All Stars Plus Logic Model

Underlying Belief/Theory		Strategies/ Activities	~	Immediate Outcomes		Intermediate Outcomes		Long-Term Outcomes
Idealism Having positive aspirations is inconsistent with risky behaviors.	→	All Stars Plus reviews students' ideal futures.	→	Youth identify goals related to their ideals.	→	Youth strengthen their beliefs that substance use and other high-risk behaviors do not fit with the lifestyle they desire to live.	→	
Social Norms At-risk youth exaggerate how many peers engage in high- risk behavior.	→	All Stars Plus reinforces the notion that few students engage in risky behaviors.	→	Students are reminded that peer pressure does not fit with existing group norms.	→	Youth believe that risky behaviors are rare and unacceptable to the peer group.	→	
Commitment Making voluntary public commitments to avoid risky behaviors is protective.	→	All Stars Plus has students integrate existing commitments into decisions they make.	→	Students are reminded of the personal commitments they made during All Stars Core.	→	Youth report an intention to avoid substance use and to avoid high-risk behaviors.	→	Reduced alcohol use, binge drinking, smoking, smokeless tobacco use, marijuana use, and inhalant use.
Goal Setting Setting and achieving goals protects youth from negative behaviors.	→	All Stars Plus teaches skills for setting and achieving positive goals through a classroom improvement project.	→	Students become engaged in identifying and working toward a realistic classroom goal.	→	Youth report an increased ability to set and achieve goals.	→	Reduced participation in premature sexual activities.
Decision Making The ability to make good decisions promotes positive outcomes for youth.	→	All Stars Plus students learn to stop and think, list alternatives, ask their conscience, research, and try out decisions.	→	Students gain experience with hypothetical but realistic decisions.	→	Youth decrease impulsive decision making and increase using conscience and thinking methods.	→	Reduced fighting, vandalism, and delinquency.
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.	→	
Bonding Feeling a part of a positive social group protects against risky behaviors.	→	Interactive techniques help teachers build positive relationships with students and a safe school culture.	→	Participants feel part of the class or group.	→	Youth have increased feelings of acceptance within the school by peers and teachers.	→	
Parental Attentiveness Parents practicing positive parenting protect their posterity.	→	All Stars includes parent instruction. Student homework is completed with parents or trusted adults.	→	Parents participate in youth homework assignments and attend the All Stars graduation celebration.	→	Parents monitor their children, set a good example, show affection, and talk more with their children.	→	