

Example

ABCDE Outcomes Statements Worksheet with examples With 3 types of “degree” statements

Option 1: Post-Program Threshold

Can use post-program-only method

By the end of the program [condition/completion date],
At least 80% of Safe Dates Participants [audience/group of participants]
will be able to list two or more positive ways to communicate with a
boyfriend/girlfriend [“behavior”/what they will do or report],
based on the Safe Dates post-test survey [evidence/evaluation method].

Option 2: Percent Change for the Group

Must have pre-program and post-program measure

By the end of the program [condition/completion date],
there will be an increase/decrease [circle one] of at least 30% in the proportion of
Expect Respect participants [audience/group of participants]
who report that they “disagree” or “strongly disagree” with rigid attitude
statements about gender roles [“behavior”/what they will do or report],
based on the Pre/Post-Test Survey [evidence/evaluation method].

Option 3: Individual-Level Change

Must have one of the following:

- *Pre-program and post-program measure with individual-linked tracking (not anonymous) (most rigorous)*
- *Retrospective pre-then-post design (could be anonymous) (less rigorous)*
- *Survey question that specifically asks about individual change as a result of the program (could be anonymous) (less rigorous)*

At least 85% of Incredible Years Dinosaur School participants [individuals in audience]
will demonstrate an improvement of 5 or more points in their Self-Control Score
[“behavior”/what they will do or report],
at the post-program assessment compared to the baseline [time period for individual
change],
based on the DECA assessment [evidence/evaluation method].