



Positive Action® for **BEFORE- & AFTER- SCHOOL PROGRAMS**

POSITIVE ACTION IN BRIEF

The *Positive Action* program teaches the motivation and basic skills for achieving **success and happiness**. This multi-level, coherent program is based on the intuitive philosophy that **you feel good about yourself when you do positive actions, and there is always a positive way to do everything**. The universal premise is represented by the self-reinforcing Thoughts-Actions-Feelings Circle. It shows that **positive thoughts lead to positive actions, positive actions lead to positive feelings about yourself, and positive feelings lead to more positive thoughts**. When you do positive actions, you achieve success and happiness because you feel good about who you are, what you are doing, and how you treat others. It is intrinsically motivating because we all want to feel good about ourselves.



Positive Action builds on the philosophy and circle with specific positive actions, or skills, for the physical, intellectual, social, and emotional areas (the whole self). They are taught through six focus units.

- **Unit 1:** Self-Concept: What It Is, How It's Formed, and Why It's Important (Philosophy and Circle)
- **Unit 2:** Keeping a Healthy Body and Mind
- **Unit 3:** Managing Yourself Responsibly
- **Unit 4:** Treating Others the Way You Like to be Treated (Social Skills and Character)
 - **Unit 5:** Being Honest with Yourself and Others (Mental Health)
 - **Unit 6:** Improving Yourself Continually (Setting and Achieving Goals)



The philosophy and focus units align and unite the multiple program components designed to apply to all spectrums of people. The components include: *K–12 Instruction Curriculum, Climate Development, Counselor, Family, and Community*. They all work together as a seamless whole, in any combination, or effectively stand alone. Read on to find out more about how *Positive Action* works specifically for before- and after-school programs.

WHAT components of *Positive Action* work for before- and after-school programs?

All before- and after-school programs will find something in *Positive Action* that works for their unique purposes. The following are some examples of kits often used by before- and after-school programs.

K-12 Instruction Curriculum

The versatile, easy-to-use *K-12 Instruction Curriculum* has a kit for each grade level. Each kit contains an *Instructor's Manual* with scripted 15-minute lessons, posters, games, music, and activity sheets (or booklets) and other manipulatives for 30 students. It is easily adaptable and can be used to target specific ages and needs through a single kit or a combination of kits. This curriculum provides a proven approach for any program.

Family Kit

Many before- and after-school programs use the *Family Kit* as a tool to help families become stronger by learning the positive actions that will make them happy and successful as individuals and as a family. The kit contains a manual with multi-age lessons (six for each unit concept and six for review), colorful and interesting materials, and manipulatives for six individuals.



Family Classes Instructor's Kit

Before- and after-school programs can form family or parenting classes for their clients using the *Family Classes Instructor's Kit*, which teaches the basics of the *Family Kit* in just seven sessions. Each session has separate classes for children, adolescents, and parents, and then one for the whole family together. It trains families in the application of positive actions to improve relationships, communication, and family dynamics. Once finished, programs can follow up with families as they continue to use the *Family Kit*.

Climate Development Kits

Two age-appropriate kits create a positive site-wide climate. The *Elementary Climate Development Kit* works in settings with children ages 5 to 12. It contains an *Instructor's Manual*, posters, 27 songs, "Word of the Week" cards, "ICU Doing Something Positive" boxes, and other items and activities. The *Secondary Climate Development Kit* can be used for youth ages 10 to 18. It contains an *Instructor's Manual*, organization charts, "Buzz Word" cards, "Guidelines" to establish a "PALs Club," assemblies, and other items and activities.



Counselor's Kit

This kit can be used for education or therapy for individuals, classrooms, small groups, families, and other settings. A *Topical Guide* allows before- and after-school programs to target specific problem areas as needed, or the lessons can be taught sequentially. It works as a comprehensive or traditional guidance and counseling program.

Community Kit

Before- and after-school programs can use this kit to involve parents and the community by encouraging them to contribute to building a healthy, vibrant, and positive community. A *Positive Action* community committee unites leaders from different subgroups in the community, forming a coalition that promotes positive separate community groups and community-wide activities and events.



