

EVIDENCE-BASED, DATA-DRIVEN, SUSTAINABLE IMPROVEMENT PROCESS

Rachel's Challenge is a national non-profit that provides K-12 school programs designed to prevent school violence, bullying, and suicide among students. Rachel's Challenge provides proactive, preventative intervention for school violence and self-harm, making schools safer, improving student connection and mental health. Rachel's Challenge programs are proven to create a positive school culture of respect and kindness, leading to safer schools, reduced harassment, violence, and self-harm, and emotionally resilient students. Based on the life and writing of Rachel Scott, the first victim of the Columbine tragedy in 1999, we provide a continuous improvement process designed to help students reach their full potential academically, socially, and emotionally. Our objective is to motivate and equip students and staff to start and sustain a chain reaction of kindness and compassion that transforms schools and communities.

Research indicates that schools implementing Rachel's Challenge as designed achieve outstanding results. In 2013, Rachel's Challenge commissioned Multi-Dimensional Education (MDed) to conduct an independent third-party assessment to validate the results of its programs.

Multi-Dimensional Education is internationally recognized for their unique expertise in education and assessment. They have evaluated a number of large longitudinal US Department of Education grants and many other states' department of education grants. They have also managed research efforts funded through the National Science Foundation, as well as the US Department of Justice.

For the Rachel's Challenge assessment, a "multivariate analysis of covariance" (MANCOVA) was used to analyze statistically significant differences on the dimensional indexes and sub-scale variable scores (Dependent Variables) measured by a multi-dimensional assessment between the treatment and comparison groups (Independent Variables). The MANCOVA also used the variables of ethnicity, socio-economic status, and pretest scores as covariates.

The assessment concluded in March, 2014, and MDed's findings are summarized in the following statement from their report:

Rachel's Challenge provides a sustainable evidence-based, evidence-driven improvement process. Their partner schools achieve statistically significant gains in community engagement, faculty/student relationships, leadership potential, and school climate, along with reductions in bullying, alcohol/tobacco, and other drug use.

In addition to the findings from the MDed study, the following data has been provided by schools and districts conducting their own assessments of the Rachel's Challenge process:

- 47% reduction in disciplinary referrals, Middle School, WA
- 13% increase in feedback related to school safety and respect, Middle School, GA
- 53% reduction in disciplinary referrals, Middle School, GA
- 9% increase in feedback related to school safety and respect, District, IL
- 84% reduction in disciplinary referrals, Elementary, TX
- 7% increase in feedback related to school safety and respect, District, TX
- 5% increase in reading skills, Elementary, TX

In 2012, Rachel's Challenge conducted its own research by sending surveys to 20,000 students across North America that were involved in its programs the previous school-year. 9,881 surveys were returned. What students said about the effect of Rachel's Challenge on their own attitudes and behaviors is summarized in the chart below:

Behavior	Before RC	After RC	% Change
Participate in School Activities	2,931	7,189	+145%
Intervene in Bullying Situation	3,456	7,704	+123%
Would Not Bully	5,953	8,182	+37%
Reach Out to Others	3,972	8,602	+117%
School a Safe Place	1,464	5,589	+282%

Finally, Rachel's Challenge receives thousands of unsolicited emails, letters and phone calls annually from students, parents, social and mental health professionals, and educators. Some of the recent highlights are:

- More than 150 suicides or other violent acts averted annually. This represents a ~3% reduction in the national youth suicide rate.
- 123,000 documented acts of kindness in 12 elementary schools in one year
- Over 1 million meals prepared for Haiti in one day by one district
- Over 480,000 Facebook friends with positive posts daily
- Thousands of Friends of Rachel service clubs (FOR Clubs) serving their schools and communities
- Eight known school shootings averted since the program started
- Thousands of testimonials from students, parents, social workers, mental health care providers and educators

For more information or to book a Rachel's Challenge Event at your school, please contact:

Peter DeAnello

Regional Partnership Manager

AK, AL, AZ, CO, CT, FL, GA, HI, ID, KS, MA, ME, MI, MT, ND, NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, RI, SD, UT, VT, WA.

Direct 720-609-2099 | Toll Free 877-895-7060 x205
pdeanello@rachelschallenge.org

Awakening individual transformation and promoting safer, more connected schools.