

# Positive Behaviors Plan-[53G-10-407](#)

## 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.”

The statute further explains that 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 Utah State Board of Education (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
  - From Parent/ Teacher / Student organizations, such as PTAs and PTOs
  - School Community Councils
  - Emails
  - Phone calls
- 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 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.

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

The USBE Prevention Team highly encourages using [Prevention Science Principles](#) and other 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 informed and trauma sensitive practices and ongoing staff professional development](#)
  - [Implementing restorative practices](#)
  - Creating equitable conditions for student success
- Evidence-based programs
  - Examples of evidence-based programs can be found on the [USBE Substance Use Prevention Website](#)

The USBE 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 Local Education Agency (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 the USBE confirming that each school under their jurisdiction has an approved Positive Behaviors Plan.

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