

McMillan Positive Behavior Plan

Positive Behavior Specialists:

Date discussed with and received input from BLT: 10/2/2024

Date discussed with and received input from SCC : 9/25/2024

Programs we **already** have in place that focus on peer pressure, mental health, and creating positive relationships:

Name of Program:	How program addresses the use of tobacco, alcohol, electronic cigarette products, and other controlled substances:
1. Second Step	<p>The Second Steps curriculum builds on student skills in mental health, conflict resolution, prosocial behavior, and empathy in the classroom/school, and focuses on overall student well-being. These skills were found to have improved in students who were provided instruction with this curriculum according to the 2015 study on Promoting Social-Emotional Competence (Low, et al, 2015). A similar study in 2019 found that students even with the weakest skills at the beginning of the study saw an increase in social-emotional skills and a decrease in disruptive behavior (Low, et al, 2019). Lastly, and arguably most importantly, research conducted via a meta-analysis by CASEL and collaborating researchers found that students who were exposed to SEL instruction (including Second Steps) longitudinally saw lower levels of conduct problems, emotional distress, and lower rates of drug use (Taylor, et al, 2017).</p> <p>McMillan Elementary has built in weekly time on the school master schedule to deliver Second Steps lessons at all grade levels. Program completion is monitored by the school administrator as well as the school social worker. The school social worker also provides technical assistance to teachers navigating the online platform as needed.</p>
2. Red Ribbon Week	<p>Red Ribbon Week is a week out of the year that focuses specifically on community building and action planning for a drug-free life. The week focuses on student attitudes surrounding drugs, alcohol, and other substances, as well as attitudes surrounding one's community and community connectedness. One study suggests that Red Ribbon weeks could reduce the use of drugs and alcohol, could improve student attitudes toward non-use of substances, can increase school performance, and increase the positive perspective students have regarding their community (Brooks &amp; Clem, 2013); all of which were found to play a substantial role in student attitudes and behavior as it relates to pro-social behaviors in the middle and high school levels (Flay, 2000). Similarly, as outlined by (Moon &amp; Rao, 2011) students with positive views of school and their community served as protective factors for all levels of students.</p> <p>McMillan Elementary enjoys widespread support from the PTA and community for Red Ribbon Week activities, including a drive-by celebrating drug and alcohol-free lifestyle choices. New for 24-25, our Ribbon Week will also include celebrations of anti-bullying, digital safety, and mental health awareness:</p> <p><a href="#">October 21-24 (Monday-Thursday), 2024</a> Monday: Green Ribbon: Mental Health Tuesday: Red Ribbon: Drug and Alcohol Awareness Wednesday: White Ribbon: Internet Safety</p>

	<p>Thursday: Blue Ribbon: Anti-Bullying (which we are going to change slightly to focus on building a McMillan community instead of just NOT bullying)</p> <p>The school principal will be kicking off the week with a virtual assembly and read-aloud of the book 'Have You Filled a Bucket Today' by Carol McCloud</p>
<p>3. Individual and group counseling/social work services</p>	<p>Individual and group counseling services support students in a multitude of ways. Not only do students receive treatment and support for general life stressors, students also have the opportunity to process trauma, suicidal ideations, and receive referrals for outside support when needed. These provisions allow for students to feel connected and cared about in the school environment and thus can lead to a decrease in the likelihood that students will use substances (Moon &amp; Rao, 2011). Similarly, students who are provided appropriate treatment for trauma, mental health challenges, and chronic stress are more likely to build resilience within themselves and the family system, and therefore are less likely to experience a higher number of ACEs and have less likelihood of mental health disorders and substance use and abuse later in life (American Academy of Pediatrics, 2014).</p> <p>McMillan Elementary uses individual and group counseling/social work services to support students to develop prosocial skills and resilience. Targeted intervention groups provide explicit support with friendship skills, coping skills, anxiety, sportsmanship,</p>
<p>4. Bully-ology Bullying and Harassment Prevention</p>	<p>Classroom-based lessons and confidential reporting systems are implemented and focused specifically on identification/interruption of bullying behavior. This provides students with skills to advocate for themselves and others to prevent bullying behavior within the context of school and online. Evidence supports that providing lessons and support in these areas provides students with strategies that reduce bullying both on individual and school-wide levels (Olweus, 1991; Smith and Sharp, 1994). Bullying behavior, especially when severe, can qualify as an Adverse Childhood Experience (ACE) and studies have found that when students experience ACEs, they are more likely to suffer from maladaptive behavior including substance use (American Academy of Pediatrics, 2014). By providing students with bully prevention programs that reduce bullying, and thus reducing the likelihood of ACEs, we are reducing the likelihood that students will begin using substances.</p>
<p>5. Botvin Life Skills program for 5th grade</p>	<p>This program materials and teacher training is funded through alcohol taxes distributed through the Underage Drinking and Substance Abuse Prevention Program Restricted Account. (UCA § 53F-9-304) and is administered in collaboration with the Murray City Police Department.</p> <p>This program meets the requirements as found in UCA § 53G-10-406 and R277-910.  Botvin LifeSkills Training (LST) Program Effectiveness: The LST program has more than 40 years of peer reviewed scientific research and is a Blueprints certified Model</p>

