

Positive Action®: an Overview

The System

Positive Action is an evidence-based, integrated and coherent program that addresses the school's entire eco-system—school, family, and community.

WHAT

- It is a systemic program with:
 - Engaging, easy-to-use tools
 - Training/PD/consultation services
 - Evaluation services

WHY

- It is evidence-based for:
 - [Reducing problem behaviors like substance abuse and bullying](#)
 - [Improving academics, behavior, social and emotional learning, and mental and physical health as well as school climate.](#)
- It is [affordable](#) and [cost effective](#).

WHEN

- Anytime a school is dedicated to achieving excellence.
- Anytime an effective turnaround program is needed.
- Anytime a school needs interventions for special populations and/or purposes.

WHERE

- In the classroom—regular, special needs, interventions (MTSS, PBIS, RTI).
- In the school—schoolwide, alternative sites, and afterschool.
- In the home.
- In the community.

WHO

- Anyone looking for outcomes in substance abuse prevention, academics, behavior, social & emotional learning, mental & physical health, school climate, and more.
- Families and communities who want to succeed.

HOW

Positive Action is a comprehensive PreK–12 curriculum delivered through toolkits complete with manuals and all the materials needed to carry out the lessons and activities for 30 students.

The [program tools](#) include:

School

- PreK–12 classroom kit
- Supplement Kits
- Counselor's Kit
- Climate Development Kits

Family

- Family Kit
- Family and Parenting Classes Kits

Community

- Community Kit

Lesson strategies and methodologies include posters, games, manipulatives, journals, radio scripts, as well as stories, discussion, and role-playing.



Grade 4 Instructor's Kit

Grade-specific classroom curriculum kits with scripted, but adaptable, lessons that take 15–20 minutes.

A [Succeeding with Positive Action](#) guide explains how to implement *Positive Action* effectively.

Learn how to help students with the educational element they need the most: to know the key positive actions for their whole self. If they do not know them, they cannot do them.

Positive Action Content

The content of the program is based on this universal philosophy: **You feel good about yourself when you do positive actions, and there is a positive way to do everything.**



The philosophy is depicted by the Thoughts-Actions-Feelings about Self Circle. It illustrates how thoughts lead to actions and actions to feelings about the self, which lead to more thoughts. The circle can be positive or negative.

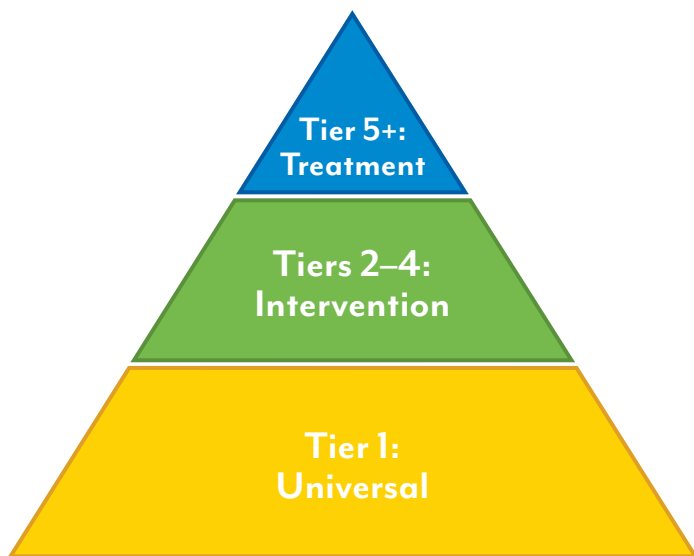
All component content is organized and aligned around six unit concepts. Unit 1 teaches the philosophy and Circle, and Units 2–6 teach the positive actions for the whole student: physical, intellectual, social and emotional. This enables an entire school community to have a common language and shared vision.

Content Matters

We intuitively understand the Philosophy and Thoughts-Actions-Feelings Circle, however, when they are made conscious, we can deliberately control how we feel about ourselves, which is key to understanding ourselves.

