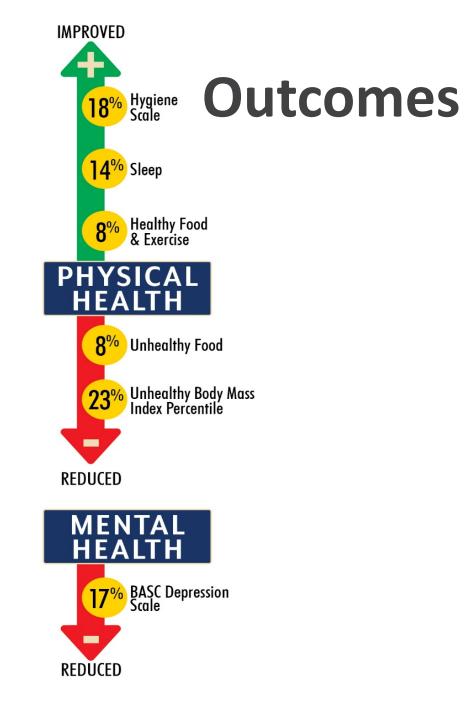
Hawaii Study Table 1				
Characteristics of Study Schools at Baseline*				
	2002 (Baseline)			
	Positive Action			
	Mean			
Enrollment	610			
Racial/ethnic distribution, %				
African-American	2%			
Chinese	2%			
Filipino	16%			
Hawaiian	6%			
Hispanic	3%			
Japanese	7%			
Korean	2%			
Part Hawaiian	29%			
Portugese	2%			
Samoan	5%			
White	13%			
Other	13%			
Stability, %	92%			
Free/reduced lunch, %	60%			
Limited English proficiency, %	16%			
Special education, %	10%			
Snyder F, Acock A, Vuchinich S, et al. Preventing Negative Behaviors Among Elementary-School Students Through Enhancing Students' Social-Emotional and Character Development. <i>American Journal of Health Promotion</i> . 2013; Volume 28, Issue 1				

Chicago Study Positive Action Intervention Group				
Racial/ethnic distribution, %				
African-American	46%			
Hispanic	27%			
White	7%			
Asian	3%			
Other	17%			
Elementary School Students: A Matched-F Randomized Control Trial in Chicago. <i>Psy</i> <i>Health</i> . 2011; 26: 179–204				
Positive Action's uniqu	le,			
equitable approach				
encompasses all ages,				
enders, ethnicities, a	nd			

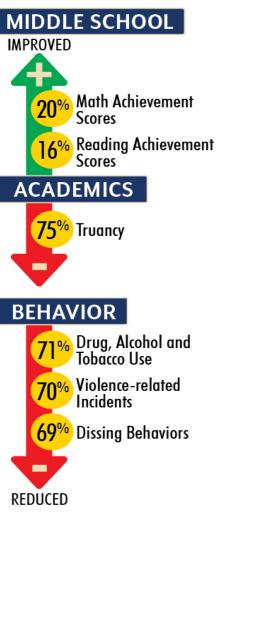
genders, ethnicities, and socio-economic levels in rural, urban and suburban areas.





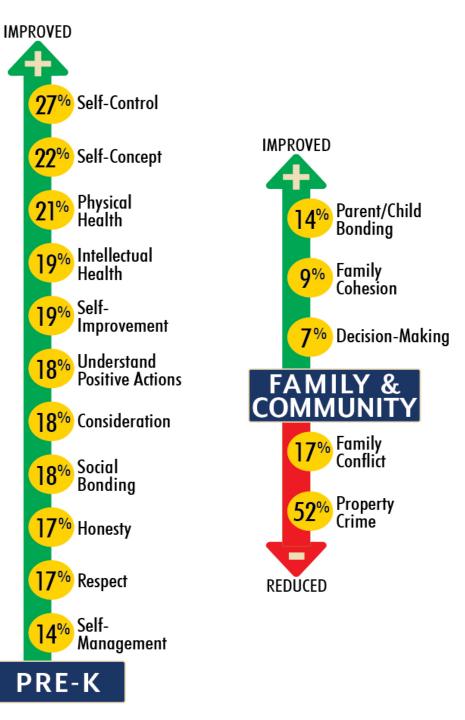


Long-Term Outcomes



HIGH SCHOOL IMPROVED Academic Achievement Scores Employed after HS 8% **38**[%] Higher Education after HS ACADEMICS 12[%] Truancy **37**[%] Dropout Rates **30**[%] In-school Suspensions **25**[%] Out-of-school Suspensions BEHAVIOR 49% Drug, Alcohol and Tobacco Use 50[%] Violence 63% Sex-related Incidents **57**[%] Falsifying Information **28**[%] Dissing Behaviors REDUCED

