

FCSS Measures Bank Provincial Priority Measures



Family & Community Support Services

Measures Bank

Provincial Priority Measures

Provincial FCSS Priority Measures - Outcomes and Indicators

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IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1: Individuals experience personal well-being.

Indicator – RESILIENCE: the extent to which people are able to deal with life's difficulties

Provincial Priority Measures									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
						As a result of [Insert name]			
PM1	My belief in myself gets me through hard times.	A Sc	TRS		PM1 I am better at getting through hard times because I believe in myself.	A Sc	TRS-m	
PM2	I am good at handling whatever comes my way.	A Sc	CTK		PM2 I am better at handling whatever comes my way.	A Sc	CTK	
PM3	If something does not work, I am willing to try again.	F Sc	SPSI-m		PM3 I am more willing to try again if something I do doesn't work.	A Sc	SPSI-m	
PM4	I know some healthy strategies to manage stress.	A Sc	C		PM4 I have some new information on how to better manage my stress.	A Sc	C	

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1: Individuals experience personal well-being.

Indicator – SELF-ESTEEM: the extent to which people feel good about themselves

Provincial Priority Measures								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM1	In general I feel positive about myself.	A Sc	NAW		PM1 I feel more positive about myself.	A Sc	NAW-m
PM2	I feel confident enough to share my ideas and feelings with others.	F Sc	CFCSS		PM2 I feel more confident sharing my ideas and feelings with others.	A Sc	CFCSS-m
PM3	I feel good about myself.	F Sc	CTK		PM3	[insert name] has helped me to feel good about myself.	A Sc	CTK
PM4	I feel good about myself because I help others.	F Sc	CTK		PM4	Helping others through [insert name] has helped me to feel good about myself.	A Sc	CTK
PM5	I feel important to my community.	F Sc	CTK		PM5	[insert name] has helped me to feel important to my community.	A Sc	CTK
PM6	I have spent time trying to find out more about my ethnic group, such as its history, traditions, and customs.	A Sc	CFCSS		PM6 I have learned more about my ethnic group, such as its history, traditions and customs.	A Sc	CFCSS-m
PM7	I feel connected to my family's cultural traditions.	F Sc	CTK		PM7 I feel more connected to my family's cultural traditions.	A Sc	CTK
PM8	I understand my ethnic background.	A Sc	C		PM8 I understand my ethnic background better.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1 : Individuals experience personal well-being.

Indicator – OPTIMISM: the extent to which people expect the best possible outcome from any given situation and are hopeful about their future.

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	I'm optimistic about my future.	A Sc	NAW-m	PM1	... I'm more optimistic about my future.	A Sc	NAW-m
PM2	I feel good about my future.	F Sc	CTK	PM2	[Insert name] has helped me to feel good about my future.	A Sc	CTK
PM3	I believe I have the ability to improve my life.	A Sc	C	PM3	[Insert name] has helped me to believe I have the ability to improve my life.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1: Individuals experience personal well-being.

Indicator – CAPACITY TO MEET NEEDS: Ability to meet needs is the extent to which people have the life skills to function in a positive manner.

Provincial Priority Measures

Communication								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM1	I am able to express my emotions constructively.	A Sc	C		PM1 I am better able to express my emotions constructively.	A Sc	C
PM2	I am able to address conflict constructively.	A Sc	C		PM2 I am better able to address conflict constructively.	A Sc	C
PM3	I am able to speak up for what my family needs.	A Sc	PLCUS		PM3 I am better able to speak up for what my family needs.	A Sc	PLCUS-m
Healthy Relationships								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM4	I know how to get along with other people.	A Sc	CTK-m		PM4 I know more about how to get along with other people.	A Sc	CTK-m
PM5	I am able to make friends.	A Sc	CTK-m		PM5 I am better able to make friends.	A Sc	CTK-m
PM6	I know how to set personal boundaries.	A Sc	SRAS-m		PM6 I know more about how to set personal boundaries.	A Sc	SRAS-m
Problem-Solving								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM7	I am able to solve problems.	A Sc	SPSI-m		PM7 I know more about how to solve problems.	A Sc	SPSI-m
Planning								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM8	I plan ahead.	F Sc	CTK-m		PM8 I plan ahead more often.	A Sc	CTK-m
PM9	I know how to prepare for my future.	A Sc	IFCSS-m		PM9 I know more about how to prepare for my future.	A Sc	IFCSS-m

<i>Money Management</i>									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
						As a result of [Insert name]			
PM10	I know how to budget my money.	A Sc	C		PM10 I know more about how to budget my money.	A Sc	C	
PM11	I know how to get by financially on my monthly income.	A Sc	CFCSS-m		PM11 I know more about how to get by financially on my monthly income.	A Sc	CFCSS-m	
PM12	I am able to keep up with bills and commitments.	A Sc	CFCSS-m		PM12 I am better able to keep up with bills and commitments.	A Sc	CFCSS-m	
<i>Other Life Skills</i>									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
						As a result of [Insert name]			
PM13	I work well with others on a team.	F Sc	CTK		PM13 I work better with others on a team.	A Sc	CTK	
PM14	I take action towards improving my life.	F Sc	RVFCSS-m		PM14 I take action towards improving my life more often.	A Sc	RVFCSS-m	

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS							
Individual Outcome #1: Individuals experience personal well-being.							
Indicator –AUTONOMY: the extent to which people feel free to do what they want and have the time to do it.							
Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I feel I am free to decide how to live my life.	A Sc	NAW	PM1 I feel more freedom to decide how to live my life.	A Sc	NAW-m
PM2	I feel I have control over things that happen to me.	A Sc	CTK	PM2 I feel that I have more control over things that happen to me.	A Sc	CTK-m
				PM3	[insert name] has contributed to my ability to remain in my home.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1: Individuals experience personal well-being.

Indicator – COMPETENCE: the extent to which people feel accomplishment from what they do and are able to make use of their abilities

Provincial Priority Measures

Communication								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
	I feel good about my ability to....					As a result of [insert name], I feel better about my ability to....		
PM1	...listen to other people.	A Sc	CTK-m		PM1	...listen to other people.	A Sc	CTK-m
PM2	...tell others about my ideas and my feelings.	A Sc	CTK-m		PM2	...tell others about my ideas and my feelings.	A Sc	CTK-m
PM3	...address conflict constructively.	A Sc	C		PM3	...address conflict constructively.	A Sc	C
PM4	...speak up for what my family needs.	A Sc	PLCUS-m		PM4	...speak up for what my family needs.	A Sc	PLCUS-m
Healthy Relationships								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
	I feel good about my ability to....					As a result of [insert name], I feel better about my ability to....		
PM5	...get along with other people.	A Sc	CTK-m		PM5	...get along with other people.	A Sc	CTK-m
PM6	...make friends.	A Sc	CTK-m		PM6	...make friends.	A Sc	CTK-m
PM7	...set personal boundaries.	A Sc	SRAS-m		PM7	...set personal boundaries.	A Sc	SRAS-m
Problem-Solving								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
	I feel good about my ability to....					As a result of [insert name], I feel better about my ability to....		
PM8	...solve problems.	A Sc	SPSI-m		PM8	...solve problems.	A Sc	SPSI-m

<i>Planning</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
	I feel good about my ability to....				As a result of [insert name], I feel better about my ability to....	
PM9	... plan ahead.	A Sc	CTK-m	PM9	...plan ahead.	A Sc CTK-m
PM10	... prepare for my future.	A Sc	IFCSS-m	PM10	...prepare for my future.	A Sc IFCSS-m
<i>Money Management</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
	I feel good about my ability to....				As a result of [insert name], I feel better about my ability to....	
PM11	... budget my money.	A Sc	C	PM11	...budget my money.	A Sc C
PM12	... get by financially on my monthly income.	A Sc	CFCSS-m	PM12	... get by financially on my monthly income.	A Sc CFCSS-m
PM13	... keep up with bills and commitments.	A Sc	CFCSS-m	PM13	...keep up with bills and commitments.	A Sc CFCSS-m
<i>Other Life Skills</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
	I feel good about my ability to....				As a result of [insert name], I feel better about my ability to....	
PM14	...take action towards improving my life.	A Sc	RVFCSS-m	PM14	...take action towards improving my life.	A Sc RVFCSS-m
PM15	...overcome life's challenges.	A Sc	IFCSS-m	PM15	...overcome life's challenges.	A Sc IFCSS-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1 : Individuals experience personal well-being.

