

Family & Community Support Services

# Measures Bank

Provincial Priority Measures

March 2014

## 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

<b>IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS</b>								
<b>Individual Outcome #1: Individuals experience personal well-being.</b>								
<b>Indicator – SELF-ESTEEM: the extent to which people feel good about themselves</b>								
<b>Provincial Priority Measures</b>								
#	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

<b>Money Management</b>								
#	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	CFCS-m		PM12	. . . . . I am better able to keep up with bills and commitments.	A Sc	CFCS-m
<b>Other Life Skills</b>								
#	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

<b>Planning</b>								
#	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
<b>Money Management</b>								
#	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
<b>Other Life Skills</b>								
#	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		PM1	. . . 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		PM2	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		PM3	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		PM4	. . . 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		PM5	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		PM6	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**

*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 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

*8-12 years old*

#	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

*12-18 years old*

#	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**

*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/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

*8-12 years old*

#	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

*12-18 years old*

#	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

<b>IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS</b>								
<b>Individual Outcome #3: Children and youth develop positively.</b>								
<b>External Asset - Empowerment</b>								
<b>Indicator- Asset # 10 - Safety</b>								
<b>Provincial Priority Measures</b>								
<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	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
<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 safe in my neighborhood.	Y A Sc	C		PM2	. . . I feel safer in my neighborhood.	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]		
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

<b>IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS</b>								
<b>Individual Outcome #3: Children and youth develop positively.</b>								
<b>Internal Asset - Positive values</b>								
<b>Indicator- Asset # 28 - Integrity</b>								
<b>Provincial Priority Measures</b>								
<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 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
<i>8-12 years old</i>								
#	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
<i>12-18 years old</i>								
#	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/herself 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

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

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**

*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 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

*8-12 years old*

#	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

*12-18 years old*

#	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

<b>IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS</b>								
<b>Individual Outcome #3: Children and youth develop positively.</b>								
<b>Internal Asset - Positive identity</b>								
<b>Indicator- Asset # 37 - Personal power</b>								
<b>Provincial Priority Measures</b>								
<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.	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 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.	A Sc	CTK

<b>IMPROVED SOCIAL WELL-BEING OF INDIVIDUALS</b>								
<b>Individual Outcome #3: Children and youth develop positively.</b>								
<b>Internal Asset - Positive identity</b>								
<b>Indicator- Asset # 38 - Self-esteem</b>								
<b>Provincial Priority Measures</b>								
<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, 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
					As a result of [Insert name]		
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

<b>IMPROVED SOCIAL WELL-BEING OF COMMUNITY</b>								
<i>Community Outcome # 1: The community is connected and engaged.</i>								
<i>Indicator – AWARENESS OF COMMUNITY: Awareness of and use of programs and services available in the community.</i>								
<b>Provincial Priority Measures</b>								
#	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