Pre-K & Family/Community Outcomes



The Positive Action System

Content—Same for All Tools



Philosophy: You feel good about yourself when you do positive actions, and there is a positive way to do everything. *Develops a common language and shared goal.*



Thoughts-Actions-Feelings Circle: Applies the Philosophy.



Whole Self: Physical + Intellectual + Social + Emotional

Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Philosophy &	Physical &	Self-	Social &	Self-Honesty	Self-
TAF Circle	Intellectual	Management	Emotional		Improvement

Tools

-04

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Key Elements

- Alignment to Social/Emotional competencies
- Whole-Child Development
- Developing/supporting a safe
 engaging and inclusive environment
- Connecting schools, family and community
- Trauma-informed studentdevelopment
- Data-driven assessment tools

Positive Action Alignment to Social & Emotional Competencies

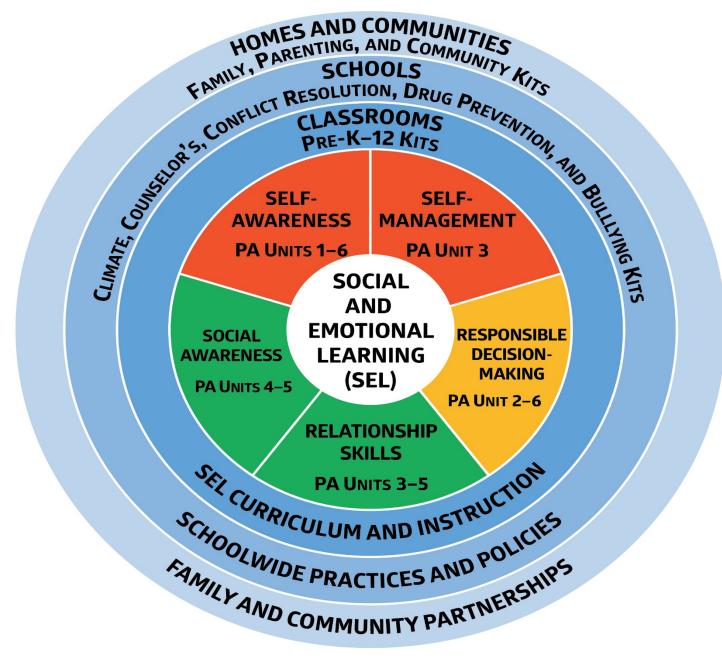


Image adapted from CASEL

How Does the Positive Action System Work? With Knowledge

An Intuitive (universal) Philosophy
A Think + Act + Feel about Self + Circle

With Skills

 Development of Social, Emotional, Physical, and Intellectual areas (Six Units)

With Climate

By Applying, Practicing, and Reinforcing the skills (positive actions) site-wide



You feel good about yourself when do you do **POSITIVE ACTIONS**



And there is a **POSITIVE**

Way to do EVERYTHING!



The Philosophy is Intuitive

The Think + Act + Feel + Circle

and Feelings lead to more Thoughts



Thoughts lead to Actions

Actions lead to Feelings about yourself

The Circle can be **Positive** or **Negative**.

Philosophy Teaches Motivation



Extrinsic Motivation:

The reward is something given to us externally

Intrinsic Motivation:

The reward is the good feeling we get internally

The Philosophy: there is a Positive Way to do Everything





Our values represent our character and we do what we value.