Indicator – PERSONAL ENGAGEMENT: how far people feel absorbed in what they do and that they have opportunities to learn.

Provincial Priority Measures								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [Insert name]		
PM1	I get absorbed in what I am doing.	F Sc	NAW-m					
PM2	The things I do every day are a source of great pleasure and satisfaction.	F Sc	SC:NPHS-m		PM2 I now get more pleasure and satisfaction from the things I do every day.	A Sc	SC:NPHS-m
PM3	I keep interested in things.	A Sc	TRS		PM3 I have been able to do more things that interest me.	A Sc	TRS-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1: Individuals experience personal well-being.

Indicator – MEANING & PURPOSE: the extent to which people feel that what they do in life is valuable, worthwhile and valued by others

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I get the recognition I deserve for what I do.	F Sc	NAW-m	PM1	[insert name] has helped me to feel recognized for what I do.	A Sc	C
PM2	I generally feel what I do in my life is valuable and worthwhile.	A Sc	NAW-m	PM2	[insert name] has helped me to feel what I do in my life is valuable and worthwhile.	A Sc	NAW-m
PM3	I believe I make a difference when I volunteer.	A Sc	SEFCSS-m	PM3 volunteering with [insert name], I believe I am making a difference.	A Sc	SEFCSS-m
PM4	I feel that I can make a difference.	F Sc	CTK	PM4	[insert name] has helped me to feel that I can make a difference.	A Sc	CTK
				PM5 being involved in [insert name], I make my community a better place.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #2: Individuals are connected with others.

Indicator – QUALITY OF SOCIAL RELATIONSHIPS: *How people experience their connections with others and the strength of those relationships*

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My relationship with (my family/my partner/my ex-partner/my friends/my coworkers/my neighbours) is enjoyable.	F Sc	NAW-m	PM1 my relationship with (my family/my partner/my ex-partner/my friends/my co-workers/my neighbours) is more enjoyable.	A Sc	NAW-m
PM2	I (meet/reconnect with/form new relationships with) people from my neighbourhood/community.	F Sc	C	PM2 I have (met/reconnected with/formed new relationships with) people from my neighbourhood/community.	A Sc	C
PM3	I maintain my relationships with people from my neighbourhood/community.	F Sc	C	PM3 I am better able to maintain relationships with people from my neighbourhood/community.	A Sc	C
PM4	I am connected to a group of people who share my beliefs and values.	A Sc	SC:C&Y1-m	PM4 I feel more connected to a group of people who share my beliefs and values.	A Sc	SC:C&Y1-m
PM5	I am connected with others in my neighbourhood/community.	A Sc	C	PM5 I am more connected with others in my neighbourhood/community.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #2: Individuals are connected with others.

Indicator – SOCIAL SUPPORTS AVAILABLE: *The extent to which people have the support of family, friends and others available to them*

Provincial Priority Measures									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
						As a result of [insert name]			
PM1	I have people in my life who really care about me.	A Sc	NAW-m		PM1 I have more people in my life who really care about me.	A Sc	NAW-m	
PM2	I know people I can rely on for help.	Q Sc	HHI		PM2 I know more people I can rely on for help.	A Sc	HHI-m	
PM3	I feel supported by [insert individual/group/program].	A Sc	C		PM3 I feel more supported by [insert individual/ group/ program].	A Sc	C	
PM4	I can rely on [insert name] for support and help.	Q Sc	C		PM4 I know I can rely on [insert name] for support and help.	A Sc	C	

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #2: Individuals are connected with others.

Indicator – TRUST & BELONGING: people's experiences of trusting other people, being treated fairly and respectfully by them, and feeling a sense of belonging with and support from people

Provincial Priority Measures								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM1	People in my neighbourhood/community help one another.	F Sc	NAW-m		PM1 people in my neighbourhood/community help one another more.	A Sc	NAW-m
PM2	People treat me with respect.	F Sc	NAW-m		PM2 people treat me with more respect.	A Sc	NAW-m
PM3	I feel close to the people in my neighbourhood/community.	F Sc	NAW-m		PM3	[insert name] has helped me to feel close to the people in my neighbourhood/community.	A Sc	NAW-m
PM4	I trust the people in my neighbourhood/community.	F Sc	SC:GSS-m		PM4 I trust the people in my neighbourhood/community more.	A Sc	SC:GSS-m
PM5	I feel a sense of belonging to my neighbourhood/community.	F Sc	SC:MH&D-m		PM5	[insert name] has helped me to feel a sense of belonging to my neighbourhood/community.	A Sc	SC:MH&D-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS	
Individual Outcome #3: Children and youth develop positively.	
There are no provincial priority measures for these indicators.	
External Asset - Boundaries and Expectations	
Indicator- Asset # 11 - Family boundaries	
Indicator- Asset # 12 - Boundaries in the child-care & educational settings; School boundaries	
Indicator- Asset # 13 - Neighbourhood boundaries	
Indicator- Asset # 14 - Adult role models	
External Asset - Constructive Use of Time	
Indicator- combined assets #17 - #20 - Constructive use of time	
Internal Asset - Commitment to learning	
Indicator- Asset # 21 - Motivation to mastery; Achievement motivation	
Indicator- Asset # 22 - Engagement in learning; Learning engagement; School engagement	
Indicator- Asset # 23 - Home-program connection; Homework	
Indicator- Asset # 24 - Bonding to programs; Bonding to school	
Internal Asset - Positive values	
Indicator- Asset # 27 - Equality & social justice	
Indicator- Asset # 29 - Honesty	
Internal Asset - Social competencies	
Indicator- Asset # 35 - Resistance skills	
Internal Asset - Positive identity	
Indicator- Asset # 39 - Sense of purpose	
Indicator- Asset # 40 - Positive view of personal future	

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***External Asset - Support***Indicator- Asset # 1 - Family support***Provincial Priority Measures***Parents of 3-5 and 5-9 year olds*

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	My family plays together.	F Sc	SC:C&Y1-m	PM1	... my family plays together more often.	A Sc	SC:C&Y1-m

8-12 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM2	My parents listen to my ideas and opinions.	Y F Sc	SC:C&Y1-m	PM2	... my parents listen to my ideas and opinions more.	Y A SC	SC:C&Y1-m
PM3	My parents let me know I am appreciated.	Y F Sc	SC:C&Y1-m	PM3	... my parents let me know that I am appreciated more often.	Y A SC	SC:C&Y1-m

12-18 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM4	My parents listen to my ideas and opinions.	F Sc	SC:C&Y1-m	PM4	... my parents listen to my ideas and opinions more.	A Sc	SC:C&Y1-m
PM5	My parents let me know I am appreciated.	F Sc	SC:C&Y1-m	PM5	... my parents let me know that I am appreciated more often.	A Sc	SC:C&Y1-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***External Asset - Support***Indicator- Asset # 2 - Positive family communication***Provincial Priority Measures**

Parents of 3-5 and 5-9 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My family takes the time to listen to each other.	F Sc	PLCUS-m	PM1	... my family takes the time to listen to each other more often.	A Sc	PLCUS-m
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM2	My parents encourage me to do my best.	Y F Sc	SC:C&Y1-m	PM2	... my parents encourage me more to do my best.	Y A SC	SC:C&Y1-m
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	My parents encourage me to do my best.	F Sc	SC:C&Y1-m	PM3	... my parents encourage me more to do my best.	A Sc	SC:C&Y1-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***External Asset - Support***Indicator- Asset # 3 - Other adult relationships***Provincial Priority Measures**

