



Positive Action®

Works for

VIOLENCE & BULLYING PREVENTION

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.

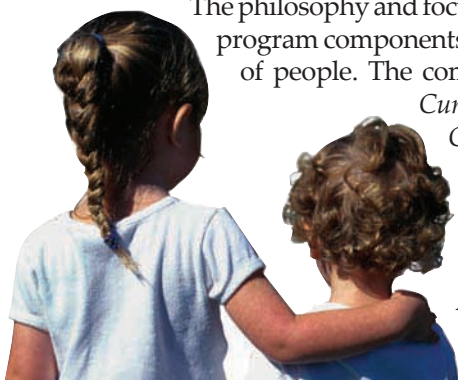


Positive Action builds on the philosophy and circle with specific positive actions, or skills, for the physical, intellectual, social, and emotional areas (the whole self). They are taught through six focus units.

- **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 violence and bullying prevention.



WHAT is the Positive Action program for violence and bullying prevention?

The entire approach and philosophy of *Positive Action* supports the reduction of violence and violent behaviors, including school violence, teen dating violence, bullying, fights, threats, assault, weapon use, gangs, and harassment. All lessons and climate materials strive to create a safe and productive climate by increasing positive actions and decreasing negative actions. The nearly 1500 *Positive Action* lessons cover a broad range of issues and equip students with a method for handling any given situation. The following materials work separately or together in any combination to reduce violent behaviors in individuals, schools, families, and communities.

K-12 Curriculum

The *K-12 Instruction Curriculum* introduces every student in every grade to the same philosophy and unit concepts. The curriculum's intrinsically motivating approach to cause-and-effect reasoning inspires all students with a reason for doing positive actions (pro-social behavior) and avoiding negative actions (anti-social behavior).

Climate Development

The *Elementary* and *Secondary Climate Development Kits* promote positive actions site-wide. Several activities encourage peace throughout the school. The kit employs the site-wide Code of Conduct to set a standard for behavior; when that standard is broken, the Resolution Solution puts the *Conflict Resolution Plan* into place to mediate the situation and find a positive solution to the conflict. This and many other materials create a safe learning environment.



Conflict Resolution

The *Conflict Resolution Kit* contains a manual with seven lessons and the *Conflict Resolution Plan*. This simple and direct method for resolving conflict before it reaches violence takes direct steps to resolving conflicts with positive, rather than negative, solutions. It walks both parties involved in a conflict through steps that address love, empathy, respect, cooperation, kindness, fairness, and positive communication. The last step asks how the conflict was positively resolved. Several copies of the plan and instructions on how to implement it are also included in every *K-12 Instructor's Kit*.



Counselor's Kit

The *Counselor's Kit* allows counselors to work with small groups, classrooms, or schools to help troubled youths individually or target specific violent behaviors site-wide. Counselors often encounter the most anti-social behaviors and have a large role in reducing these behaviors. They can reinforce concepts that reduce violent behaviors in their daily encounters with students, or they can use the kit in specific cases of violence prevention or intervention.

Family Kit

The *Family Kit* brings positive actions to the home, which is an essential element in preventing violent behaviors in youth. If the same concepts are being reinforced at home, in the classroom, and site-wide, it becomes easier for students to practice the positive behaviors everywhere they go.



Family Classes Instructor's Kit

This kit directs the implementation of family or parenting classes that teach 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, instructors can follow up with families as they continue to use the *Family Kit*.

Community Kit

This kit involves the entire community in violence prevention. It encourages community members to contribute to building a healthy, vibrant, and positive community by doing positive separate and community-wide activities and events.

WHO uses Positive Action to prevent violence and bullying?

Anyone wishing to prevent violence and bullying by creating a positive, safe climate will find that *Positive Action* does the job better than any other program. Some examples of users are: teachers, administrators, counselors, families, community service providers, social workers, judges, law enforcement officers, resource officers, and many more.

WHY use Positive Action to prevent violence and bullying?

Every day the news makes it clear that there is a need for programs that will help our nation's children learn the fundamental values that eliminate fights, bullying, threats, assaults, and other violent behaviors. Look no further for the best program to fill that need! ***Positive Action* is one of the few prevention programs that improves academics, character, discipline, and attendance as well!** *Positive Action* is a recognized program listed with SAMHSA/CSAP, OJJDP, and SDFS. It is evidence-based, with the following results compiled from over 300 elementary schools:

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

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

- US Dept. of Ed. What Works Clearinghouse
- Character Education Partnership
- National Character Ed. Resource Center

INTERNATIONAL

- International Safe Schools/World Health Organization

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

In a different study of *Positive Action Family Classes*, family conflict was reduced by 9% as compared to the control. You can experience these results by implementing today!

WHERE is *Positive Action* used to prevent violence and bullying?

Public schools and a wide range of other settings are inundated with violent behaviors and are looking for a way to counter this debilitating national trend. *Positive Action* works everywhere to create positive, safe environments and eliminate violence and bullying. It is being used in diverse schools, community agencies, family classes, homes, before- and after-school programs, juvenile detention centers, health and welfare agencies, and other sites across the nation.

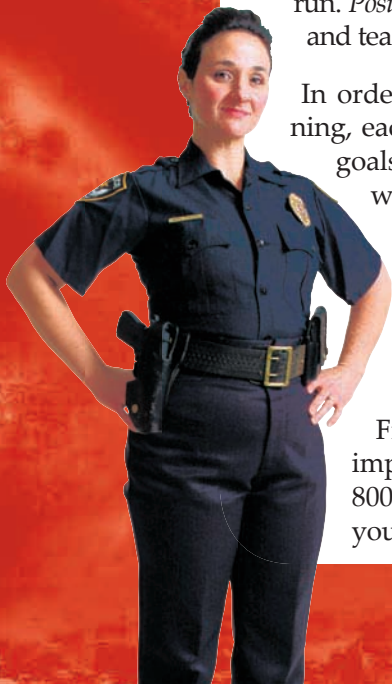
WHEN is *Positive Action* used to prevent violence and bullying?

Positive Action has lessons for all grade levels that work at any stage of prevention, intervention, and treatment (universal, selected, and indicated). The intuitive concepts equip students with the tools to find positive solutions to problems and avoid violence and bullying. Any time is a good time for *Positive Action*, but the concepts are better learned sooner rather than later.

HOW is *Positive Action* used to prevent violence and bullying?

Positive Action teaches students to treat others the way they want to be treated. Once they grasp this concept, they can apply it to situations where they might be tempted to try to make themselves feel better by harming someone else. They learn the Thoughts-Actions-Feelings Circle, which tells them that a negative action, such as bullying, may make them feel better for a short time, but will only make them feel worse in the long run. *Positive Action* brings intuitive philosophies to a conscious level and teaches youth how to carry out the philosophies with actions.

In order to get this excellent prevention program up and running, each setting 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. 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. Then a *Positive Action* Coordinator and Committee are established to guide implementation. From that point on, simply follow the scripted lessons and implement as instructed, and the results start showing. Call 800-345-2974 for assistance designing a program to meet your needs!



Call toll-free: **800-345-2974**

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