You can't control everything, but you can control how you **REACT!**

- Seeing the good in others
- ✓ Exercising
- ✓ Managing actions
- \checkmark Showing appreciation
- Learning there is a positive way to do everything
- ✓ Making good decisions
- ✓ Managing feelings
- ✓ Getting enough sleep/rest
- ✓ Not blaming others
- ✓ Showing personal cleanliness
- ✓ Motivated learner
- \checkmark Avoiding bullying
- ✓ Setting social and emotional goals

- Setting physical goals
 Being in touch with reality
- Maintaining good nutrition
- Broadening your horizons
- ✓ Not making excuses
- ✓ Saying nice things to others
- ✓ Having courage to try
- ✓ Making good choices
- ✓ Managing talents
- ✓ Respecting others
- ✓ Knowing your strengths/weaknesses
- ✓ Managing money
- ✓ Showing empathy
- ✓ Showing kindness

- Understanding that positive thoughts lead to positive actions, that lead to positive feelings about yourself, that lead to more positive thoughts
- ✓ Telling yourself/others the truth
- ✓ Managing time & energy
- ✓ Showing cooperation
- ✓ Persistence
- ✓ Having good study habits
- ✓ Refusing to rationalize
- Maintaining good dental hygiene

- \checkmark Treating others the way you want to be treated ✓ Showing fairness ✓ Avoiding illnesses ✓ Learning that you feel good about yourself when you do positive actions ✓ Thought Management ✓ Problem-Solving ✓ Managing possessions ✓ Believing in your potential
- Avoiding harmful substances/behaviors
- Turning problems into opportunities
- Setting Intellectual goals

Unit 1: Philosophy

- Philosophy
- Think + Act + Feel about Self Circle
- General Skills/Positive Actions
- Self-Concept



Unit 2: Healthy Body & Mind

Physical Positive Actions

- Exercising
- Keeping clean
- Eating nutritiously
- Generation Maintaining good dental health
- Avoiding Illnesses
- Avoiding harmful substances
- Refusing to abuse
- Getting enough sleep & rest

Intellectual Positive Actions

- Solving problems well
- Making good decisions
- Being motivated to learn
- Having good thinking skills
- Having good study habits
- Valuing learning

Unit 3: Self-Management

Generating And Antiparties Control of Con

- Managing thoughts
- Managing actions
- Managing feelings

 (love, anger, worry, jealousy, feelings of pride, fear, loneliness, discouragement, thankfulness)
- Managing time/energy
- Managing money
- Managing possessions
- Managing talents

Unit 4: Social Skills

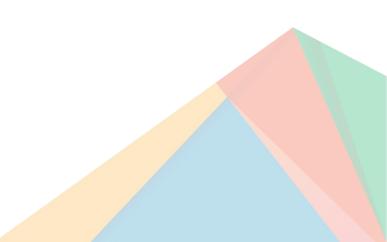
Getting Along with Others

- Treating others the way you want to be treated
- Seeing the good in others
- Respecting others
- Saying nice things to others
- Showing appreciation
- Showing empathy
- Showing fairness
- Showing kindness
- Showing cooperation
- Avoiding bullying

Unit 5: Self Honesty

Being Honest with Yourself and Others

- Being in touch with reality
- Telling yourself the truth
- Telling others the truth
- Ot blaming others
- Ot making excuses
- Ot rationalizing
- Showing your strengths and weaknesses
- Doing what you say you will do