8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I know adults that I can go to when I need help.	Y F Sc	C		... I know more adults that I can go to when I need help.	Y A Sc	C
PM2	I feel the staff/my mentor care(s) about me.	Y F Sc	CTK-m		At [insert name], I feel the staff/my mentor care(s) about me.	Y A Sc	CTK-m
PM3	I feel supported by the staff/my mentor.	Y F Sc	CTK-m		At [insert name], I feel supported by the staff/my mentor.	Y A Sc	CTK-m
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM4	I know adults that I can go to when I need help.	F Sc	C		... I know more adults that I can go to when I need help.	A Sc	C
PM5	I feel the staff/my mentor care(s) about me.	Y F Sc	CTK-m		At [insert name], I feel the staff/my mentor care(s) about me.	A Sc	CTK-m
PM6	I feel supported by the staff/my mentor.	Y F Sc	CTK-m		At [insert name], I feel supported by the staff/my mentor.	A Sc	CTK-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****External Asset - Support****Indicator- Asset # 4 - Caring neighbours; Caring neighbourhood/community****Provincial Priority Measures***Parents*

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	There are adults in my neighbourhood/ community that children can look up to.	F Sc	SC:C&Y1-m	PM1	... I am more aware of adults in my neighbourhood/community that children can look up to.	A Sc	SC:C&Y1-m
PM2	My neighbourhood/community is a good place to bring up children.	A Sc	SC:C&Y1-m	PM2	... I realize my neighbourhood/community is a good place to bring up children.	A Sc	SC:C&Y1-m

8-12 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM3	I feel comfortable asking my neighbors for help.	Y A Sc	C	PM3	... I feel more comfortable asking my neighbors for help.	Y A Sc	C
PM4	My neighbourhood/community is a friendly place to live.	Y F Sc	SC:C&Y1-m	PM4	... my neighbourhood/community feels like a friendlier place to live.	Y A Sc	SC:C&Y1-m

12-18 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM5	I feel comfortable asking my neighbors for help.	A Sc	C	PM5	... I feel more comfortable asking my neighbors for help.	A Sc	C
PM6	My neighbourhood/community is a friendly place to live.	A Sc	SC:C&Y1-m	PM6	... my neighbourhood/community feels like a friendlier place to live.	A Sc	SC:C&Y1-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***External Asset - Support***Indicator- Asset # 5 - Caring climate in child-care & educational settings; Caring school climate***Provincial Priority Measures**

8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I like school.	Y F Sc	CFCSS	PM1	... I like school more.	Y F Sc	CFCSS-m
PM2	I feel like I belong at school.	Y F Sc	CFCSS	PM2	... I feel more like I belong at school.	Y F Sc	CFCSS-m
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	I feel like I belong at school.	F Sc	CFCSS	PM3	... I feel more like I belong at school.	A Sc	CFCSS-m
PM4	I like going to school.	F Sc	CFCSS	PM4	... I like going to school more.	A Sc	CFCSS-m
PM5	I am treated with respect at my school.	F Sc	C	PM5	... I am treated with more respect at my school.	A Sc	C
PM6	We look after each other at my school.	F Sc	C	PM6	... we are better at looking after each other at my school.	A Sc	C
PM7	I participate in school clubs, teams or other school organizations (for example, school teams, bands, drama, student council).	F Sc	SC:C&Y2-m	PM7	... I participate more in school clubs, teams or other school organizations (for example, school teams, bands, drama, student council).	A Sc	SC:C&Y2-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #6: Children and youth develop positively.****External Asset - Support****Indicator- Asset # 6 - Parent involvement in child care, education & schooling****Provincial Priority Measures**

Parents of 3-18 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I participate in activities at my child's (daycare/playschool/kindergarten/school).	F Sc	SC:C&Y1-m	PM1	... I participate more in activities at my child's (daycare/playschool/kindergarten/school).	A Sc	SC:C&Y1-m
PM2	I talk with my child about (daycare/playschool/kindergarten/school).	F Sc	SC:C&Y1-m	PM2	... I talk with my child more often about (daycare/ playschool/ kindergarten/school).	A Sc	SC:C&Y1-m
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	My parents participate in activities at my school.	Y F Sc	SC:C&Y1-m	PM3	... my parents participate more in activities at my school.	Y A Sc	SC:C&Y1-m
PM4	My parents talk with me about school.	Y F Sc	SC:C&Y1-m	PM4	... my parents talk with me more about school.	Y A Sc	SC:C&Y1-m
PM5	My parents help me with my homework.	Y F Sc	C	PM5	... my parents help me more with my homework.	Y A Sc	C
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM6	My parents participate in activities at my school.	F Sc	SC:C&Y1-m	PM6	... my parents participate more in activities at my school.	A Sc	SC:C&Y1-m
PM7	My parents talk with me about school.	F Sc	SC:C&Y1-m	PM7	... my parents talk with me more about school.	A Sc	SC:C&Y1-m
PM8	My parents help me with my homework.	F Sc	C	PM8	... my parents help me more with my homework.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****External Asset - Empowerment****Indicator- Asset # 7 - Community cherishes and values young children; Community values children & youth****Provincial Priority Measures****8-12 years old**

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	Adults in my neighbourhood/community listen to what I have to say.	Y F Sc	CTK-m	PM1	At [insert name], adults listened to what I had to say.	Y A Sc	CTK-m
PM2	Adults in my neighbourhood/community ask me to plan, choose or lead activities.	Y F Sc	CTK-m	PM2	... adults in my neighbourhood/community ask me to plan, choose or lead activities more often.	Y A Sc	CTK-m

12-18 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	I feel that what I have to offer is appreciated by my neighbourhood/community.	A Sc	C	PM3	... I feel that what I have to offer is more appreciated by my neighbourhood/community.	A Sc	C
PM4	Adults in my neighbourhood/community value youth.	A Sc	C	PM4	... adults in my neighbourhood/community value youth more.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****External Asset - Empowerment****Indicator - Asset # 8 - Children & youth as resources****Provincial Priority Measures**

<i>Parents of 3-5 and 5-9 year olds</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM1	My child(ren) participate(s) when the family makes decisions together about how to solve problems.	F Sc	SC:C&Y1-m	PM1	... my family is better at including my child(ren) when making decisions together about how to solve problems.	A Sc SC:C&Y1-m
<i>8-12 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM2	I am included when my family makes decisions about how to solve problems.	Y F Sc	SC:C&Y1-m	PM2	... I am included more when my family makes decisions about how to solve problems.	Y A Sc SC:C&Y1-m
<i>12-18 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM3	I am involved in civic processes/what happens in my community.	A Sc	C	PM3	... I am more involved in civic processes/what happens in my community.	A Sc C
PM4	I look for opportunities to help others in my community.	F Sc	CTK-m	PM4	... I look for more opportunities to help others in my community.	A Sc CTK-m
PM5	I get opportunities to help make my neighbourhood/community a better place.	F Sc	C	PM5	... I get more opportunities to help make my neighbourhood/community a better place.	A Sc C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****External Asset - Empowerment****Indicator- Asset # 9 - Service to others****Provincial Priority Measures**

<i>Parents of 3-5 and 5-9 year olds</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [Insert name]	
PM1	My/this child helps out in the neighbourhood/community.	F Sc	C	PM1	... my/this child helps out in the neighbourhood/community more often.	A Sc C
<i>8-12 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [Insert name]	
PM2	I spend time helping others in my neighbourhood/community.	y F Sc	CTK-m	PM2	... I spend more time helping others in my neighbourhood/community.	y A Sc CTK-m
<i>12-18 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [Insert name]	
PM3	I spend time helping others in my neighbourhood/community.	F Sc	CTK-m	PM3	... I spend more time helping others in my neighbourhood/community.	A Sc CTK-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***External Asset - Empowerment***Indicator- Asset # 10 - Safety***Provincial Priority Measures**