It all begins by choosing a positive thought which leads to a positive action and a good feeling about ourselves. Feeling good about ourselves motivates us to have another positive thought, and the circle becomes self-reinforcing, which empowers us to intentionally create a positive, fulfilling life.

Positive Action components can be used for multi-tiered interventions such as MTSS, PBIS, and RTI.



Every Student Succeeds Act (ESSA)

ESSA requires “evidence-based interventions” and defines “evidence-based” in four tiers. *Positive Action* more than meets the requirements for strong evidence of effectiveness.

- **ESSA Tiers of “Evidence-Based”**
- | | | |
|----------|---|---|
| 1 | “Strong evidence,” meaning supported by at least one randomized study (RCT); | } <input checked="" type="checkbox"/> 3 Studies: RCT: Chicago RCT: Hawaii RCT: SE State |
| 2 | “Moderate evidence,” meaning supported by at least one quasi-experimental study; | |

► **ESSA—Department of Education**

Key Registries Listing Evidence-based programs:

► **What Works Clearinghouse (WWC)**

Positive Action is distinguished by the U.S. Department of Education’s What Works Clearinghouse as the top-rated program in the nation for improving **academics** and **behavior**.

- **Academic Achievement:** +14 percentile points (reading, math and grade retention)
- **Behavior:** +19 percentile points (substance use, suspension and violence rates)

► **Blueprints** for Healthy Youth Development—**Model Program**

► **CASEL** Collaborative for Academic, Social, and Emotional Learning—**SElect Program**

► **OJJDP** Office of Juvenile Justice and Delinquency Prevention—**Effective Model Program**

► **CrimeSolutions.gov**—**Effective Evidence-based Program**

4 STEPS to Success

Use *Positive Action*® for Social and Emotional Learning

Positive Action for SEL is Effective, Easy-to-Use, Intuitive, and Economical

As educators know, teaching the whole student works best. Research shows that developing the student's social and emotional learning and behavior as well as their intellect ensures learning and life success.

“By far the most important predictor of adult life-satisfaction is emotional health, both in childhood and subsequently...the intellectual performance of a child is the least important childhood predictor of life-satisfaction as an adult.”*

1. *Positive Action* Is Evidence-based

Using a proven program matters! No one can afford to lose time, money or opportunities on something that does not work.

Positive Action has evidence of effectiveness for producing outcomes in social and emotional learning (SEL) as well as other outcomes: academics, behavior, character, and physical and mental health—all simultaneously.

Many prestigious organizations have reviewed *Positive Action's* research and found that it meets the highest levels of rigor.

Multiple articles have been published in peer-reviewed journals on *Positive Action* studies.

All the evidence points to using *Positive Action* for SEL.



2. *Positive Action* Is Easy-to-Use

Provides easy-to-use, engaging tools. *Positive Action* tools come in kit boxes for grades Pre-K–12 with each containing an age-appropriate manual with engaging, 15–20 minute, scripted lessons, as well as all other lesson materials: posters, games, manipulatives, activity booklets and journals—enough for 30 students.

The Pre-K–12 curriculum is contained within a complete system of other integrated components for schools, families and communities—or the whole school community.

Each component of the *Positive Action* program works seamlessly with the other components, in any configuration, or can stand alone.

Provides training and professional development. *Positive Action* offers both onsite visits and online webinars for effective training, PD, and consultation. Implementation could not be easier.

SYSTEM COMPONENTS

- Pre-K–12 Curriculum Kits
- Climate Development Kits
- Drug Education Kits
- Bullying Prevention Kit
- Counseling Kit • Conflict Resolution Kit
- Family Kit
- Family Classes & Parenting Classes Kits
- Community Kit

3. Positive Action Has Intuitive Content

Contains universal content. *Positive Action* has an intuitive philosophy: You feel good about yourself when you do positive actions, and there is a positive way to do everything. This universal philosophy is appropriate and effective for everyone.

Builds skills. *Positive Action* teaches the positive actions for the whole self: physical, intellectual, social and emotional. It brings a conscious awareness to positive thoughts, actions and feelings-about-self for deliberate, intentional decision-making.