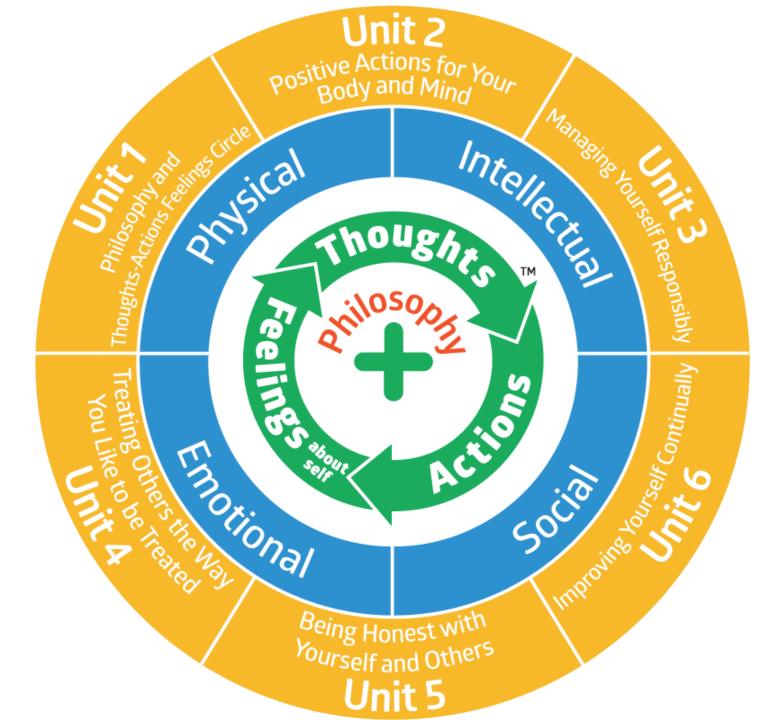


Unit 6: Self-Improvement

Improving Yourself Continually

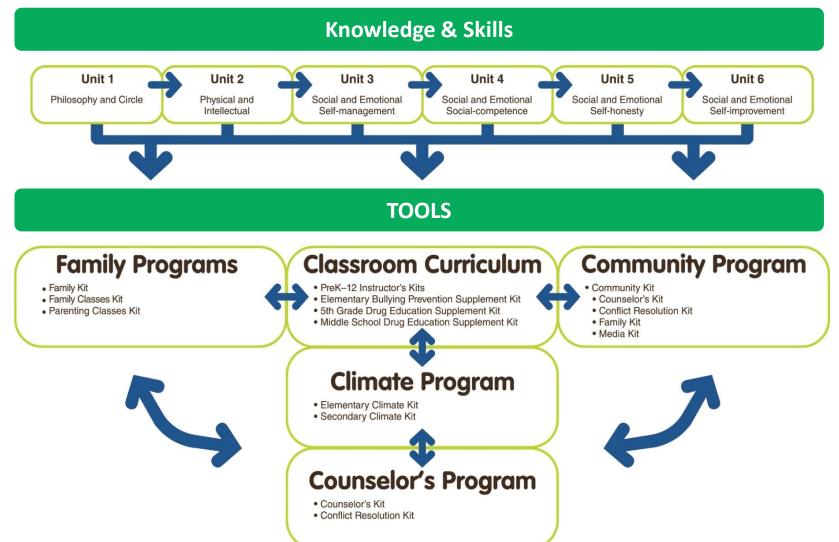
- Setting physical goals
- Setting intellectual goals
- Setting social and emotional goals
- Believing in your potential
- Having courage to try
- Turning problems into opportunities
- Persisting
- Broadening your horizons

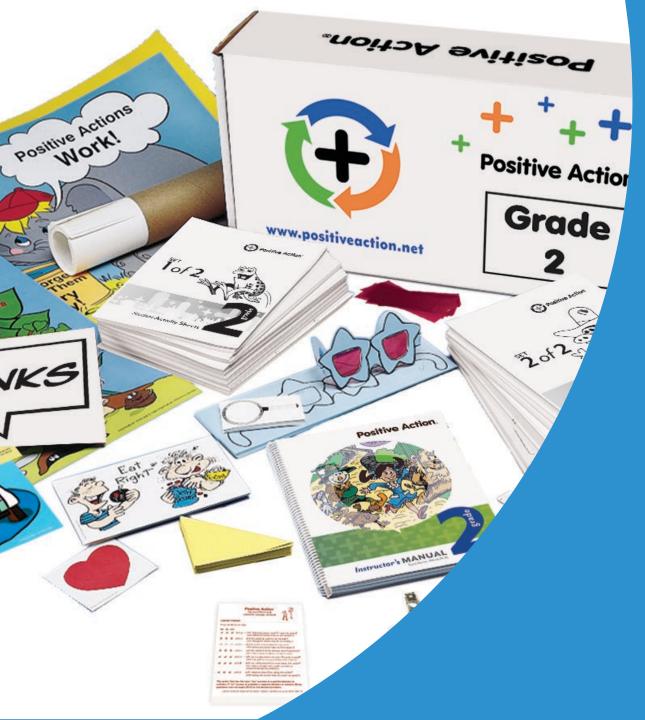
Unifying Philosophical Framework



Positive Action Program

Knowledge & Skills in the Tools





Elementary Kits Engaging & Ready-to-go

• Pre-K:

 130 lessons / 5-minute interactive, scripted lessons

○ **К−6:**

- 140 lessons / 15-minute interactive, scripted lessons
- Materials: 30 students
- Lesson strategies & methodologies:
 - Puppets, games, poems
 - Role-playing, stories
 - Plays, discussions, journals
 - \circ Music, stickers
 - Colorful, interactive posters

Lesson 4

Purpose: To reinforce the relationship between self-concept and positive actions.

Materials Needed Glue, scissors, markers

 Materials Provided
 Happy/Sad Faces 4-1-K (one per student), flannel board and flannel board figures: Abbott Rabbit, Jareef Giraffe, Annie Owl, Chupo Cheetah, Miska Monkey, Leonard Lion, Cindy Squirrel, Ellie Elephant, Tongue depressors (one per student)

Teacher Prepare to use puppets.

- Picks-It: Nix-It, do you think you understand what self-concept is now?
- Nix-It: Yes, Picks-It, I think I do. I wonder if the boys and girls understand what it is.
- Picks-It: Well, let's ask them, Nix-It. (To students) Raise your hand if you can tell me what self-concept is. (Allow responses and encourage students to express the thought that self-concept is the way you feel about yourself.) Very good, children. What does it mean to have a positive self-concept? How does a positive self-concept make you feel about yourself? (Allow responses and help children understand that a positive self-concept will make them feel good about themselves.) Great! I can tell that you have been working very hard and doing some growing, because you have learned what self-concept is.

Nix-lt, I'm very proud of these children. They have learned something very important and I think all of you are soon going to be ready to go a little further on our journey. But right now, we had better be going so (*Teacher's name*) can help the children learn more about self-concept and how to make it better. They will soon be ready to go to the Land of Physical in the Kingdom of Positive Action and meet some new friends. Good-bye, boys and girls. We'll see you in a few days.

Teacher *Remove puppets.*

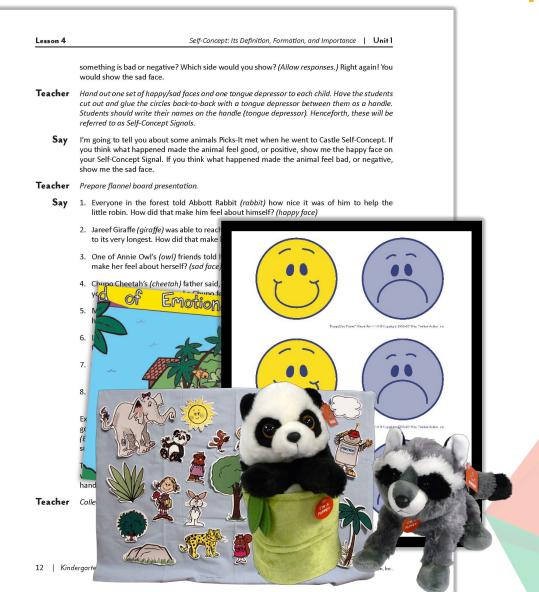
Say Today we will make something called Self-Concept Signals. We will use these all year. After you have made your Self-Concept Signal, we'll have a fun activity with some new animal friends.

Self-Concept Signals have happy faces and sad faces, one on each side. So if you want to show that you feel good about something, which side would you show? (*Allow responses.*) That's right. You would show the happy side. That also means you feel positive. What if you feel

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Kindergarten Instructor's Manual 🕴 11

Kindergarten Sample Lesson





Middle School Kits Engaging & Ready-to-go

○ Grade 7

- Units 1-3; total 82 Lessons
- 15-20-minute; interactive, scripted lessons

○ Grade 8

- Units 4-6; total 82 Lessons
- 15-20-minute; interactive, scripted lessons
- Materials: 30 students
- Lesson strategies & methodologies:
 - Posters, games, manipulatives
 - Stories, discussion, radio scripts
 & role-playing



A Little Respect, Please

Goal: • To learn that respect is the way we like to be treated, so we treat others with respect, which is a positive action that helps us create a positive identity.