Parents of 3-5 and 5-9 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	There are safe parks, playgrounds and play spaces in this neighbourhood.	A Sc	SC:C&Y1	PM1	... there are now safe parks, playgrounds and play spaces in this neighbourhood/community.	A Sc	SC:C&Y1-m
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM2	I feel safe in my neighborhood.	Y A Sc	C	PM2	... I feel safer in my neighborhood.	Y A Sc	C
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM3	I feel safe in my neighborhood.	A Sc	C	PM3	... I feel safer in my neighborhood.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****External Asset - Boundaries and Expectations****Indicator- Asset # 15 - Positive peer relationships; positive peer influence****Provincial Priority Measures**

8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	I can trust my friends.	Y A Sc	RIP	PM1	... I have more friends I can trust.	Y A Sc	RIP-m
PM2	I know I can count on my friends to do the right thing.	Y A Sc	RIP	PM2	... I can count on my friends more to do the right thing.	Y A Sc	RIP-m
PM3	I know I can count on my friends to support me to do the right thing.	Y A Sc	C	PM3	... I can count on my friends more to support me to do the right thing.	Y A Sc	C
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM4	I can trust my friends.	A Sc	RIP	PM4	... I have more friends I can trust.	A Sc	RIP-m
PM5	I know I can count on my friends to do the right thing.	A Sc	RIP	PM5	... I am better able to count on my friends to do the right thing.	A Sc	RIP-m
PM6	I know I can count on my friends to support me to do the right thing.	A Sc	C	PM6	... I am better able to count on my friends to support me to do the right thing.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***External Asset - Boundaries and Expectations***Indicator - Asset # 16 - Positive expectations; High expectations***Provincial Priority Measures***Parents and caregivers of 3-5 year olds and 5-9 year olds*

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I encourage my/this child to do his/her best.	F Sc	C	PM1	... I encourage my/this child to do his/her best more often.	A Sc	C
PM2	I tell my/this child when she/he does a good job.	F Sc	C	PM2	... I tell my/this child when she/he does a good job more often.	A Sc	C

8-12 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	My parents encourage me to do my best.	Y F Sc	C	PM3	... my parents encourage me more to do my best.	Y A Sc	C
PM4	My parents tell me when I do a good job.	Y F Sc	CTK-m	PM4	... my parents tell me when I do a good job more often.	Y A Sc	CTK-m

12-18 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM5	My parents encourage me to do my best.	F Sc	C	PM5	... my parents encourage me more to do my best.	A Sc	C
PM6	My parents tell me when I do a good job.	F Sc	CTK-m	PM6	... my parents tell me when I do a good job more often.	A Sc	CTK-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #3: Children and youth develop positively.

Internal Asset - Commitment to learning

Indicator- Asset # 25 - Early literacy: reading for pleasure

Provincial Priority Measures

Parents of 3-5 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	I read to this/my child.	F Sc	C	PM1	... I read more to this/my child.	A Sc	C
PM2	My/this child enjoys being read to.	F Sc	C	PM2	... my/this child enjoys being read to more.	A Sc	C
Parents of 5-9 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM3	My/this child enjoys reading	F Sc	C	PM3	... my/this child enjoys reading more.	A Sc	C
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM4	I enjoy reading.	Y F Sc	C	PM4	... I enjoy reading more.	Y A Sc	C
PM5	I read for fun.	Y F Sc	CTK-m	PM5	... I spend more time reading for fun.	Y A Sc	CTK-m
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM6	I enjoy reading.	F Sc	C	PM6	... I enjoy reading more.	A Sc	C
PM7	I read for fun.	F Sc	CTK-m	PM7	... I spend more time reading for fun.	A Sc	CTK-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #3: Children and youth develop positively.

Internal Asset - Positive values

Indicator- Asset # 26 - Caring

Provincial Priority Measures

Parents and caregivers of 3-5 year olds and 5-9 year olds								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM1	My/this child responds appropriately to the feelings of others.	F Sc	SC-NLKTY		PM1	... my/this child responds more appropriately to the feelings of others.	A Sc	SC-NLKTY-m
8-12 years old								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM2	I care about other people.	Y F Sc	CTK		PM2	... I care more about other people.	Y A Sc	CTK
PM3	I show respect for other kids.	Y F Sc	SC-NLKTY-m		PM3	... I show respect for other kids more often.	Y A Sc	SC-NLKTY-m
PM4	I show respect for adults.	Y F Sc	SC-NLKTY-m		PM4	... I show respect for adults more often.	Y A Sc	SC-NLKTY-m
12-18 years old								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM5	I care about other people.	F Sc	CTK		PM5	... I care more about other people.	A Sc	CTK
PM6	I show respect for other kids.	F Sc	SC-NLKTY-m		PM6	... I show respect for other kids more often.	A Sc	SC-NLKTY-m
PM7	I show respect for adults.	F Sc	SC-NLKTY-m		PM7	... I show respect for adults more often.	A Sc	SC-NLKTY-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #3: Children and youth develop positively.

Internal Asset - Positive values

Indicator- Asset # 28 - Integrity

Provincial Priority Measures

Parents and caregivers of 3-5 year olds and 5-9 year olds

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM1	My/this child has a good sense of what is right and what is wrong.	F Sc	C	PM1	... my/this child better understands the difference between right and wrong.	A Sc	C

8-12 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM2	I stand up for what I believe.	Y F Sc	CTK	PM2	... I am better at standing up for what I believe.	Y A Sc	CTK
PM3	I do what I believe is right even when it is hard.	Y F Sc	C	PM3	... I am better at doing what I believe is right even when it is hard.	Y A Sc	C

12-18 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [Insert name]		
PM4	I stand up for what I believe.	F Sc	CTK	PM4	... I am better at standing up for what I believe.	A Sc	CTK
PM5	I do what I believe is right even when it is hard.	F Sc	C	PM5	... I am better at doing what I believe is right even when it is hard.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***Internal Asset - Positive values***Indicator- Asset # 30 - Responsibility***Provincial Priority Measures**

Parents and caregivers of 3-5 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My/this child helps to pick up after him/herself.	F Sc	SC:C&Y1-m	PM1	... my/this child helps to pick up after him/her self more often.	A Sc	SC:C&Y1-m
Parents and caregivers of 5-9 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM2	My/this child accepts responsibility for her/his actions.	F Sc	CTK-m	PM2	... my/this child is better at accepting responsibility for her/his actions.	A Sc	CTK-m
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	I take responsibility for my actions even when it is hard.	Y F Sc	C	PM3	... I am better at taking responsibility for my actions even when it is hard.	Y A Sc	C
PM4	I do what I say I will do.	Y F Sc	C	PM4	... I am better at doing what I say I will do.	Y A Sc	C
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM5	I take responsibility for my actions even when it is hard.	F Sc	C	PM5	... I am better at taking responsibility for my actions even when it is hard.	A Sc	C
PM6	I do what I say I will do.	F Sc	C	PM6	... I am better at doing what I say I will do.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***Internal Asset - Positive values***Indicator- ASSET # 31 - Self-regulation; Healthy lifestyle; Restraint***Provincial Priority Measures***Parents and caregivers of 3-5 year olds and 5-9 year olds*

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My/this child demonstrates self-control.	F Sc	SC-NLKTY-m	PM1	... my/this child is better at demonstrating self-control.	A Sc	SC-NLKTY-m

8-12 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM2	I control my temper.	Y F Sc	SC-NLKTY-m	PM2	... I am better at controlling my temper.	Y A Sc	SC-NLKTY-m
PM3	I say "no" to things I know are wrong.	Y F Sc	CTK	PM3	... I am better at saying "no" to things I know are wrong.	Y A Sc	CTK-m

12-18 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM4	I say "no" to things I know are wrong.	F Sc	CTK	PM4	... I am better at saying "no" to things I know are wrong.	A Sc	CTK
PM5	I stay away from violence and fighting.	F Sc	CTK	PM5	... I am better at staying away from violence and fighting.	A Sc	CTK
PM6	I understand the potential consequences of my actions.	F Sc	C	PM6	... I better understand the potential consequences of my actions.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****Internal Asset - Social competencies****Indicator- Asset # 32 - Planning & decision-making****Provincial Priority Measures**

