

Up2You Project Logic Model

Inputs

Target Population

Activities

Outputs

Short/Long Term Outcomes

20 years experience in Relationship Education programming, trained professional staff, 6500 square feet office space and training center, active and diverse board of directors, well developed updated website, professional master trainers. Experts in grant management.

17 years establishing and maintaining collaborative partnerships with local school districts including Denver Public Schools, Adams 12, Weld County, Arapahoe, Douglas, Elbert, Weld, Elizabeth (many serving students at Title I high schools).

Ensure program facilitators receive healthy relationship development training by:

- Utilizing evidence-based and evidence-informed, and skills based REAL Essentials Advance curricula.
- Replicating with fidelity effective programs and that are culturally and age appropriate, medically accurate, and trauma informed.
- Partnership with University of Denver research team to increase data in the field of relationship health to evaluate students who are at risk of dropping out, having stress and anxiety, and exposure to substance abuse and violence as a result of lacking access to healthy relationship skills.

Key staff and additional program staff have a combined 20 plus years of experience working with middle and high school aged youth, nationally. Managing federal and local grants with excellence, consulting as experts in relationship education research fields, reaching (and exceeding) target numbers goals, remaining under or at budget, clear financial audits and financial reports.

Up2You will enroll 650 youth in middle and high school alternative schools (ages 10-19) each fiscal year (FY) of the project. This target population was chosen to reduce the risk of early sexual debut, truancy, dropping out, bullying, substance abuse, sexual coercion and dating violence, teen pregnancy, STD/STI infections. All of these risks are associated with disconnection and isolation that stem from a lack of healthy connections and relationship skills. At the family level, students who experience toxic relationships at home are more vulnerable to witnessing Domestic Violence and being victims of Child Maltreatment.

Youth in middle and high school alternative schools (ages 10-19), will be enrolled in the following MOU Partners and alternative schools:

- Justice High School
- Florence Crittenton High School
- APS Avenues
- Boulder Prep High School
- Kepner Beacon Middle School
- Colorado Sports Leadership Academy
- West Middle School
- East Middle School
- Bear Valley International Hill Middle School
- Aurora Hills Middle School

Participants to receive 12 hours of evidence-based, evidence-informed, and skills-based relationship education delivered in middle and high school workshop series held in school-based programming offered to alternative school students. Students will learn self-regulation skills, goal setting, healthy decision-making, success sequencing, future orientation, healthy relationships, how to resist sexual coercion, dating violence and non-marital sexual activity, and to resist underage drinking and drug use.

Establish and administrate descriptive evaluation study with Washington Park Research and Evaluation

Ensure Up2You project facilitators and school-based educators are equipped to deliver a 12-hour, co-facilitation project model with fidelity.

Provide ongoing professional development through technical assistance, equity, monitoring, CQI to all facilitators to ensure fidelity and excellence in implementation in programming.

Marketing activities will support R2R speakers and school-based educators to promote recruitment for the elective classes.

Foster parental involvement utilizing the "Connect at Home" portion of the curricula.

650 youth in alternative and non-traditional middle and high schools per FY will complete 12 hours relationship skills workshops utilizing evidence-based and evidence-informed curricula proven to achieve project goals around: self-regulation, goal setting, healthy decision-making, success sequencing for poverty prevention, focus on the future, healthy relationships, resisting sexual coercion, dating violence, and other youth risk behaviors, such as underage drinking or illicit drug use.

650 youth (ages 10-19) enrolled in local evaluation.

Youth will have improved self-regulation skills to help reduce engaging in high-risk behaviors.

Improved skills to set and achieve goals.

Increased awareness around the decision-process and the risks and rewards that motivate decision-making

Increased knowledge and skills regarding the success sequence to reduce the risk of entering the poverty cycle. .

Improving ability to be forward thinking and use future orientation to achieve desired dreams.

Increased skills for forming healthy and safe relationship connections that combat loneliness, isolation, and depression and enable a sense of belonging. .

Increased resilience and boundary setting skills for resisting sexual coercion and dating violence and for helping students voluntarily refrain from non-marital sexual activity.

Increased self-efficacy and confidence to avoid underage drinking and illicit drug use.

Reduced teen pregnancy, STD/STI rates, and poverty.

Reduced domestic or dating violence and child maltreatment. .

Increased number of committed marriage and families formed in the future

EXPECTED Up2You PROJECT GOALS- To increase protective factors and equip risk-avoidance skills for middle and high school alternative school youth. By evaluating program impact, the Up2You Project expects increases in:

1. *Raise Up* (Self-Regulation skills).
2. *Speak Up* (Setting and achieving goals).
3. *Lead Up* (Navigating healthy decision-making strategies).
4. *Level Up* (Learning the Success Sequence and its protective factors for avoiding poverty).
5. *Look Up* (Future-oriented thinking).
6. *Pair Up* (Discerning what healthy relationships look like and learning to establish them).
7. *Stand Up* (Risk-avoidance strategies to safeguard participants from sexual coercion, dating violence, and non-marital sexual activity).
8. *Shore Up* (Avoiding underage drinking and illicit drug use).