Objectives: • To learn that when we look for what we can respect in others, we can respect ourselves and be respected by others.

To understand that respect creates and strengthens friendships.

Materials Needed	Materials Provided
✓ Black/white board and writing instrument	✓ 16 PALS Radio Script Booklets—Script 5
✓ Pens	✓ 30 Positive Action Journals
	✓ 30 Positive Identity Investigator's Record Activity Booklets: Activity Sheet 97-4-8

Say: You were asked to find two positive actions you could take to show caring for people in your lives. Who would like to share the positive actions they took? (Wait for responses: Encourage sharing and congratulate students for their positive actions.)

Teacher: Write the word "respect" on the board.

Say: Is respect in Our Code of Conduct? (Wait for responses: Yes.) Why is respect included in Our Code of Conduct? (Wait for responses: We treat others with respect because that is the way we like to be treated.)

What ways do you like to be treated with respect? (Wait for responses: For people to listen when I speak. For people to not interrupt. For people to treat me like I matter. For people to appreciate my special abilities.) So are you treating others that way? (Wait for responses: Varied.) Think of some ways you have shown respect for someone recently. Who would like to share?

- Teacher: Wait for responses: Perhaps you've asked yourself to pay full attention while someone is talking. Perhaps you've encouraged them to go ahead of you. Perhaps you've given them consideration or special treatment. Perhaps you've seen something in them that you admire and told them about it.
 - Say: How did you feel about yourself when you treated that someone with respect? (Wait for responses: I felt good about myself because I treated others the way I like to be treated.) Your challenge today is to find some ways to show respect for people who may not know you respect them.

Respect is so important to *RELATIONSHIPS*, and it shows up in many ways. Whenever we feel disrespected, we tend to get into a negative spiral, so it's really important that we remember to respect ourselves—by respecting others.

Lesson 97

Grade 8 Sample Lesson

Radio Broadcast PALS, Script 5

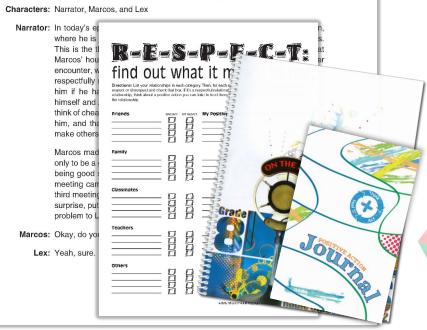
..... Positive Actions Lead to Success

Radio Talk Show: Teens for a Positive World

Michael: Welcome to Radio PALS. I am so glad you're here, honored teens. My illustrious co-host, Michaela, will introduce today's topic.

Michaela: R-E-S-P-E-C-T. What does that spell? Respect. And something inside us always knows when we're being respected...or disrespected. That means everybody else has a little respect-o-meter inside them, too. Parents, friends, little brothers and sisters...everybody wants respect. But the other part—of finding something to respect in others—doesn't come so easily. We have to really look for what we respect in others. Let's take a peek into the world of our Eighth Graders in *We're on Our Way*.

Radio Play: We're on Our Way Act II, Episode 2: "Respectfully Being Me"



Unit 4

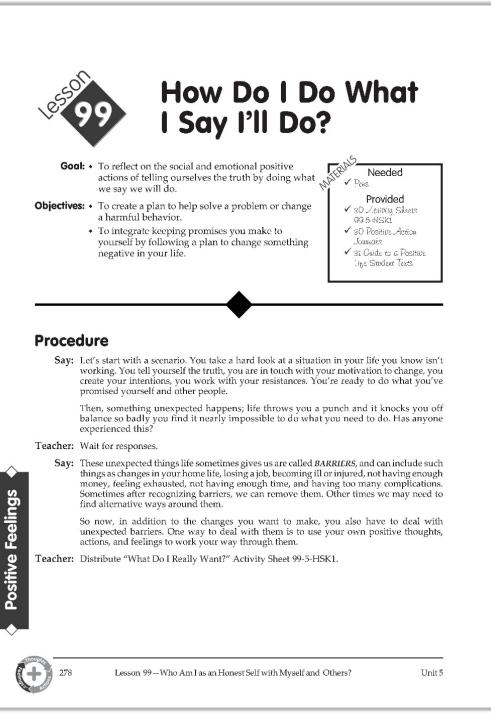
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High School Kits Engaging & Ready-to-go

