

Safety 2010 World Conference

SMARTRISK Theory of Change for Youth

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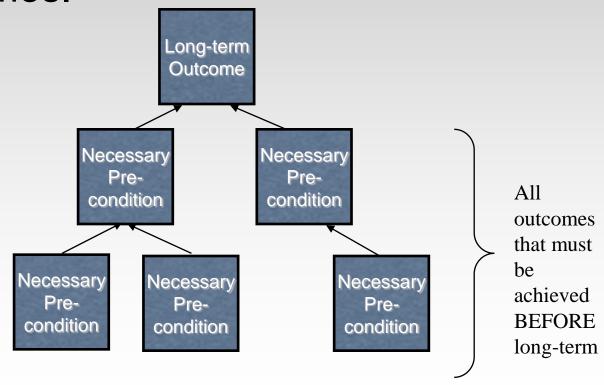
Theory of Change: What is a Theory of Change?

- Popularized in 1990s to capture and plan complex initiatives
- Outcomes-based
- Causal model
- Articulate underlying assumptions
- Chosen model adapted from work of Aspen Institute Roundtable on Community Change



Theory of Change: Specifying Outcomes

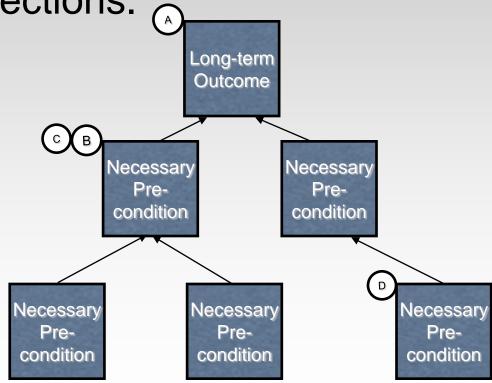
 You specify your long-term goal or outcome, and then any necessary earlier outcomes.





Theory of Change: Assumptions

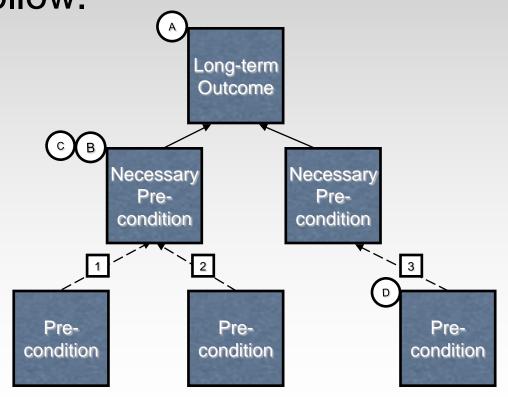
 You make explicit any underlying assumptions about the outcomes or their connections.



