All Stars Senior Logic Model

Underlying Belief/Theory	Strategies/ Activities	Immediate Outcomes	Intermediate Outcomes	Long-Term Outcomes
Positive Norms At-risk youth exaggerate how many peers engage in high-risk behavior.	All Stars corrects erroneous beliefs and builds positive norms through games and guided discussions.	Classroom activities reveal that other students have opinions that support a positive peer group norm.	Youth believe that risky behaviors are rare and unacceptable to the peer group.	Reduced alcohol use, binge drinking, smoking, smokeless tobacco use, marijuana use, and inhalant use. Reduced participation in premature sexual activities. Reduced fighting, vandalism, and delinquency. Increased positive health behaviors such as nutrition and exercise.
Lifestyle Incongruence Having positive aspirations for the future does not fit with risky behavior.	All Stars helps students explore ideal futures and reputations through highly interactive methods.	Youth identify personal futures that are meaningful and motivating. They feel engaged and trust the teacher.	Youth strengthen their beliefs that risky behaviors do not fit with the lifestyle they desire to live.	
Resistance Skills The ability to communicate effectively and say no assertively protects youth.	Students practice communication and assertiveness skills through games and role plays.	Students gain experience using verbal and nonverbal communication skills and practice resisting pressure.	Youth report increased ability to resist peer pressure.	
Decision Making The ability to make good decisions promotes positive outcomes for youth.	Students learn to stop and think, list alternatives, ask their conscience, research, and try out decisions, and commit to positive behaviors.	Students gain experience with hypothetical but realistic decisions.	Youth decrease impulsive decision making and increase using conscience and thinking methods. Decision fit with positive commitments.	
Beliefs Believing that risky behaviors are harmful and that positive behaviors have personal benefit are protective.	Students focus attention on negative outcomes of risky behaviors and positive outcomes of healthy behaviors that may affect them personally.	Students discuss and think about the consequences of their personal behavior.	Youth increase their perceptions that risky behaviors will be personally harmful. They increase their belief that healthy behaviors will be beneficial.	
Goal Setting Setting and achieving goals protects youth from negative behaviors.	Students learn skills for setting and achieving positive goals doing self-improvement projects.	Students become engaged in identifying and working toward a realistic goals.	Youth report an increased ability to set and achieve goals.	
Stress Management Appropriate reactions to stress protects youth from negative behaviors	Students learn skills for managing stressful situations and for dealing with stressful feelings.	Students practice stress and anger control strategies.	Youth report an increased ability to manage stress and control anger.	