



## Planning, Self-Assessment and Action Sheet for School-based Prevention Initiatives

The 17 Standards below provide an evidence-informed framework for school health promotion teams and prevention committees to use when planning, implementing or evaluating youth substance abuse prevention initiatives. The Standards are based on the best available research of what works in prevention as described in the Canadian Centre on Substance Abuse (CCSA) workbook, *Building on Our Strengths: Canadian Standards for School-based Youth Substance Abuse Prevention*. This *Planning, Self-Assessment and Action Sheet* will help you identify the Standards that need to be developed or strengthened in your initiative. It is best used with the Standards at a Glance tool. You can also use the results of this assessment as a baseline to monitor your initiative's progress in meeting the Standards from year to year.

The Standards framework can be used by all initiatives, whether they are well developed or are just getting off the ground. Although the Standards are organized within a four-phase planning cycle, given that school prevention work is often non-linear by nature, they may be implemented in a different order depending on your particular context. In addition, considering all 17 Standards at one time may not be practical; it may be more valuable or feasible to focus on developing or strengthening only a limited number of Standards. For a deeper understanding of each Standard or to complete a more detailed self-assessment, consult the *Building on Our Strengths* workbook, which can be found under the Youth Drug Prevention priority at [www.ccsa.ca](http://www.ccsa.ca).





	Fully in place	Partly in place	Under development	Not done
<b>A. Assess the situation</b>				
1. Account for current activities				
2. Determine local substance use patterns and harms				
3. Learn relevant protective and risk factors				
4. Clarify perceptions and expectations				
5. Assess resources and capacity to act				
<b>B. Prepare a plan and build capacity</b>				
6. Ensure goals address priority harms and relevant factors				
7. Engage students in the initiative				
8. Strengthen links with parents and other partners				
9. Conduct ongoing professional development and support				
10. Address sustainability of the initiative				
<b>C. Implement a comprehensive initiative</b>				
11. Cultivate a positive health-promoting school climate for all				
12. Deliver developmentally appropriate classroom instruction at all levels				
13. Implement targeted activities within a comprehensive continuum				
14. Prepare, implement and maintain relevant policies				
<b>E. Evaluate the initiative</b>				
15. Conduct a process evaluation of the initiative				
16. Conduct an outcome evaluation of the initiative				
17. Account for costs associated with the initiative				



## Priority Actions to Implement or Strengthen Identified Standards

Use the assessment results above to select two to four Standards you would like to put in place or strengthen in the next year. Prioritize those that “pack the most punch” in terms of moving you toward your overall prevention goals. Save the above results and review them again in six months to one year to determine if the actions you identify below have improved your assessment of specific Standards or outcomes.

Standards to focus on	Actions to implement or better implement the Standard

The Standards are part of *A Drug Prevention Strategy for Canada’s Youth*, which aims to reduce illicit drug use by Canadian youth between the ages of 10 and 24. To find out more about the Standards initiative, please visit [www.ccsa.ca](http://www.ccsa.ca) or contact us at [youth-jeunes@ccsa.ca](mailto:youth-jeunes@ccsa.ca).