Parents and caregivers of 3-5 year old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My/this child gets to make simple choices.	F Sc	C	PM1	... I provide more opportunities for my/this child to make simple choices.	A Sc	C
Parents and caregivers of 5-9 year olds							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM2	My/this child makes good decisions.	F Sc	CTK-m	PM2	... my/this child makes better decisions.	A Sc	CTK-m
PM3	My/this child is good at planning ahead.	F Sc	CTK-m	PM3	... my/this child is better at planning ahead.	A Sc	CTK-m
PM4	My/this child is good at solving problems.	F Sc	CTK-m	PM4	... my/this child is better at solving problems.	A Sc	CTK-m
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM4	I make good decisions.	Y F Sc	CTK	PM4	... I make better decisions.	Y A Sc	CTK
PM5	I am good at planning ahead.	Y F Sc	CTK	PM5	... I am better at planning ahead.	Y A Sc	CTK
PM6	I am good at solving problems.	Y F Sc	CTK	PM6	... I am better at solving problems.	Y A Sc	CTK

<i>12-18 years old</i>									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
						As a result of [Insert name]			
PM7	I make good decisions.	F Sc	CTK		PM7	... I make better decisions.	A Sc	CTK	
PM8	I am good at planning ahead.	F Sc	CTK		PM8	... I am better at planning ahead.	A Sc	CTK	
PM9	I am good at solving problems.	F Sc	CTK		PM9	... I am better at solving problems.	A Sc	CTK	

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS*Individual Outcome #3: Children and youth develop positively.***Internal Asset - Social competencies***Indicator- Asset # 33 - Interpersonal skills; Interpersonal competence***Provincial Priority Measures***Parents and caregivers of 3-5 year old*

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My/this child plays cooperatively with other children.	F Sc	SC-NLKTY-m	PM1	... my/this child is better at playing cooperatively with other children.	A Sc	SC-NLKTY-m
PM2	My/this child makes friends easily.	F Sc	SC-NLKTY-m	PM2	... my/this child makes friends more easily.	A Sc	SC-NLKTY-m

Parents and caregivers of 5-9 year olds

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	My/this child gets along with others.	F Sc	CTK-m	PM3	... my/this child gets along better with others.	A Sc	CTK-m
PM4	My/this child is good at making friends.	F Sc	CTK-m	PM4	... my/this child is better at making friends.	A Sc	CTK-m

8-12 years old

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM4	I get along with others.	Y F Sc	CTK-m	PM4	... I get along better with others.	Y A Sc	CTK
PM5	I am good at making friends.	Y F Sc	CTK	PM5	... I am better at making friends.	Y A Sc	CTK
PM6	I can name my feelings.	Y F Sc	C	PM6	... I am better at naming my feelings.	Y A Sc	C
PM7	I am good at telling others about my feelings.	Y F Sc	CTK-m	PM7	... I am better at telling others about my feelings.	Y A Sc	CTK-m

#33 Interpersonal Competence

PM8	I work well with others on a team.	Y F Sc	CTK		PM8	... I work better with others on a team.	Y A Sc	CTK
<i>12-18 years old</i>								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [Insert name]		
PM9	I get along with others.	F Sc	CTK-m		PM9	... I get along better with others.	A Sc	CTK
PM10	I am good at making friends.	F Sc	CTK		PM10	... I am better at making friends.	A Sc	CTK
PM11	I can name my feelings.	F Sc	C		PM11	... I am better at naming my feelings.	A Sc	C
PM12	I am good at telling others about my feelings.	F Sc	CTK-m		PM12	... I am better at telling others about my feelings.	A Sc	CTK-m
PM13	I work well with others on a team.	F Sc	CTK		PM13	... I work better with others on a team.	A Sc	CTK

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****Internal Asset - Social competencies****Indicator- Asset # 34 - Cultural awareness & sensitivity; Cultural competence****Provincial Priority Measures****Parents and caregivers of 3-5 year olds and 5-9 year olds**

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My/this child is comfortable being around children who look or sound differently than my/this child.	F Sc	CTK-m	PM1	[insert name] has helped my/this child feel more comfortable being around children who look or sound differently than my/this child.	A Sc	CTK-m
PM2	My/this child knows about her/his cultural identity.	A Sc	C	PM2	... my/this child knows more about her/his cultural identity.	A Sc	C
8-12 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM3	I am comfortable being around kids who look or sound differently than me.	Y F Sc	CTK-m	PM3	... I feel more comfortable being around kids who look or sound differently than me.	Y A Sc	CTK
PM4	I know about people of other cultures, races and ethnic groups.	Y A Sc	CTK-m	PM4	... I know more about people of other cultures, races and ethnic groups.	Y A Sc	CTK
12-18 years old							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM5	I feel pride for my own culture, race or ethnic group.	F Sc	CTK	PM5	... I feel more pride in my own culture, race or ethnic group.	A Sc	CTK
PM6	I respect members of my own cultural, racial or ethnic group.	F Sc	CTK-m	PM6	... I have more respect for members of my own community.	A Sc	CTK

#34 Cultural Competence

PM7	I feel a strong attachment to my own culture, race or ethnic group.	A Sc	CFCSS		PM7	... I feel a stronger attachment to my own culture, race or ethnic group.	A Sc	CFCSS-m
PM8	I have a good understanding of other cultures, races and ethnic groups.	A Sc	C		PM8	... I have a better understanding of other cultures, races and ethnic groups.	A Sc	C
PM9	I feel comfortable with people of other cultures, races or ethnic groups.	F Sc	CTK-m		PM9	... I feel more comfortable with people of other cultures, races or ethnic groups.	A Sc	CTK-m

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****Internal Asset - Social competencies****Indicator- Asset # 36 - Peaceful conflict resolution****Provincial Priority Measures**

<i>Parents and caregivers of 3-5 year olds and 5-9 year olds</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM1	My/this child uses her/his words to communicate with others.	F Sc	C		PM1 ... my/this child is better at using her/his words to communicate with others.	A Sc C
PM2	My/this child resolves conflict peacefully with other children.	F Sc	C		PM2 ... my/this child is better at resolving conflict peacefully with other children.	A Sc C
<i>8-12 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM3	I am good at taking care of problems without hitting, throwing a tantrum or using hurtful language.	Y F Sc	C		PM3 ... I am better at taking care of problems without hitting, throwing a tantrum or using hurtful language.	Y A Sc C
<i>12-18 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM4	I am good at taking care of problems without violence or fighting.	F Sc	CTK		PM4 ... I am better at taking care of problems without violence or fighting.	A Sc CTK
PM5	I choose to resolve conflict peacefully.	F Sc	C		PM5 ... I choose to resolve conflicts peacefully more often.	A Sc C

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****Internal Asset - Positive Identity****Indicator- Asset # 37 - Personal power****Provincial Priority Measures**

<i>Parents and caregivers of 3-5 year olds and 5-9 year olds</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM1	My/this child gets to make simple choices.	F Sc	C	PM1	... I provide more opportunities for my/this child to make simple choices.	ASc C
<i>8-12 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM2	I feel that I can make a difference.	Y A Sc	CTK-m	PM2	[Insert name] has helped me to feel that I can make a difference.	Y A Sc CTK-m
PM3	I am good at handling whatever comes my way.	Y F Sc	CTK	PM3	[Insert name] has helped me to feel I am better at handling whatever comes my way.	Y A Sc CTK
<i>12-18 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [insert name]	
PM4	I feel that I can make a difference.	A Sc	CTK-m	PM4	[Insert name] has helped me to feel that I can make a difference.	A Sc CTK-m
PM5	I am good at handling whatever comes my way.	F Sc	CTK	PM5	[Insert name] has helped me to feel I am better at handling whatever comes my way.	ASc CTK