Students find this approach to personal development relevant, meaningful and enjoyable. Teachers find it's a way to reach, engage and relate to their students.

Contains same content throughout all components. *Positive Action* program has a consistent message for the entire school community. It enables them to unite around a common language and shared vision. Everyone is reinforcing each other.

4. Positive Action Is Economical

A study from the Washington State Institute for Public Policy demonstrated that for every \$1.00 you spend on *Positive Action*, you receive \$31.57 in return. By serving many purposes, *Positive Action* is cost effective.[†]

In summary, by taking these 4 steps, you can create a SEL program that works, is easy-to-use, contains compelling, common-sense content, and is a good investment.

Positive Action meets the relevant criteria for choosing a program for SEL success.

Evidence-Based Proven Program

[The Conversation, March 2018,](#)

[Roisin P. Corcoran](#)

Positive Action is the top-rated out of 28 SEL programs, with academic outcomes

[Harvard Graduate School of Education](#)

Positive Action is a top SEL program

[CASE](#)

Special Education

[CASEL](#)

Social and Emotional Learning

[Blueprints](#)

Annie E. Casey Healthy Youth Development

[Whole School Reform](#)

Approved Model: U.S. Department of Education

[What Works Clearinghouse](#)

U.S. Department of Education

[OJJDP](#)

Violence and Delinquency Prevention

ESSA Tiers of "Evidence-Based"

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



Positive Action

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

2 "Moderate evidence," meaning supported by at least one quasi-experimental study;



3 Studies:
Quasi: Long-term
Quasi: Nevada,
Hawaii

Don't delay.

Use *Positive Action* to teach your students the critical SEL skills they need—effectively, easily, and economically.

*The Guardian, "[Emotional health in childhood 'is the key to future happiness.'](#)" Nov. 8, 2014

†<http://www.wsipp.wa.gov/BenefitCost/Program/538>

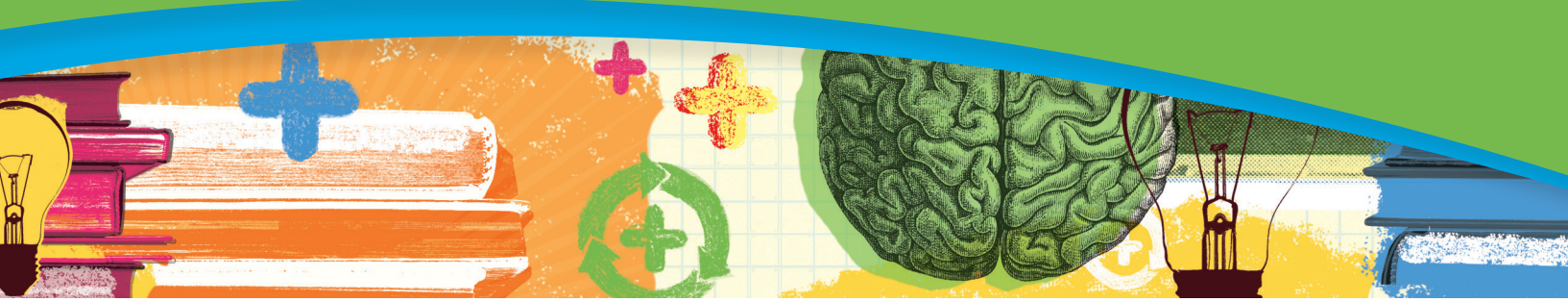
Contact us

to create a customized program that's right for you.



800-345-2974 | info@positiveaction.net

Positive Action™ For Mental Health



Positive Action is a unique program that works for promoting mental health by teaching an intuitive philosophy and applying it through a descriptive circle.

Furthermore, the program teaches skills for the whole self—the physical, intellectual, social and emotional areas. The philosophy, the skills and the circle are the basis of the whole

Positive Action program and underlie all the program tools: the Pre-K–12 curriculum, supplemental kits for preventing bullying, substance use and violence; Climate Development Kits (Elementary and Secondary), a Counselor Kit, family kits and a Community Kit.