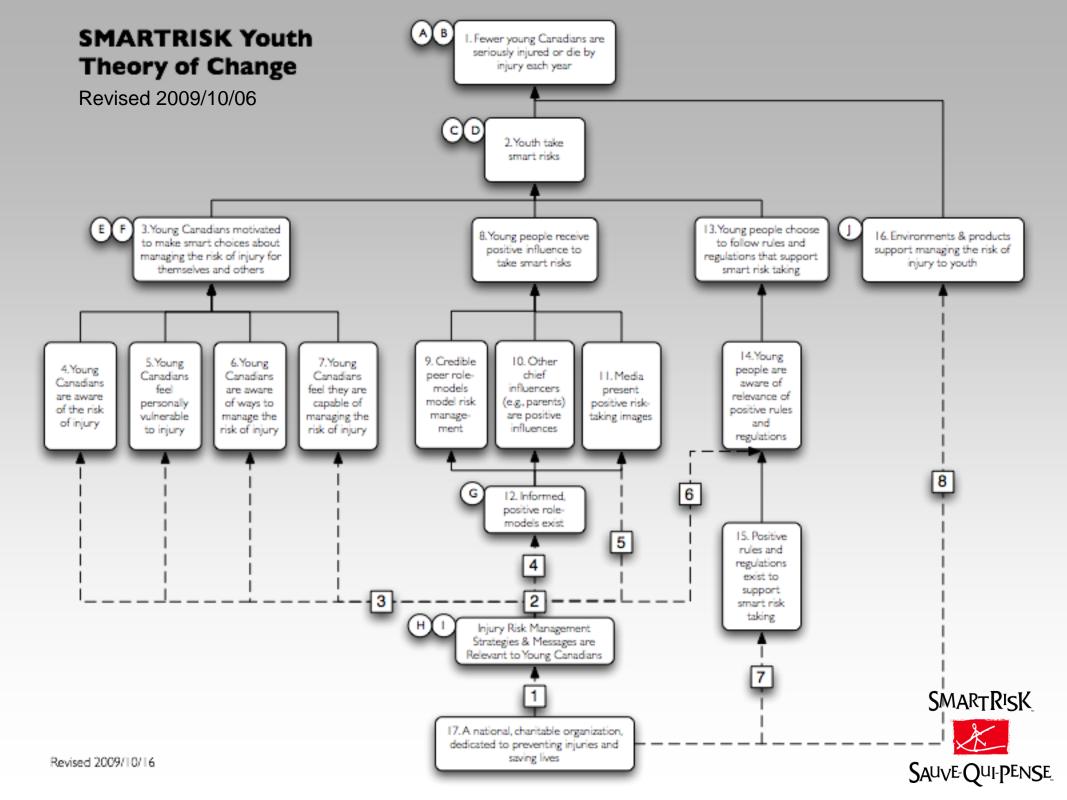


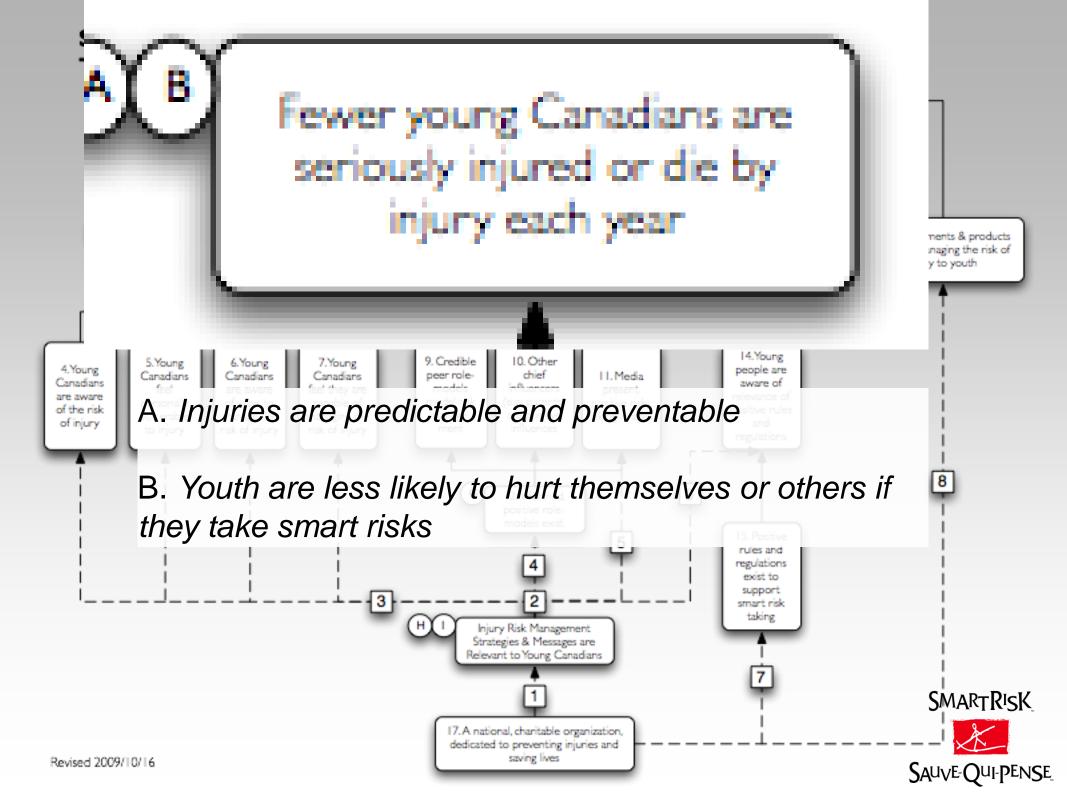
Theory of Change: Points of Intervention

