

National Strategy on Community Safety and Crime Prevention study.

The Saanich School District in British Columbia worked with The Community Mobilization Project to evaluate the effectiveness of Skills for Growing in their schools. They surveyed students in grades 3-5, teachers and administrators before and after the implementation of the Lions-Quest Program. These are their results:

- o 78.5% of students were better able to understand their emotions and express their feelings
 - o 88.1% of students were better able to have satisfying interpersonal relationships
 - o 84.8% of students were better able to manage stress
 - o 82.8% of students were more flexible, realistic and effective in managing change
 - o 86.8% of students increased their level of optimism
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- The results show the greatest amount of growth for students who initially scored in the at-risk range on the Emotional Quotient, and older grades showed the greater number of positive growth on average.
 - Teachers shared that they had personally grown in their understanding of themselves and their students as a result of training and implementation of Lions-Quest
 - The project has demonstrated that at-risk children benefit greatly and show positive growth in prosocial skills when exposed to direct instruction of Lions-Quest Skills for Growing.