When the *Positive Action* content is delivered through the program tools, a positive climate is the result. The kits teach the philosophy that you

feel good about yourself when you do positive actions and there is a positive way to do everything which is illustrated through a thoughts-actions-feelings about self-circle (thoughts lead to actions and actions to feelings about self and then to more thoughts). The Climate Development Kits are used to promote the reinforcement, practice and modeling of the positive actions being taught in the classroom throughout the whole day.

The positive actions taught in the curriculum are holistic—they represent the physical, intellectual, social and emotional areas which are contained in six units. These units are the basis of all the components of the program and thus they fit together seamlessly, in any combination or can stand alone.

To promote mental health, all six units are needed; however, in Unit 5 there is a direct focus on mental health when it addresses telling you the truth or being honest with yourself. The common denominator of mental health problems is being out of touch with reality. The more out of touch with reality you are, the more mentally unhealthy you are. In Unit 5, *Positive Action* teaches that you deal with your reality, know your strengths and weaknesses, don't blame others or rationalize and do what you say you will do. In other words, you take responsibility for your own behavior.

The other units are also important and when given the opportunity to practice positive actions in a

Positive Action™ Outcomes

empower greatness+

Mental/Emotional Health

- ↑ 7% Positive Affect (Scale for Children)
- ↑ 5% Life Satisfaction
- ↓ 17% BASC Depression Scale
- ↓ 18% BASC Anxiety Scale

Self-Esteem

- ↑ 12% SE Formation and Maintenance-Adaptive
- ↑ 18% SE Motivation Scale

Social Climates/Environments

- ↑ 40% Teacher Attachment Scale
- ↑ 40% School Attachment Scale
- ↓ 29% Teacher Rewards for Prosocial Behavior
- ↓ 30% Parent Rewards for Prosocial Behavior

Pro-Social Behavior/Character

- ↑ 19% Pro-social Interaction
- ↑ 23% Self-Control
- ↑ 28% Respect for Teacher
- ↑ 24% Respect for Parent
- ↑ 13% Self-Concept (Positive Feelings Scale)
- ↑ 10% Children's Empathy Questionnaire Scale
- ↑ 8% Altruism Scale
- ↓ 26% Peer Group Affiliation-Bad Friends Scale

- ↓ 81% Aggressive Problem-Solving
- ↓ 27% Negative Moral Center

Behavior

- ↓ 62% Violence
- ↓ 51% Bullying
- ↓ 85% Disciplinary referrals
- ↓ 73% Suspensions
- ↓ 83% Voluntary sexual activity
- ↓ 37% Drop out rates
- ↓ 46% Alcohol use
- ↓ 70% Got drunk
- ↓ 47% Tobacco
- ↓ 73% Illegal/marijuana

Academics

- ↑ 20.7% State reading tests
- ↑ 51.4% State math tests
- ↓ 72.7% Grade retention
- ↓ 28% Absenteeism

Health Behaviors

- ↑ 6% Healthy Food and Exercise
- ↓ 7% Unhealthy Food

Source: <http://www.positiveaction.net/research/>

safe, encouraging environment that reinforces positive actions, those positive actions will become internalized and overall mental health improved.

Within the *Positive Action* climate, there is a clear understanding and acceptance of the standards of positive behavior with which

everyone becomes familiar. The reinforcement of those behaviors cements the benefit of doing them because the philosophy says you feel good about yourself when you do positive actions. Everyone wants to feel good about themselves and the only way to get that good feeling is by doing positive actions.

Not only does *Positive Action* promote mental health but in doing so it improves academics, behavior and character. Good mental health leads to success in all areas and it contributes to our overall success and happiness in life.

Positive Action™ Program Components:

- + PreK–12 Curriculum (including Supplements: Bullying, Drug, Violence)
- + Elementary and Secondary Climate Development
- + Counseling/Therapy
- + Family Engagement
- + Community Involvement



Widely-Recognized as an Evidence-Based Program:

U.S. Department of Education What Works Clearinghouse (WWC)

Awarded *Positive Action* a top rating of “positive effects” for improving both academics and behavior.