- **HSK1** *Life's Big Question: "Who Am I?"*
- HSK2 Lives on the Line Play
- **HSK3** *Projects for Teens*
- **HSK4** *Life Training for Teens*
 - o 132 Lessons
 - 15-20-minute; interactive, scripted lessons
- Materials: 30 students
- Lesson strategies & methodologies:
 - Role-Playing, stories, posters, activities, & more
 - Peer-mentoring

HSK 1 Sample Lesson



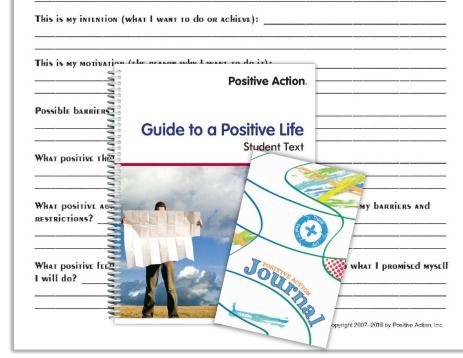
WHAT DO I REALLY WANT?

DIRECTIONS: This is an activity sheet that will help you create a plan to change a harmful habit or solve a problem. The plan will include deciding upon a primary promise you'll make to yourself and creating and following a plan of action that can help you keep the promises you've made to yourself. Think about a situation in your life that you want to change, and a promise you could make to yourself to help with this change. Then complete the activity sheet.

This is the situation I want to change:

These are the truths about this situation and my current life:

My primary promise to myself that I want to keep is:





Climate Development

Kits

Site-Wide Positive Reinforcement

Elementary Climate Development Kit

- o Manual
- Materials 5 Committee Members
- Materials 6 Teachers
- Activities, Words of the Week Cards, stickers, assemblies, ICU Boxes

Secondary Climate Development Kit

- o Manual
- Materials 500 Student "PALS Club" cards
 & Peace Flag
- Activities, projects, Buzz Words, assemblies, SOS Boxes

Technology Roadmap

New Website

- 2 years of development
- Platform for future applications
- Launched in December 2019





Teacher's App

- Pre-registration begins in March 2020
- Launching TBD
- All kits purchased will be eligible for a license
- Lesson discovery and planning
- Fidelity Wizard helps teachers select which lessons to teach
- Access supplemental resources
- Instant curriculum updates

Economic Benefits

Cost-Benefits Analyses

Washington State Institute of Public Policy For every \$1 spent - \$32.65 in benefits

Columbia University – Teacher's College

For every \$1 spent – **\$10.14** in benefits

Pennsylvania Commission For every \$1 spent – **\$217.89** in benefits



Aggregate Return on Investment (ROI)

8,580%

Takeaway

Positive Action has the highest returns of any SEL program analyzed.

Pricing for Boys & Girls Clubs

- 20% Discount on PreK-12 curriculum
 - All other products are regular price
- Free Shipping
- Training:
 - 2-hr webinar: \$100
 - 3-hr webinar : \$200
 - 1-day onsite: \$5,000





Create an account.

Overview

Uses

Research

First Name

Last Name

Email Address

Products

Registration is free and easy:

- Faster checked
- Save multiple

✓ Faster checkout	Password	(?) Info
 Save multiple shipping addresses 		
View and track orders and more	Confirm Password	
	Invitation Code	
	Create Account	<u>Already an user?</u>

Promo Code: BGC20

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Support

Services

Climate Goals

To Create a Place That Is:

- Positive
- 🗘 Safe
- Inclusive
- Involving

Where *Positive Actions* are:

- Oddled & Practiced
- Recognized & Reinforced
- Full of New Experiences
- Contributing to the Climate



"It is frequent repetition that produces a natural tendency."

- Aristotle

Contact your Program Consultant for more information

Dianne Derricott Program Consultant

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