

## BRIEF PROGRAM DESCRIPTION

Positive Action is an evidence-based, integrated, comprehensive and coherent system that includes program components for schools, families and communities to use that will promote positive actions for the whole self: physical, intellectual, social and emotional, as well as improving their wellness, success and happiness.

The system's concepts are universal and effective for all populations, socioeconomic levels and ages, which has been demonstrated in the research. All materials are based on the same unifying broad concept or philosophy (you feel good about yourself when you do positive actions, and there is a positive way to do everything), with six sub-concepts or units (positive actions for the physical, intellectual, social, and emotional areas) that elaborate the overall theme. These positive actions are skills that one needs to achieve academically and in life. The six units are: Unit 1 – Philosophy and Circle; Unit 2 – Positive Actions for the Physical and Intellectual Self; Unit 3 – Self-Management; Unit 4 – Getting Along with Others; Unit 5 – Self-Honesty; and Unit 6 – Self-improvement. These units are the basis of all materials, which provides coherence and consistency within the whole program. Each component can stand alone or be seamlessly combined with any other components for a coherent, unified approach.

## SPECIFIC OUTCOMES

The program outcomes include improvements in academics, behavior, pro-social skills, self-concept, social-emotional/character, physical and mental health, alcohol, drug and violence prevention, truancy and family and community engagement.

### Specific Tobacco Control Lessons and Outcomes

- Specific Tobacco Control Lessons
  - o Grade 1: Lessons 32 and 34
  - o Grade 3: Lessons 31 and 108
  - o Grade 4: Lessons 3, 19, 30, 31 and 41
  - o Grade 5: Lessons 26, 27, 38, 105 and 122
  - o Grade 6: Lessons 25 and 26
  - o Grade 7: Lessons 32 and 51
  - o Secondary Drug Supplement: Lessons 6, 7, 8, 9, 13, 16, 17, 20, 27
  - o Elementary Drug Supplement: Lessons 3, 5, 14, 15, 16
  - o High School Kit 1: Lessons 21, 28, and 42
  - o High School Kit 2: Lesson 40
  - o High School Kit 3: Lesson 28
  - o High School Kit 4: Lesson 7



- Tobacco Control Outcomes: Prevention (delay of onset), youth cessation, attitudes, normative beliefs and self-efficacy. Long-term outcomes include 71 percent reductions in drug, alcohol and tobacco use.

## AUDIENCE CHARACTERISTICS

**Age Range:** 3-18  
**Grades:** Pre-K to 12  
**Gender:** Male and Female

## PROGRAM DETAILS

**Type of Program:** Prevention  
**Audience Size:** Minimum five/Maximum 30  
**Number of Lessons:** Pre-K: 130; K-6: 140; Grades 7-8: 82; High School (9-12): 132  
**Minimum Lessons Required to Achieve Fidelity:** 48 lessons or approximately 12 hours per year at the elementary level; 31 lessons or 8-10 hours per year at the middle and high school levels.  
**Length of Each Lesson:** Pre-K: Five-minute lessons; K-6: 15-minutes lessons; Grades 7-8: 20-minute lessons; High School (9-12): 15- to 20-minute lessons.

**Frequency of Implementation:** Elementary: Four times/week;  
Middle School: Two to three times per week; High School: Three to four times per week

**Duration of Implementation:** 36 weeks

**Recommended Intervention Site(s):** School and community

## HOW IT WORKS

Positive Action is a highly effective program for tobacco prevention because it works on the root causes of the problem.

The program's philosophy is that you feel good about yourself when you do positive actions and there is a positive way to do everything. Tobacco use is a negative action that leads to a decrease in your feelings of self-worth and health. Positive Action teaches positive actions that you can do for your whole self in the physical, intellectual, social and emotional domains. They build intrinsic motivation to do them by reminding us of the good feelings we get when we perform positive actions.

Ideally, Positive Action is implemented school- or site-wide, with lessons taught two to four times a week and reinforced daily throughout the day. Site-wide climate activities would be held weekly to reinforce and acknowledge the positive actions being taught and practiced by students, teachers, administrators and others. The school principal or designated Positive Action coordinator, along with an optional Positive Action committee, would guide the program. Every classroom teacher would have their own grade-appropriate instructor's kit, which is complete with a scripted manual, instructor's materials and materials for 30 students. Counselors, school psychologists and social workers would use Counselor's Kits to work with small groups or individuals who need more targeted assistance. Additional supplement kits for drug education, bullying prevention and conflict resolution would also be used by teachers at a universal level in the classroom and/or by counselors, school psychologists and social workers in selected or indicated groups. Family or parenting classes would be offered to increase family engagement and community events would be held.

## IMPLEMENTATION ESSENTIALS

### To replicate with fidelity:

- Detailed planning and preparing must be done prior to beginning the program.
- Planning the design of your Positive Action program implementation and determining a timeline and schedule should be a collaborative effort and agreed upon by all parties involved.
- Preparation for implementation should be



guided by a project coordinator and committee to ensure quality implementation.

- Implementation should begin on a scheduled kickoff day and continued accordingly throughout the year as scheduled.
- Adaptations include names of characters, story settings and cultural references; the program concepts, methodologies and strategies cannot be adapted.
- The minimum number of lessons must be taught.

**Program Evaluation Tools Available?** Yes, included with curriculum and on the website

## MATERIALS AND TRAINING

### Required Materials

- Curriculum kit: \$400 - \$550 (one per instructor/classroom)

### Optional Materials

- Elementary and/or Secondary Climate Development Kits: \$450 - \$500 (one per site);
- Elementary or Secondary Drug Education Supplement Kits: \$250 - \$450 each (one per instructor/classroom);



## Training (Not Required)

- Training Cost: None. VFHY provides requested training to VFHY-funded grantees
- Training Duration: Six hours
- Min/Max Number of Training Participants: Five to 30

**Availability in Spanish:** Grades K-4, 7-8 only

## PROGRAM REPLICATIONS CONTACT INFORMATION

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## PROGRAM CONTACT

### For materials and program information, contact:

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### For Training, contact:

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## ADDITIONAL INFORMATION

**Website:** [positiveaction.net](http://positiveaction.net)

### SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:

[legacy.nreppadmin.net/ViewIntervention.aspx?id=400](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=400)