- +14 percentile points in **academics** (standardized achievement scores in reading and math, grade retention, absentee rates)
- +19 percentile points in **behavior** (suspensions, violence, substance use)

Council of Administrators of Special Education (CASE)

Endorsed *Positive Action* as a comprehensive instructional approach to academics, behavior and character, which works for the general as well as special education students.

- Met or exceeded all of the criteria on the CASE Rubric.



The Collaborative for Academic, Social, and Emotional Learning (CASEL)

Recognized *Positive Action* as an **evidence-based SElect program, 2013.**



StopBullying.gov

Blueprints for Healthy Youth Development

Recognized *Positive Action* as a **Model Program, 2013.**

Office of Juvenile Justice and Delinquency Prevention (OJJDP)

National Registry of Evidence-based Programs and Practices (NREPP—former SAMHSA Model Program)

Listed *Positive Action* as a program for:

- Improving academic achievement
- Reducing numerous problem behaviors, including: violence, alcohol, tobacco, drug use, disciplinary referrals, suspensions, and school absenteeism

Also rated *Positive Action* with a perfect score for readiness for dissemination (4 out of 4).



Using Positive Action® for a Multi-Tier System of Supports



Positive Action is being used for **Response to Intervention** in the academic domain and **School-Wide Positive Behavioral Interventions and Supports** in the behavioral domain. These initiatives have a common purpose, which *Positive Action* supports simultaneously as shown by robust outcomes in **academics** and **behavior** from three randomized controlled trials and two quasi-experimental studies in schools.

These study outcomes demonstrate both **replication** and **sustainability**. Evidence of *Positive Action's* effectiveness for both Tier 1 and Tier 2 has been validated by independent organizations, a number of which have placed it on their lists or registries of programs that meet their criteria for research and have been published in peer-reviewed journals. The key is the whole system *Positive Action* offers to promote success in school and life. **One universal philosophy runs throughout all program components**, uniting them and creating coherence and continuity in the content. The tools to deliver it are engaging, professional and easy-to-use. The *Positive Action* System will help you meet the needs of students at any level. This is the dream program you have been looking for.

Academic Systems

Tier 5+—Tertiary Interventions

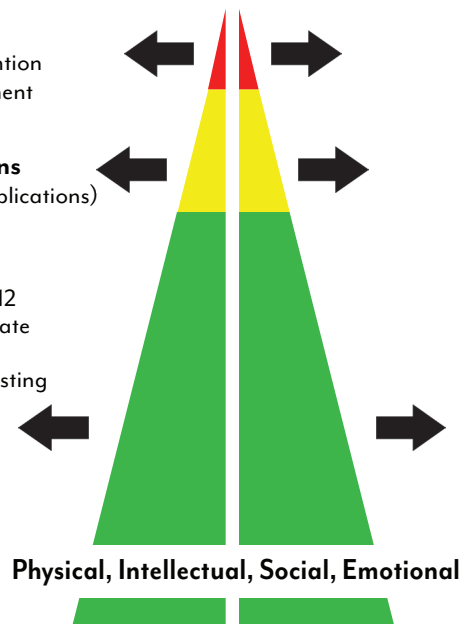
- All universal and secondary intervention materials except Climate Development (targeted applications)

Tier 2–4—Secondary Interventions

- All universal materials (targeted applications)
- Conflict Resolution Kit

Tier 1—Universal Interventions

- Classroom curriculum kits for PreK–12
- Alignment to Common Core and State Academic Standards
- How to Prepare for Standardized Testing
- Climate Development kits: Elementary and Secondary
- Counselor's Kit
- Family Kit
- Family Classes and Parenting Classes
- Community Kit



Behavioral Systems

Tier 5+—Tertiary Interventions

- All universal and secondary intervention materials (targeted applications)

