

Helping Students Make Positive Choices: EBS and The Premier Go Program™

Background: Effective Behaviour Support Systems (EBS)

EBS is a system of school-wide processes and individualized instruction designed to prevent and decrease problem behaviours while increasing and maintaining appropriate behaviours (Lewis, 1997).

An Effective Behaviour Support System is comprised of six elements:

- systems approach
- emphasis on positive behaviour
- prevention agenda
- sound professional development model
- data-based decision-making

Any behavioural change program is only as effective as the structures and processes that are in place to support its sustained use. When setting up a school-wide system of discipline or a positive behavioural interventions and supports program, the following steps should be followed:

1. Establish a school-wide leadership or behaviour support team to guide and direct the process. This team should be made up of an administrator, grade level representatives, support staff, and parents.
2. Secure administrator agreement on active support and participation.
3. Assess the status of school-wide discipline or positive behavioural interventions and supports and define short and long-term goals for improving the school-wide system.
4. Secure a commitment and agreement from at least 80% of staff for active support and participation.
5. Establish and implement an action plan that is based on the status of assessment, and emphasize the adoption of research-validated practices.
6. Establish a data system that permits the regular and efficient monitoring and evaluation of the effectiveness of

the implementation of the school-wide system of discipline.

About the Premier Go Program

The Premier Go Program has been designed to work synergistically with your school's Effective Behaviour Support System (EBS). The Premier Go Program is a powerful, how-to approach to help students change their behaviour. Offered as part of Premier's line of Student Success Programs for middle and high school students, the Premier Go Program is designed to help students:

1. Make positive choices under pressure.
2. Improve communications with others.
3. Measure change in their lives.

The Premier Go Program combines the principle-centred teaching of Sean Covey's *The 7 Habits of Highly Effective Teens* with the research-proven and time-tested structures of EBS.

The program is essentially a plug-and-play, step-by-step character development program. Program content is taught and assessed weekly, and reinforced and modeled daily. An online tool to measure student behavioural change is available on a tri-annual basis as part of the program.

The Premier Go Program is divided into

nine sections, seven of which are based on the 7 Habits®:

1. Foundations
2. Habit 1: Be Proactive®
3. Habit 2: Begin With the End in Mind®
4. Habit 3: Put First Things First®
5. Habit 4: Think Win-Win®
6. Habit 5: Seek First to Understand®
7. Habit 6: Synergize®
8. Habit 7: Sharpen the Saw®
9. Final Review and Test

Expected Results

Positive behavioural change is characterized by the demonstration of positive character traits and habits in daily routines and leisure pursuits. Students and schools that work diligently through the Premier Go Program should experience:

- enhanced academic achievement
- increased problem-solving abilities
- a more positive attitude toward self and others
- improved positive personal and social behaviours
- improved school climate
- better student attendance

Teachers can deliver the Premier Go Program's 34 weekly lessons by using the Go Teacher's Integrated Resource Package. Also provided are the student Go Workbooks (weekly integrated lessons with the student agenda), classroom and student DVDs, family DVD, and a teacher in-service DVD.

For more information about the Premier Go Program, contact:

info@premiergo.com
604•857•1707 OR
1•800•665•2461

