



Using What You Know: Action Plans

Action plans are a wonderful way to bridge the gap between skill practice and skill usage. The Ophelia Project has found students in our programs, both in class and afterschool settings, can be quite effective with skills and strategies in a controlled setting or role play, but choose not to use these skills in “real life.” Challenge your students to plan a way to use what they know outside of the learning environment. It is extremely important to follow up and reflect upon any written action plans. Hold students accountable by setting a date for follow up and then reflecting on the reasons for success (or lack of success) with the action plan.

Possible action plan goals for dealing with peer aggression:

- 1. Use an upstander strategy to support a target.**
- 2. Try a way of standing for yourself.**
- 3. Practice making it right with at least 2 people.**
- 4. Stop a rumor; do not forward harmful texts.**
- 5. Ask a friend to delete a harmful online post.**

Action Plan Template

Name:	Date:
Topic or Skill:	
Action Plan Steps:	
1.	
2.	
3.	
Intended goal / result:	
Resources I need to achieve my goal:	
People who can help or support me:	
Date for follow up:	Goal achieved? <input type="checkbox"/> Yes <input type="checkbox"/> No
Why do you think you were successful or unsuccessful?	

Action Plan Walk-Through

Name: Students' Names	Date: Today's Date
Topic or Skill: Choose a dynamic of aggression or Normative Belief	
Action Plan Steps:	
<ol style="list-style-type: none"> 1. Break the plan into manageable steps, ideally 3-5 no more than seven. 2. 3. 	
Intended goal / result: What do you hope to accomplish? What do you want to do? (Sometimes it is a good idea to start here and then complete the rest of the plan.)	
Resources I need to achieve my goal: Are there any books or websites that can help you? What about materials such as art supplies?	
People who can help or support me: Ambassador facilitators, teachers, parents, administrators are great resource people. Or, this can be friends and fellow Ambassadors. The important to thing to stress is that there are people who can help you reach your goal and want to see you succeed.	
Date for follow up: Choose a reasonable amount of time to complete the goal.	Goal achieved? <input type="checkbox"/> Yes <input type="checkbox"/> No To be completed at follow up – be honest!
Why do you think you were successful or unsuccessful? This is important to process! Celebrate your success and the reasons why you were able to be successful! If you were unsuccessful, revamp your plan and extend your follow-up date.	

Action Plan Example

Name: Junior Ambassadors	Date: December 14, 2011
Topic or Skill: Protecting Each Other	
Action Plan Steps: <ol style="list-style-type: none"> 1. See an aggressive situation. 2. Choose a strategy for intervention. 3. Try intervention strategy to protect a target. 	
Intended goal / result: Protect a target of peer aggression.	
Resources I need to achieve my goal: Courageous Kid Interventions Handout (to review strategies or practice)	
People who can help or support me: Ambassador Facilitator, fellow Ambassadors, my parents	
Date for follow up: January 13, 2012	Goal achieved? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<p>Why do you think you were successful or unsuccessful?</p> <ul style="list-style-type: none"> • I did not witness any peer aggression. • I was too afraid to intervene. <p>Solutions: Role play more strategies to gain comfort with them and identify behaviors as aggressive / non-aggressive. Have a “buddy” to help you intervene if possible. Create a longer time for next follow up.</p>	