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS**Individual Outcome #3: Children and youth develop positively.****Internal Asset - Positive identity****Indicator- Asset # 38 - Self-esteem****Provincial Priority Measures**

<i>Parents and caregivers of 3-5 year olds and 5-9 year olds</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [Insert name]	
PM1	My/this child shows self-confidence.	A Sc	SC-NLKTY-m	PM1	... my/this child shows more self-confidence.	A Sc SC-NLKTY-m
PM2	My/this child feels good about himself/herself.	F Sc	C	PM2	[Insert name] has helped my/this child to feel good about himself/herself.	A Sc C
<i>8-12 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [Insert name]	
PM3	I know that it is okay to be different.	Y F Sc	CFCSS-m	PM3	[Insert name] has helped me to understand it's okay to be different.	Y A Sc CFCSS-m
PM4	I know that it is okay to be myself.	Y F Sc	C	PM4	[Insert name] has helped me to understand it's okay to be myself.	Y A Sc C
PM5	I feel confident to be myself.	Y F Sc	C	PM5	... I feel more confident to be myself.	Y A Sc C
PM6	I feel good about myself.	Y F Sc	CTK	PM6	[Insert name] has helped me feel good about myself.	Y A Sc CTK-m
<i>12-18 years old</i>						
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale Source
					As a result of [Insert name]	
PM7	I know that it is okay to be different.	F Sc	CFCSS-m	PM7	[Insert name] has helped me to understand it's okay to be different.	A Sc CFCSS-m

PM8	I know that it is okay to be myself.	F Sc	C		PM8	[insert name] has helped me to understand it's okay to be myself.	A Sc	C
PM9	I feel confident to be myself.	F Sc	C		PM9	. . . I feel more confident to be myself.	A Sc	C
PM10	I feel good about myself.	F Sc	CTK		PM10	[insert name] has helped me feel good about myself.	A Sc	CTK-m

IMPROVED SOCIAL WELL-BEING OF FAMILIES

Family Outcome #1 : Healthy functioning within families

Indicator – POSITIVE FAMILY RELATIONSHIPS: Family members have positive relationships.
 Parents have a positive relationship and support each other if applicable.
 Family members care about each other.
 Family members are safe from abuse, neglect and violence.

Provincial Priority Measures

#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	My family shares meals together.	F Sc	SC:C&Y1-m	PM1 my family shares meals together more often.	A Sc	SC:C&Y1-m
PM2	My family plays together.	F Sc	SC:C&Y1-m	PM2 my family plays together more often.	A Sc	SC:C&Y1-m
PM3	My family feels close to one another.	A Sc	C	PM3 my family feels closer to one another.	A Sc	C
PM4	In my family, we take the time to listen to each other.	A Sc	PLCUS-m	PM4 my family takes the time to listen to each other more often.	A Sc	PLCUS-m
PM5	My family can turn to each other for support.	A Sc	SC:C&Y1-m	PM5 my family has gotten better at turning to each other for support.	A Sc	SC:C&Y1-m

IMPROVED SOCIAL WELL-BEING OF FAMILIES

Family Outcome #1: Healthy functioning within families

Indicator – POSITIVE PARENTING: Parent(s) use positive parenting with their children

Provincial Priority Measures

Parent Questions								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [Insert name]		
PM1	I praise my child by saying something like “Good for you!” or “What a nice thing you did!” or “That’s good going!”	F Sc	SC:C&Y1-m		PM1 I praise my child more often.	A Sc	SC:C&Y1-m
PM2	I am aware of how my child’s needs change as he/she grows and develops.	A Sc	C		PM2 I am more aware of how my child’s needs change as he/she grows and develops.	A Sc	C
PM3	I know how to discipline my child(ren) without hitting or spanking.	A Sc	PLCUS-m		PM3 I know more about how to discipline my child(ren) without hitting or spanking.	A Sc	PLCUS-m
PM4	I make time to play or talk with my child(ren).	F Sc	PLCUS-m		PM4 I make more time to play or talk with my child(ren).	A Sc	PLCUS-m
PM5	I have confidence in my parenting skills.	F Sc	PLCUS-m		PM5 I have more confidence in my parenting skills.	A Sc	PLCUS-m
Child and Youth Questions								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [Insert name]		
PM6	My parents listen to my ideas and opinions.	F Sc	SC:C&Y1-m		PM6 my parents listen more to my ideas and opinions.	A Sc	SC:C&Y1-m
PM7	My parents let me know I am appreciated.	F Sc	SC:C&Y1-m		PM7 my parents let me know more that I am appreciated.	A Sc	SC:C&Y1-m
PM8	My parents help me when I have problems.	F Sc	SC:C&Y1-m		PM8 my parents help me more when I have problems.	A Sc	SC:C&Y1-m

IMPROVED SOCIAL WELL-BEING OF FAMILIES

Family Outcome #1: Healthy functioning within families

Indicator – POSITIVE FAMILY COMMUNICATION: Family members communicate effectively and positively

Provincial Priority Measures

Parent Questions							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	When my child misbehaves, I talk calmly and respectfully with my child.	F Sc	SC:C&Y1-m	PM1 I talk more calmly and respectfully with my child when he/she misbehaves.	A Sc	SC:C&Y1-m
PM2	Members of my family express feelings to each other.	A Sc	SC:C&Y1-m	PM2 members of my family are better at expressing feelings to each other.	A Sc	SC:C&Y1-m
PM3	I know how to talk with my child about sensitive issues.	A Sc	C	PM3 I know more about how to talk with my child about sensitive issues.	A Sc	C
PM4	I am able to communicate effectively with my (child(ren)/spouse/partner/co-parent).	A Sc	C	PM4 I am better able to communicate effectively with my (child(ren)/spouse/partner/co-parent).	A Sc	C
Child and Youth Questions							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM5	My parents listen to my ideas and opinions.	F Sc	SC:C&Y1-m	PM5 my parents listen more to my ideas and opinions.	A Sc	SC:C&Y1-m

IMPROVED SOCIAL WELL-BEING OF FAMILIES

Family Outcome #2: Families have social supports.

Indicator – EXTENT AND QUALITY OF SOCIAL NETWORKS: Family has social networks to support them, e.g., extended family, friends and neighbours. The family can reach out and get support.
Quality of close relationships: family, friends, friends, neighbours, etc. For example: family feels close to them, family feels at ease with them, family can share freely with them, and family can ask them for help or a favour.

Provincial Priority Measures									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
PM1	I have family and friends who help me feel safe, secure and happy.	A Sc	SC:C&Y1		PM1	[Insert name] has helped me to realize my family and friends help me feel safe, secure and happy.	A Sc	SC:C&Y1-m	
PM2	My family has someone we trust that we can turn to for advice.	A Sc	SC:C&Y1-m		PM2 my family has more people that we trust and can turn to for advice.	A Sc	SC:C&Y1-m	
PM3	My family is connected to a group of people who share our beliefs and values.	A Sc	SC:C&Y1-m		PM3 my family is more connected to a group of people who share our beliefs and values.	A Sc	SC:C&Y1-m	
PM4	My family has people we can count on to help us.	A Sc	C		PM4 my family has more people we can count on to help us.	A Sc	C	
PM5	I know other parents in our neighbourhood/community that we can ask for help and support.	A Sc	C		PM5 I have met other parents in our neighbourhood/community we can ask for help and support.	A Sc	C	

IMPROVED SOCIAL WELL-BEING OF FAMILIES

Family Outcome #2: Families have social supports.

Indicator – FAMILY ACCESSES RESOURCES AS NEEDED: The family can access community resources when they need them.

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I know what resources are available for my family.	A Sc	C	PM1 I have more information on what resources are available for my family.	A Sc	C
PM2	I can access the resources available for my family when we need them.	A Sc	C	PM2 I am better able to access the resources available for my family when we need them.	A Sc	C
PM3	I access the resources available for my family when needed.	F Sc	C	PM3 I have been able to access more resources that are available for my family when needed.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF COMMUNITY

Community Outcome # 1: The community is connected and engaged.