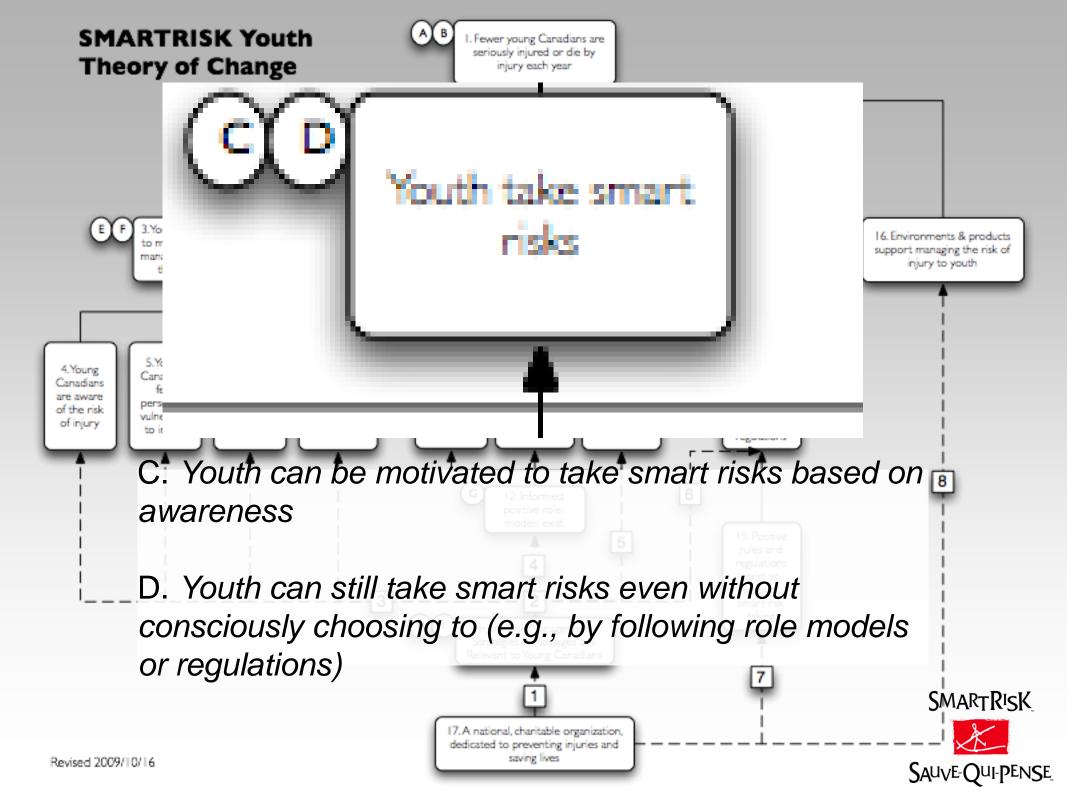
 Interventions are needed when preconditions will not necessarily lead to those that follow.

