



## Positive Behaviors Plan

Utah Code Annotated (UCA) §[53G-10-407](#)

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### What is a Positive Behaviors Plan?

As defined in Utah State Statute [53G-10-407](#), a Positive Behaviors Plan is “a plan to address the causes of student use of tobacco, alcohol, electronic cigarette products and other controlled substances through promoting positive behaviors.”

A Positive Behaviors Plan shall address the following issues:

- Peer pressure
- Mental health
- Creating meaningful relationships

A Positive Behaviors Plan may include:

- Programs
- Clubs
- Service Opportunities
- Pro-social Activities

### Who is responsible for creating the Positive Behaviors Plan?

- The school principal is responsible for creating the positive behaviors plan which must be based on input from:
  - Students
  - Parents
  - School staff (The USBE Prevention Team encourages the input of school staff specifically trained in mental health such as counselors, social workers etc. be included in the discussion.)
- Examples of how the school principal may gather input include:
  - Surveys

- Focus groups
- Emails
- Phone calls
- From Parent/Teacher/Student organizations, such as PTAs and PTOs
- School Community Councils
- The USBE Prevention Team encourages schools to reach out to their [Local Prevention Coordinator](#) or community coalition for additional community collaboration and input. The Coordinator or coalition can assist in looking at local data (such as SHARP data, disciplinary data, etc.) to understand the school's most prevalent risk and protective factors. We highly encourage the use of existing data in order to inform the development of the plan.
- The process of creating a positive behaviors plan is encouraged to be thought of as an ongoing cycle, as student and community needs change over time. Updates to plans should be submitted to the local school board for approval.
- Guidance on how to create a positive behaviors plan can be found here:
  - ☰ [Using Prevention Science to Create a Comprehensive Prevention Plan](#)

## What are some considerations and best practices to include in a Positive Behaviors Plan?

The USBE Prevention Team highly encourages using effective practices in the plan, including:

- Building skills such as:
  - resistance skills to combat peer pressure
  - mindfulness or breathing techniques to reduce anxiety
  - strategies to build and maintain friendships
- Increasing [key protective factors](#) such as:
  - Increasing resilience
  - Building positive social connections with adults and peers
  - Expanding knowledge of child development and realistic expectations (both in students and staff)
  - Increasing student and family access to resources for concrete supports, such as food, clothing, shelter, and safety

- Increasing Cognitive and Social-Emotional learning, skills, and competencies
- Addressing school climate and culture issues by:
  - Establishing [trauma sensitive practices and ongoing staff professional development](#)
  - Implementing [restorative practices](#)
  - Creating equitable conditions for student success
- Implementing evidence-based programs
  - Examples of evidence based programs can be found on the [USB E Substance Use Prevention Website](#)

The USB E Prevention team has training available to assist on some of these items (Trauma, Restorative Practices, Protective Factors, Implementing Evidence Based Programs). For any training requests, please complete this [survey](#).

### **Who is responsible for implementing the Positive Behaviors Plan?**

Each LEA shall designate one or more employees as a positive behaviors specialist for each school to administer the positive behaviors plan.

### **What reporting is required?**

Prior to implementation:

- A school principal shall submit the positive behaviors plan to the LEA governing board for approval.

At the end of each year:

- A positive behaviors specialist shall submit a written report to the LEA governing board detailing how the positive behaviors plan was implemented in the prior year.
- An LEA governing board shall submit an annual report to USB E confirming that each school under their jurisdiction has an approved positive behaviors plan.

## **What funding is available?**

Contingent upon funding availability, each school can expect to annually receive a total of \$4,000:

- \$3,000 is to be used to provide the positive behaviors specialist with a stipend.
  - \$2,300 may be used for the stipend and \$700 for benefits.
- \$1,000 is to be used to implement the positive behaviors plan.

## **Who can I contact if I have additional questions?**

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