

# EXECUTIVE SUMMARY

## *The Empower Program*

*Concrete Strategies for Positive Behavioral Support*

*The Empower Program* is a strength-based framework for positive behavioral intervention and support. This program prepares educators with the practical tools they need to support youth struggling with negative behaviors by empowering the youth themselves with social-emotional learning skills that reduce frustration, improve communication and increase their availability for learning.

*The Empower Program* is structured into three modules for flexible implementation based on the needs of any program, school or individual. Each module contains professional development workshops, teacher resources, and classroom plans that address a specific piece of the behavioral pie.

**Module 1 (Environment)** focuses on educator mindset and preparation of the educational space itself. This module prepares educators with strategies for positive student redirection and specific plans for "what to do when" situations that arise, including resources such as worksheets, templates and checklists.

**Module 2 (Ability)** focuses on the content of social-emotional learning instruction for students. This module engages students in step-by-step lessons, activities, role play and individual projects where they explore each social-emotional learning skill. Youth spend time discussing what *to do* and *how* to do it using multiple learning styles and contexts.

**Module 3 (Motivation)** focuses on promoting the use of the strategies and skills offered in the first two modules using responsive feedback and student leadership. This module allows students to become key stakeholders in their own behavioral accountability by offering ways to track their behavior that are both visual and interactive.

The reality is, youth often struggle to navigate common behavioral situations in a positive way. Without emotional coping and problem-solving skills, youth engage in behaviors that cause disruptions, lead to bullying, and pose serious social and safety concerns. A long-term method to address these concerns is to replace exclusionary discipline tactics with a comprehensive program that is inclusive of and values *all* students. *The Empower Program* can be that method.