Indicator – SOCIAL ENGAGEMENT: A diverse range of activities individuals participate in for their own enjoyment or benefit or to provide benefit to others in the wider community. Informal and formal volunteering is an example.

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I know what is happening in my neighbourhood/community.	A Sc	C	PM1	[insert name] has helped me to know what is happening in my neighbourhood/community.	A Sc	C
PM2	I feel a sense of belonging to my neighbourhood/community.	F Sc	SC:MH&D-m	PM2	[insert name] has helped me to feel a sense of belonging to my neighbourhood/community.	A Sc	SC:MH&D-m
PM3	People in my neighbourhood/community are willing to help their neighbours.	A Sc	SC:C&Y1-m	PM3	... people in my neighbourhood/community are more willing to help their neighbours.	A Sc	SC:C&Y1-m
PM4	I get involved in neighbourhood/community events or activities.	F Sc	SCS	PM4	[insert name] helps me to get involved in neighbourhood/community events or activities.	A Sc	SCS-m
PM5	I help out in my neighbourhood/community by volunteering.	F Sc	SCS-m	PM5	... I help out more in my neighbourhood/community by volunteering.	A Sc	SCS-m

IMPROVED SOCIAL WELL-BEING OF COMMUNITY

Community Outcome # 1: The community is connected and engaged.

Indicator – SOCIAL SUPPORT: *The activities individuals undertake, within the context of social relationships, to share information, and provide emotional or physical support.*

Provincial Priority Measures								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM1	I tell others about events, activities and resources in my (neighbourhood/community).	F Sc	C		PM1 I was able to tell others about events, activities and resources in my (neighbourhood/community).	A Sc	C
PM2	I provide support to others.	F Sc	C		PM2 I provided support to another person.	A Sc	C
PM3	I connect people with things they need.	F Sc	C		PM3 I was able to connect another person with something they needed.	A Sc	C
PM4	I help other people in my (neighbourhood/community).	F Sc	C		PM4 I was able to help other people in my (neighbourhood/community).	A Sc	C

IMPROVED SOCIAL WELL-BEING OF COMMUNITY

Community Outcome # 1: The community is connected and engaged.

Indicator – AWARENESS OF COMMUNITY: Awareness of and use of programs and services available in the community.

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I know how to access the community resources I need.	A Sc	C	PM1 I know more about how to access the community resources I need.	A Sc	C
PM2	I am aware of what is happening in my community.	A Sc	C	PM2 I am more aware of what is happening in my community.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF COMMUNITY

Community Outcome # 1: The community is connected and engaged.

Indicator – POSITIVE ATTITUDE TOWARDS OTHERS AND THE COMMUNITY: How people feel, what they believe and what they value: Trust; Respect for diversity; Supporting others and receiving support from them* ; Sense of belonging to the community * Also see social engagement and social support

Provincial Priority Measures									
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source	
						As a result of [insert name]			
PM1	I trust people in my neighbourhood.	A Sc	SC:GSS-m		PM1 I am more trusting of people in my neighbourhood.	A Sc	SC:GSS-m	
PM2	I feel a strong sense of community with the people on my block/in my neighbourhood.	A Sc	BSCI		PM2 I feel a stronger sense of community with the people on my block/in my neighbourhood.	A Sc	BSCI-m	
PM3	I am comfortable being with people of other cultures, races or ethnic groups.	F Sc	CTK		PM3 I feel more comfortable being with people of other cultures, races or ethnic groups.	A Sc	CTK	
PM4	I respect members of my own culture/race/ethnic group.	F Sc	CTK		PM4 I have more respect for members of my own culture/race/ethnic group.	A Sc	CTK	
PM5	I care about other people in my neighbourhood/community.	F Sc	CTK-m		PM5 I care more about other people in my neighbourhood/community.	A Sc	CTK-m	

IMPROVED SOCIAL WELL-BEING OF COMMUNITY

Community Outcome # 2: Community social issues are identified and addressed.

Indicator –AWARENESS OF COMMUNITY SOCIAL ISSUES : Awareness of existing/emerging social issues

Provincial Priority Measures							
#	Pre/Post Measures	Scale	Source	#	Post-Only Measures	Scale	Source
					As a result of [insert name]		
PM1	I am aware that [insert community social issue] is an issue in my community.	A Sc	C	PM1 I am more aware that [insert community issue] is an issue in my community.	A Sc	C
PM2	I am aware of the impact of [insert community social issue] in my neighbourhood/community.	A Sc	C	PM2 I am more aware of the impact of [insert community social issue] in my neighbourhood/community.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF COMMUNITY								
Community Outcome # 2: Community social issues are identified and addressed.								
Indicator –UNDERSTANDING OF COMMUNITY SOCIAL ISSUES: Understanding of existing/emerging social issues								
Provincial Priority Measures								
#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [insert name]		
PM1	I understand [insert community social issue].	A Sc	C		PM1 I have a greater understanding of [insert community social issue].	A Sc	C
PM2	I understand why [insert community social issue] is important to my community.	A Sc	C		PM2 I have a greater understanding of why [insert community social issue] is important to my community.	A Sc	C
PM3	I understand the impact of [insert community social issue] on my community.	A Sc	C		PM3 I have a greater understanding of the impact of [insert community social issue] on my community.	A Sc	C

IMPROVED SOCIAL WELL-BEING OF COMMUNITY

Community Outcome # 2: Community social issues are identified and addressed.

Indicator – AGENCIES AND/OR COMMUNITY MEMBERS WORK TOGETHER IN PARTNERSHIP TO ADDRESS SOCIAL ISSUES IN THE COMMUNITY: *Partnerships created to address priority social issues in the community.*
Levels of partnership: Communication, Cooperation, Coordination, Collaboration

Provincial Priority Measures

#	Pre/Post Measures	Scale	Source		#	Post-Only Measures	Scale	Source
						As a result of [Insert name]		
PM1	I have / My organization has good working relationships with other community agencies.	A Sc	C		PM1 I have / My organization has developed better working relationships with other community agencies.	A Sc	C
PM2	I am / My organization is able to serve the people in my community well.	A Sc	C		PM2 I am / My organization is better able to serve the people in my community.	A Sc	C
PM3	I have / My organization has the necessary knowledge to help address this community social issue.	A Sc	C		PM3 I have / My organization has more of the necessary knowledge to help address this community social issue.	A Sc	C
PM4	I have / My organization has the necessary skills to help address this community social issue.	A Sc	C		PM4 I have / My organization has more of the necessary skills required to help address this community social issue.	A Sc	C
PM5	Community members are prepared/ready to take ownership of community initiatives.	A Sc	C		PM5 community members are better prepared/more ready to take ownership of community initiatives.	A Sc	C

Instructions: Making sense of the *measures bank*

What are *measures*?

Local FCSS programs and projects address local priorities based on social needs (FCSS Outcomes Model, March 2012, page 8). When developing a program logic model (PLM) for an FCSS initiative in your community, you identify outcomes that relate to your statement of need and the overall goal. Measures are the questions that relate to the indicators of the outcomes identified for the program or project being undertaken and are a way of evaluating *how local FCSS programs make a difference in the lives of people and communities*. (FCSS Outcomes Measures Training Workbook, 2010, page 3)

Where the measures come from:

Many of the measures in this measures bank are survey questions drawn from a variety of sources, e.g. Statistics Canada, and the Colorado Toolkit. The questions drawn from these sources have been used and tested many times and are therefore considered 'reliable' and 'valid'. The Outcome Measures Trainers team created other measures when questions related to existing FCSS initiatives in Alberta communities were not found. For a complete list of sources, see the source list at the end of this section.

How the measures bank document is organized:

The arrangement of the measures in this measures bank relate to the indicators of the outcomes identified in the FCSS Outcomes Model (March 2012). The measures are listed by indicator in the order they appear under each of the outcomes in the FCSS Outcomes Model. Each indicator has a separate worksheet.