	<p>Plus program.</p> <p>Effectiveness:</p> <ul style="list-style-type: none"> <li>• Cuts tobacco use by 87%</li> <li>• Cuts alcohol use by 60%</li> <li>• Cuts marijuana use by 75%</li> <li>• Cuts methamphetamine use by 68%</li> <li>• Cuts polydrug use by 66%</li> <li>• Duration of Effects: Up to 12 years</li> </ul>
6. All Stars program	<p>This evidence-based substance abuse prevention program is presented to the 6th grade by a trained facilitator in 45 minute sessions once a week. This program is provided to the school by the Volunteers of America and covers the following topics:</p> <p>Session One • Orientation Establish standards for getting along and learn about program goals. Session Two • The World of the Future Envision positive futures that are incongruent with drug use and other risky behaviors. Session Three • Understanding What is Important Identify personal values and discuss how risky behaviors affect health and future well-being. Session Four • Planning for the Future Identify personal ideal futures and discover which positive ideals are shared with peers. Session Five • Make Your Mark Deepen connection to ideal futures by developing personal symbols. Session Six • Ideals-Based Reputations Explore action and consequence and discuss how to develop a good reputation. Session Seven • Habits That Support Ideal Futures Practice skills for goal setting and learn to link goals with behavior and consequences. Session Eight • Norms: Unwritten Rules of Behavior Explore and establish standards of good citizenship. Session Nine • Commitment Discuss the importance of making and keeping commitments to ideal futures. Session Ten • Defending Commitments Learn skills for assertive communication and refusing negative peer pressure. Session Eleven • Proclaiming Commitments Practice assertive peer refusal skills through behavioral rehearsal. Session Twelve • Opinion Poll Game &amp; Celebration Explore the high standards and ideals of peers, celebrate commitments made to ideal futures and identify supports for staying motivated and accountable to personal values.</p>
7. Grade level awards program highlighting child development milestones aligned with the USBE Portrait of a Graduate	<p>New in 23-24, our school launched the Future Graduate Award program for all grade levels at McMillan, focusing on developmentally appropriate challenges to help students set and meet goals related to USBE's <a href="#">Portrait of a Graduate</a>. This program helps students of all skills and abilities to achieve recognition for their unique qualities and hard work leading toward demonstration of the skills and abilities identified on the USBE Portrait of a Graduate. In its initial rollout during the 23-24 school year, we saw over 60% of students completing the program and being recognized at an awards ceremony. Feedback from the school community was overwhelmingly positive and the program is set to continue for future years.</p>
Wellness Center	<p>McMillan Elementary has a student wellness center that serves a calming space where students can connect with student advocate support, engage in positive reinforcement activities, and develop self-regulation and emotional awareness skills. Usage reporting additionally helps our PBIS and SST committee identify areas of need within the building.</p>

Programs we are **building** or adding to address peer pressure, mental health, and creating positive relationships:

Name of Program:	How program will address the use of tobacco, alcohol, electronic cigarette products, and other controlled substances:
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1. Restorative Circles/Practices	This practice has been encouraged in previous years, but this year our BLT will be working on adopting a specific protocol to ensure efficiency and widespread use. Utilizing restorative practices in the school-wide approach to behavior and interpersonal relationships supports students through increasing students' social-emotional abilities, builds the community within the school, and strengthens the social and human capital in school buildings (Passarella, 2017). Similarly, this leads to more trust, empathy, and respect within the school system from faculty, to students, and even parents (Morrison & Vaandering, 2012). When students both trust, respect, and empathize with those in their school community, and are trusted, respected, and empathized with by those in their school community, they demonstrate a higher level of community connectedness which is a preventative factor for students in reducing the likelihood of substance use (Moon & Rao, 2011).
2. <b>New this year/under development:</b> Ririe Woodbury Creative Movement Residency	McMillan Elementary has partnered with the Ririe Woodbury dance company for a 3 year residency program serving our 3rd grade students that teachers communication and awareness skills and builds student confidence through creative movement. This program culminates in a dance performance for families and for the second grade class (that will be participating in the program the following year).
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Other programs, clubs, service opportunities and pro-social activities we **already** have in place:

Name of Program, Club, Service Opportunity, or Pro-Social Activities:	How program, club, etc. addresses the use of tobacco, alcohol, electronic cigarette products, and other controlled substances:
<ul style="list-style-type: none"> <li>● Girls on the Run</li> <li>● SafeUT App</li> <li>● PBIS</li> <li>● 6th Grade Safety Patrol</li> <li>● Buddy Reading and other cross grade level partnerships</li> <li>● Math Olympiad</li> <li>● School Spelling Bee</li> <li>● Monthly Rallies and Awards Ceremony highlighting good character and achievement</li> <li>● Principal's 200 Club activities</li> <li>● Red ticket PBIS Awards- weekly prize cart</li> <li>● Weekly School Spiritwear Challenge</li> <li>● Grade level events including the Nutcracker production, History Fair, Pioneer Day, Ballet West, etc</li> <li>● PTA sponsored activities—Art night, STEM night, etc</li> <li>● Vape Education training (6th grade only).</li> <li>● School-wide events like the Read-a-thon, Fit Fun Run, Food Drive, Halloween Parade, and the Veterans Day Assembly</li> </ul>	<p>These programs and applications all promote prosocial behaviors and provide students with structured, supervised, and engaging activities for students within their school and community. Studies have found that structured activities such as these are important factors in mitigating substance use among students as they create protective factors against substance use (Moon &amp; Rao, 2011).</p>
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Please note: While the language in these programs does not always explicitly discuss substance use with students, the research suggests that the skills taught in these programs for the elementary level support prevention effectiveness in preventing student use of substances (Moon & Rao, 2011).

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