Tier 2–4—Secondary Interventions

- All universal materials (targeted applications)
- Elementary Bullying Prevention Supplement
- Drug Education Supplements: Elementary and Secondary
- Family Classes and Parenting Classes
- Conflict Resolution Kit

Tier 1—Universal Interventions

- Classroom curriculum kits for PreK–12
- Climate Development kits: Elementary and Secondary
- Counselor's Kit
- Family Kit
- Community Kit

Content

All **Positive Action** program components have the same content, which is organized into six units. The **first unit** introduces the philosophy: You feel good about yourself when you do positive actions, and there is a positive way to do everything. This is taught and depicted through the Thoughts-Actions-Feelings about Self Circle. The positive actions are in the physical, intellectual, social and emotional realms. The **second unit** teaches the physical and intellectual positive actions; **units three through six** address social and emotional positive actions.

- **Unit One**—The philosophy—you feel good about yourself when you do positive actions and there is a positive way to do everything—and a practical way of demonstrating the philosophy with the Thoughts-Actions-Feelings about Self Circle.
- **Unit Two**—Positive actions for the physical and intellectual realms.
- **Unit Three**—Social and emotional positive actions for managing yourself.
- **Unit Four**—Social and emotional positive actions for treating others the way you like to be treated.
- **Unit Five**—Social and emotional positive actions for telling yourself the truth.
- **Unit Six**—Social and emotional positive actions for improving yourself continually.



Tools

The *Positive Action* tools are fully prepared and easy for teachers and others to use. The school program has an engaging toolkit for each grade level, **PreK through 12**, which contains a manual with interactive, 15-minute, scripted lessons. The prep time spent on *Positive Action* is minimal. All the materials to teach the lessons are included in the toolkit: posters, games, manipulatives, activity booklets, journals and other age-appropriate materials. **All student materials are prepared for classrooms of 30.** In addition, a whole system of supportive materials expands the sphere of influence from classroom to school-wide climate development, to counselors, families and the community.

Positive Action also **offers outstanding training and support** in a variety of approaches, from live on-site or online to self-training kits with a minimum amount of time needed. Effective implementation is one of the program's greatest assets.



Positive Action is recognized by the **U.S. Department of Education What Works Clearinghouse** as the top-rated program in the nation for getting “positive effects” for both **academics** and **behavior!**

- +19 percentile points in behavior (suspensions, violence, substance use)
- +14 percentile points in academics (reading, math, retentions, absenteeism)

U.S. Department of Education—an **approved “Whole-School Reform Program”** for School Improvement Grants

Evidence for ESSA—only program with a “**Strong**” ESSA evidence rating for reading and math



Blueprints Certified Model Program, meeting the **highest standards of evidence** through independent review by the nation's top scientists.



Recognized by **Collaborative for Academic, Social, and Emotional Learning (CASEL)** as an evidence-based SElect program.



Endorsed as a comprehensive instructional approach to academics, behavior and character by the **Council of Administrators of Special Education (CASE)**. Met or exceeded all of the criteria on the CASE rubric.

Some of *Positive Action's* Outcomes

| | | | |
|-------|----------------------------|-------|---|
| ↓ 81% | Aggressive Problem Solving | ↑ 28% | Respect for Teacher |
| ↓ 27% | Negative Moral Center | ↑ 23% | Self-Control |
| ↓ 17% | BASC Depression Scale | ↑ 5% | Life Satisfaction |
| ↓ 18% | BASC Anxiety Scale | ↑ 18% | Peer Group Affiliation—Good Friends Scale |
| ↓ 85% | Disciplinary Referrals | ↑ 8% | Altruism |
| ↓ 51% | Bullying | ↑ 20% | Reading Scores |
| ↑ 19% | Pro-Social Behavior | ↑ 51% | Math Scores |

Evaluation

A comprehensive set of measures for assessment and evaluation is available free of charge, including needs assessment, fidelity monitoring, process measures, screening, and pre/post-test outcome measures. These measures are available on the SurveyMonkey platform and Google Forms. Contact *Positive Action* for more information.