At the beginning of some indicators, there is a group of measures identified as Provincial Priority Measures. These measures show the areas of interest of the Provincial FCSS Program. A complete list of the measures for that indicator follows.

The heading of the worksheet identifies whether the indicator relates to one of three areas: *the improved social well-being of individuals, the improved social well-being of families or the improved social well-being of community*. Next one of the outcomes related to individuals, families or community is shown followed by a specific indicator with the definition.

Here is an example:

IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS

Individual Outcome #1: Individuals experience personal well-being

Indicator: Resilience – *the extent to which people are able to deal with life's difficulties*

The worksheet then includes a chart with both pre-test/post-test measures and post-only measures. Pre-test/post-test measures are on the left side and post-only measures are found on the right side of the page. For each measure of the indicator (both pre-test/post-test and post-only), the following information is displayed:

- The number of the measure;
- The wording of the measure;

- The type of scale used with the measure; and
- The source of the measure.

Process for using the measures bank:

The following process is suggested to find out how local FCSS programs and projects are benefitting or making a difference in the lives of people and communities they serve.

How to proceed:

Develop or review the outcomes and indicators from your PLM for an FCSS program or project;

1. Check the chart in the provincial FCSS Outcomes Model (March 2012, page 8) to see if the indicators you identified for your program or project are listed;
2. If an indicator is listed, review the listing in the measures bank to determine if any of the measures or survey questions fit for your specific program or project;
3. Use any of the measures or survey questions that fit; and/or
4. If there is no measure that fits, then modify one of the existing measures, use measures from other sources or create measures when needed.

Pre-post versus post-only testing:

(Adapted from The After School Initiative's Toolkit for Evaluating Positive Youth Development, The Colorado Trust, 2004; website: <http://www.coloradotrust.org/attachments/0000/2849/ASIToolkitJun04.pdf>)

The pre-post survey question asks participants to rate themselves on their current status. This rating is made twice – once at program start (pre-program) and once at program end (post-program). This method of questioning varies from the post-only question sets where participants are asked at program end to rate the amount of change they have made from program start to program end. An example question asked in each format is presented in the following table:

Pre-post test	Post-only test
<p>Measure of positive attitudes toward others and the community:</p> <p>Administer at the beginning of the program or project:</p> <p>I feel a strong sense of community with the people on my block/in my neighbourhood.</p> <ol style="list-style-type: none"> 1. Strongly disagree 2. Disagree somewhat 3. Disagree 4. Agree somewhat 5. Agree 6. Strongly agree 	

<p>Administer at the end of the program or project:</p> <p>I feel a strong sense of community with the people on my block/in my neighbourhood.</p> <ol style="list-style-type: none"> 1. Strongly disagree 2. Disagree somewhat 3. Disagree 4. Agree somewhat 5. Agree 6. Strongly agree <p>Analysis: Post-test rating is compared to the pre-test rating to see if any movement occurred.</p>	<p>Administer at the end of the program or project:</p> <p>As a result of [insert name], I feel a stronger sense of community with the people on my block/in my neighbourhood.</p> <ol style="list-style-type: none"> 1. Strongly disagree 2. Disagree somewhat 3. Disagree 4. Agree somewhat 5. Agree 6. Strongly agree
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Pre-post testing is designed to measure change mathematically in knowledge, attitudes, values, skills, and/or behaviour experienced by people participating in the program or project. Post-only testing measures reported change in these same areas by participants. Pre-post testing is considered to be stronger methodologically.

Wording of measures:

Some of the measures listed provide options for the choice of wording. Here are some examples:

- [Insert name]: Fill in with the name of:
 - the program, e.g., Home Support, Family School Liaison Program, etc.;
 - the person, e.g., mentor, group leader, etc.; or
 - the location, e.g., Youth Centre, Seniors' Centre, Community Resource Centre, etc.;
- [Insert population group]: Fill in with the name of the group you are interested in finding out about;
- [Insert type of abuse]: Fill in with the type of abuse you are interested in finding out about, e.g., physical abuse, emotional abuse, psychological abuse, financial abuse, child abuse, elder abuse, bullying, cyberbullying, workplace bullying, etc.);
- [Insert community social issue]: Fill in with the name of the specific community social issue you are interested in;
- My/this child: Parents, guardians, caregivers, and group leaders are surveyed instead of children under the age of 8 years of age. Younger children cannot answer survey questions reliably. Choose "my" for parents and guardians and "this" child for caregivers;
- Family/friends/neighbours: Choose based on which group(s) you want the person filling out the survey to think about when they respond;
- Child(ren)/spouse/partner/co-parent: Choose based on people you want the person filling out the survey to think about when they respond; and

- I am/ My organization: Choose based on whether you want an individual or organizational response to your survey question.

Scales:

The types of scales used in the measures bank are identified by these acronyms:

- A Sc: Agreement scale
- F Sc: Frequency scale
- Q Sc: Quantity scale
- FT Sc: False-True Scale

The full scales are shown below.

For children 12 – 18 years of age and adults, use the following scales:

Agreement scale:

1-----	2-----	3-----	4-----	5-----	6-----
Strongly	Disagree	Somewhat	Somewhat	Agree	Strongly
Disagree		Disagree	Agree		Agree

Frequency scale:

1-----	2-----	3-----	4-----	5-----
Never	Almost	Sometimes	Fairly	Very
	Never		Often	Often

Quantity scales:

When asking about a number of people:

1-----	2-----	3-----	4-----	5-----
No one	A few	Some	Quite a lot	A lot

When asking about an amount:

1-----2-----3-----4-----5

None Very little Some Quite a lot A lot

False-True scale:

1-----2-----3-----4-----5

False Mostly false Sometimes false- Mostly true True
 Sometimes true

For children 8-12 years of age (These scales have a Y as part of the coding, e.g., Y A Sc):

Agreement scale (Y A Sc):

1-----2-----3

Not Really.....Kind of.....Yes

Frequency scale (Y F Sc):

1-----2-----3

Never.....Sometimes.....Most of the time

Quantity scale (Y Q Sc):

When asking about a number of people:

1-----2-----3-----4

No one..... A few.....Some.....A lot

When asking about an amount:

1-----2-----3-----4

None.....A little.....Some.....A lot

Reverse scales:

An “R” or the word “reverse” next to the identification of the scale means the scale is reversed, i.e., put in the reverse order. For example, an agreement scale would range from Strongly Agree to Strongly Disagree. There are very few of these.

Sources:

A “C” in the source column means the measure was created.

An “-m” in the source column means the measure was modified.

Here is a listing of the sources of the measures listed in the measures bank.

- ASIS: Airdrie Social Integration Scale
- BSCI: Brief Sense of Community Index
- CFCFS: Canadian Financial Capability Survey
- CFCSS: Calgary FCSS
- CORI: Canadian Outcomes Research Institute
- CTK: Colorado Toolkit
- HHI: Herth Hope Index
- IFCSS: Irricana FCSS
- NAW: National Accounts of Well-being
- PLCUS: Parent Link Centre Upstart Survey
- RS-ES: Rosenberg Self-esteem Scale
- RVFCSS: Rocky View County FCSS
- TRS: The Resiliency Scale
- SC:C&Y1/SC:C&Y2: Statistics Canada National Longitudinal Survey of Children and Youth Cycle 8 Book1 and Book 2
- SC:GSS: Statistics Canada General Social Survey 2008
- SC:HA: Statistics Canada, Canadian Community Health Survey on Healthy Aging 2010
- SC:MH&D: Statistics Canada, Canadian Community Health Survey on Mental Health and Discrimination
- SC:NLKTY: Statistics Canada National Longitudinal Survey of Kindergarten Teachers and Youth 2002 & 2003
- SC:NPHS: Statistics Canada National Population Health Survey
- SCS: City of Calgary Sense of Community Survey
- SEFCSS: South East Rocky View FCSS
- SI: Search Institute b & a
- SPSI: Social Problem-solving Inventory
- SRAS: Self-Reliance Achievement Scale
- WCFI: Wilder Collaboration Factors Inventory