Drug Education Supplements

The *Grade 5* and *Middle School Drug Education Supplement Instructor's Kits* can stand alone or be used with other components. When combined with the regular *Positive Action* curriculum, three or four lessons are taught at the end of each unit to extend the concepts to the area of substance use. These kits come with the same combination of materials as the regular *Positive Action* curriculum kits.

WHO uses *Positive Action* for before- and after-school programs?

Everyone working with children and youth in before- and after-school settings will find a great resource in *Positive Action* for mentoring, tutoring, detention, supervision, and other needs. Some examples include: day care providers, parents, community agencies and service providers, juvenile justice providers, social workers, therapists, coalitions, health and welfare service providers, faith-based organizations, community and youth program leaders, law enforcement officials, case workers, teachers, counselors, therapists, and mental health professionals.

WHY use *Positive Action* for before- and after-school programs?

Positive Action educates for a lifetime of success and happiness. Using *Positive Action* for a before- or after-school program provides a safe environment for kids, helps working families, provides motivation to achieve, builds positive skills in the physical, intellectual, social, and emotional areas, and improves academic achievement. It promotes leadership, cooperation, respect, positive relationships based on positive communication, conflict resolution, self-management, and decision-making and problem-solving skills. *Positive Action* is a recognized, evidence-based program with the following results compiled from over 300 elementary schools:

- Drug, alcohol, and tobacco use reduced by up to 71%,
- Violence reduced by up to 85%,

**RECOGNIZED
AS AN
EVIDENCE-BASED,
PROVEN PROGRAM BY:**

ACADEMICS

- American Institute of Research
- Education Commission of the States
- US Department of Education

PREVENTION

- US Dept. of Ed./Safe & Drug-Free Schools
- SAMHSA/CSAP Model Program
- Office of Juvenile Justice & Delinquency Prevention
- Helping America's Youth
- Virginia Tobacco Settlement Foundation
- McGruff Strategies Center
- Univ. of Col./Study & Prevention of Violence

CHARACTER EDUCATION

- Character Education Partnership
- National Character Ed. Resource Center

INTERNATIONAL

- International Safe Schools/World Health Organization

- Criminal bookings reduced by up to 94%,
- Academic achievement improved by up to 75%,
- General discipline problems reduced by up to 90%,
- Truancy reduced by up to 13%,
- Suspensions reduced by up to 80%,
- Absenteeism reduced by up to 45%, and
- Self-concept improved by up to 43%.

This program is effective, efficient, and extremely easy to use. Put it to work for your needs today to experience these results.

WHERE is *Positive Action* used for before- and after-school programs?

Across the nation and even internationally, *Positive Action* is meeting the needs of many diverse before- and after-school settings. Some examples are: family classes, health and welfare agencies, government-funded programs, schools, faith-based institutions, school district community initiatives, juvenile detention centers, homes, parks and recreation programs, alternative schools, special interest groups, social service agencies, and Boys and Girls Clubs.

WHEN do before- and after-school programs use *Positive Action*?

Positive Action can be used before school, after school, or for any other out-of-school time, such as breaks or summer vacation. Because of its flexibility, it can be used for a brief 15–30 minute program before school or extended to a two-hour program after school. It can be used as a weekend retreat, a week-long seminar, a summer program, or any other use you can imagine. Whether the design is to teach lessons daily, weekly, monthly, or in any other way, the *Positive Action* concepts are appropriate any time and applicable to every situation.

How do before- and after-school programs use *Positive Action*?

Each before- and after-school program should assess their needs and determine their goals, and then choose which *Positive Action* kit or kits will work best to meet those goals. All toolkits are extremely easy to use, completely prepared, and easily adaptable to any situation. If a full implementation is not possible, the *Levels of Implementation Plan* offers four graduated levels that achieve fidelity: Bronze, Silver, Gold, or Platinum. Once purchases are made, each setting should train their staff in the use of *Positive Action* by having a *Positive Action* trainer come, holding a Training of Trainers, or purchasing a self-training kit. Call 800-345-2974 for assistance designing a program to meet your needs!

