## Positive Action (PA)

### TARGET AUDIENCE

This program is for children and adolescents in kindergarten through 12th grade.

### SUMMARY

Positive Action® (PA), a school- or community-based program, is designed to help improve participants’ academic performance and behaviors (e.g., acts of violence, substance use, sexual activity) through the reinforcement of positive actions.

### EVIDENCE

Results from two internal matched–pair, randomized controlled trials of PA, in elementary schools in Hawaii and Chicago, demonstrated that the program had positive effects on substance use, violent behaviors, sexual activity, bullying and aggressive behaviors, school quality, school-level academic achievement, academic motivation, absenteeism, disciplinary referrals, suspensions, emotional health, and personal hygiene. A dose-response effect emerged in which students who participated in the program for 3 to 4 years, as opposed to 1 to 2 years, had lower reports of substance use, violent behavior, and voluntary sexual activity. Results from an external evaluation of PA in low-income, rural middle schools demonstrated significant improvements in self-esteem and school hassles scores. In addition, there was a non-significant but detrimental effect on internalizing scores where youth in comparison schools had lower internalizing scores than youth in PA schools.

### COMPONENTS

The PA program promotes the concept that when children behave positively, they feel good about themselves and others. PA uses age-suitable kits that include posters, games, worksheets, and puzzles to teach children that they can do almost everything in a positive way. The kits are grade-specific and are organized into six units:

- Self-concept;
- Positive actions for your body and mind;
- Managing yourself responsibly;
- Treating others the way you like to be treated;
- Telling yourself the truth; and
- Improving yourself continually.

Supplementary kits are available for pre-kindergarten, drug education, bullying prevention, conflict resolution, family classes, family, parent classes, community, climate, and counselors.

### PREVIOUS USE

The PA program, developed in 1973, has been utilized in 50 states and internationally. It has reached over 5 million students in over 15,000 schools, community-based organizations, and other sites.
### Training

Training is not required; however, several options are available for facilitators who are generally teachers and community center staff. An online webinar for up to 20 participants costs $550 for the first 2 hours and $300 for each additional topic (i.e., high school, climate development, family classes, and community) plus the cost of kits. On-site orientation for up to 50 participants costs $3,000 per day plus travel expenses and the cost of kits. On-site training of trainers for up to 25 participants costs $3,000 per day plus travel expenses and the cost of kits.

### Considerations

Considerations for implementing this program include acquiring school-wide buy-in, involvement, and commitment; making sure staff have adequate time to complete program lessons; and understanding funding will be needed to cover training costs and program materials.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### Implementation

If you are interested in implementing PA, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### Time and Cost

<table>
<thead>
<tr>
<th>Time</th>
<th>Each kit contains approximately 140 lessons, which require about 15 minutes each to complete; lessons do not have to be completed every day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>Kits for kindergarten through 8th grade cost $400 to $450 each. Refresher kits cost $150 to $175 each. Three-year online subscriptions for refresher kits cost $330 to $390 each. High school kits cost $500 to $550 each. Refresher kits cost $125 to $225 each. Please visit the program website using details in the Contact section for additional cost information.</td>
</tr>
</tbody>
</table>

### Evaluation Plan

To move the PA program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### Contact

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Positive Action, Inc., by mail 264 4th Ave South, Twin Falls, Idaho 83301, phone 1-208-733-1328 or 1-800-345-2974 (toll-free), fax 1-208-733-1590, email info@positiveaction.net, or visit https://www.positiveaction.net/contact

### Source

www.positiveaction.net