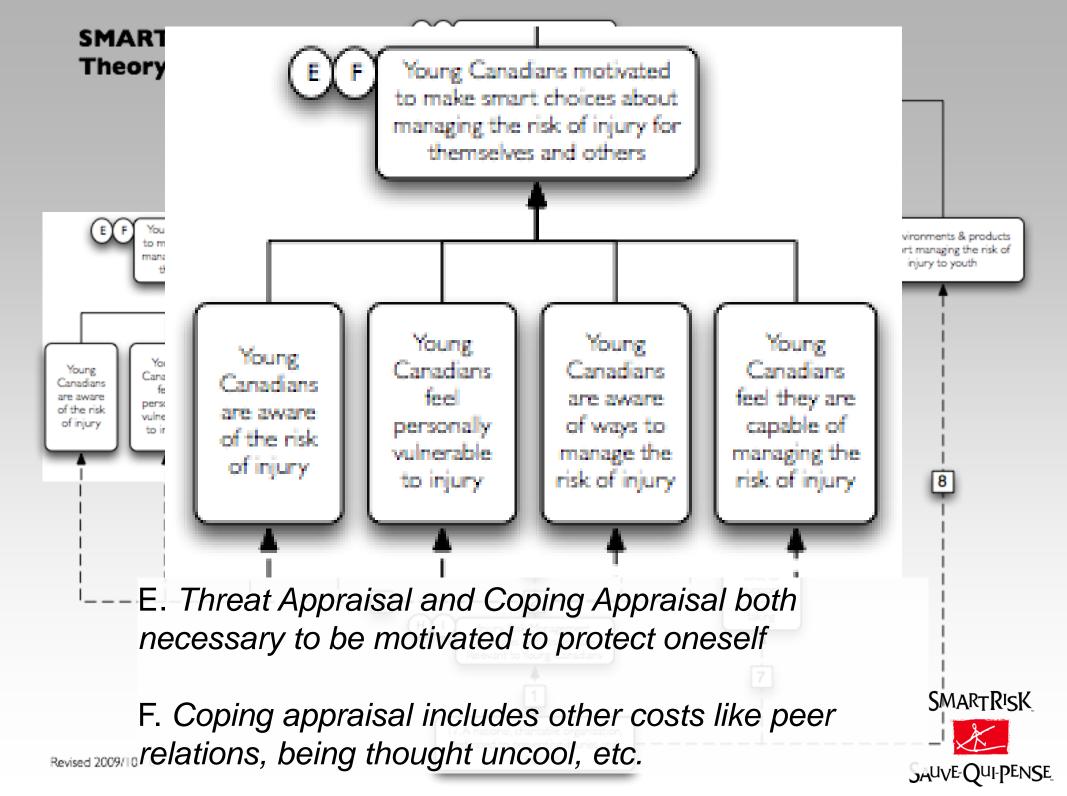


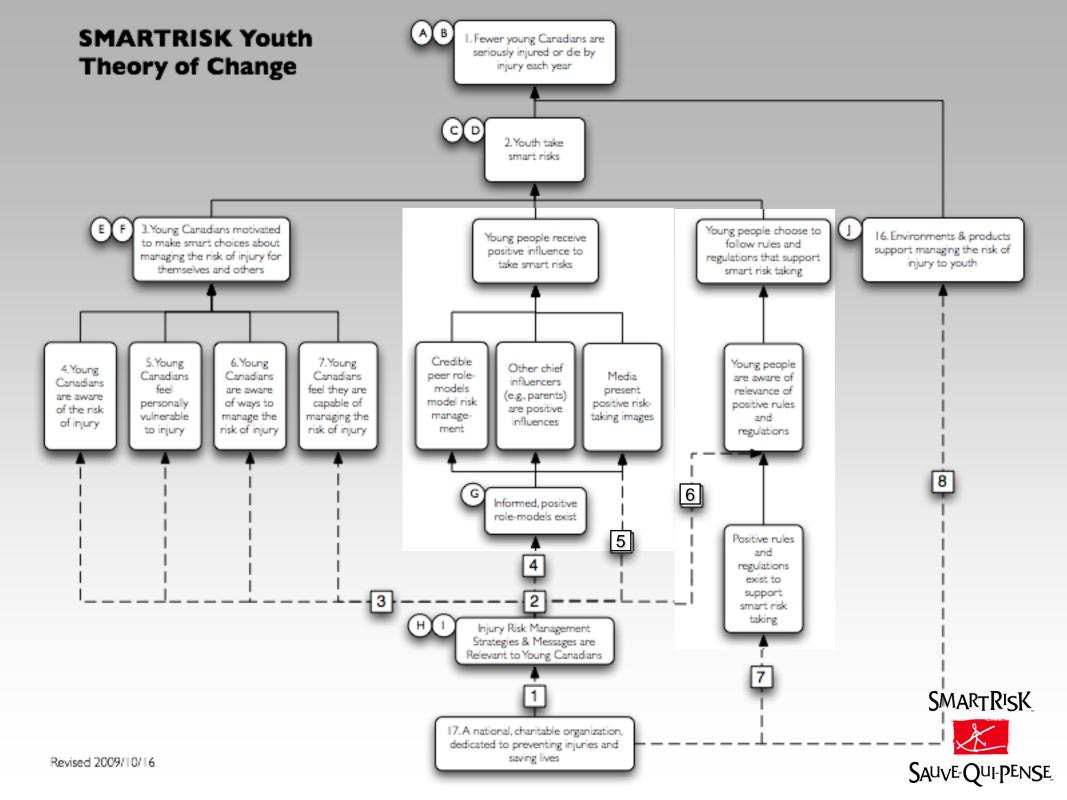


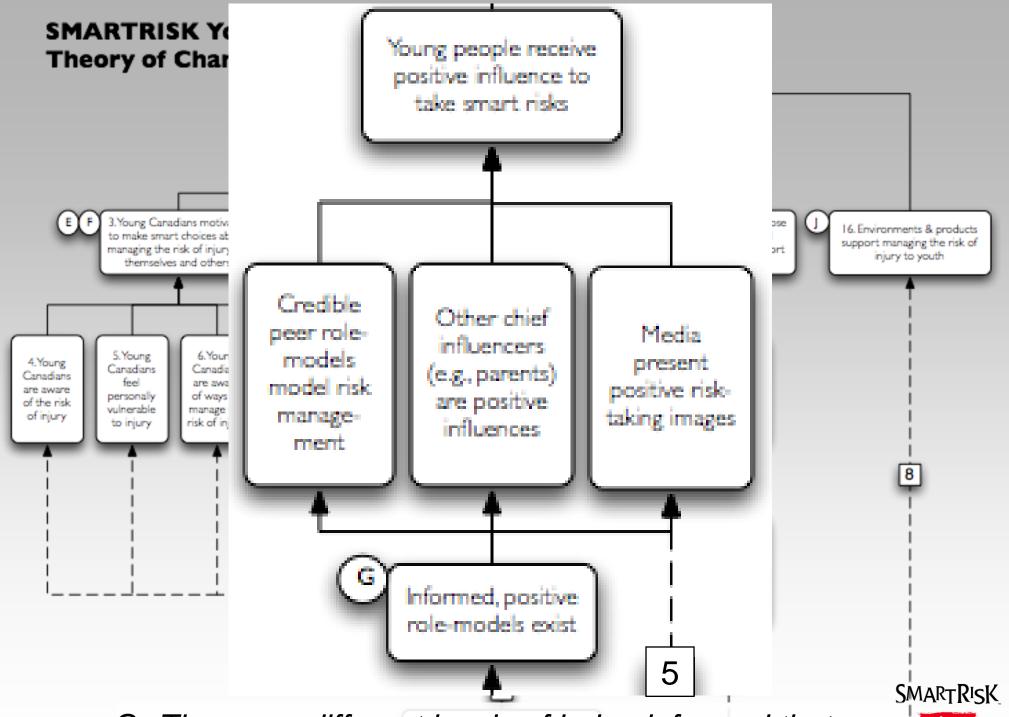






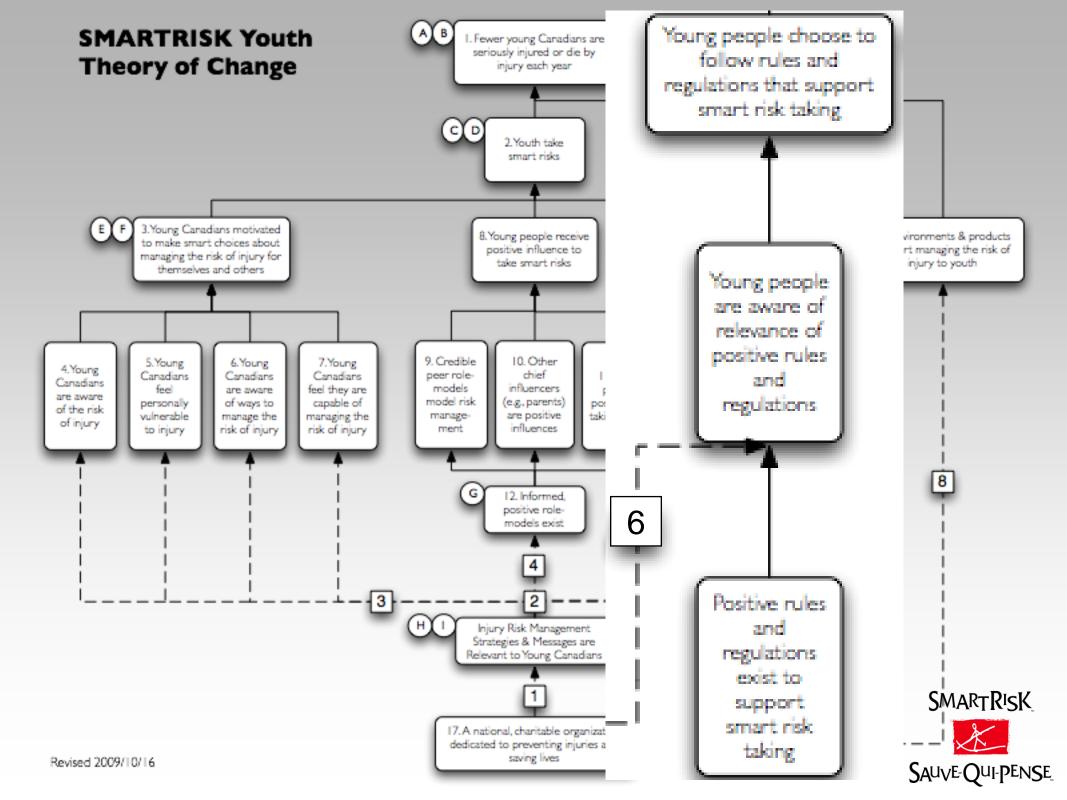


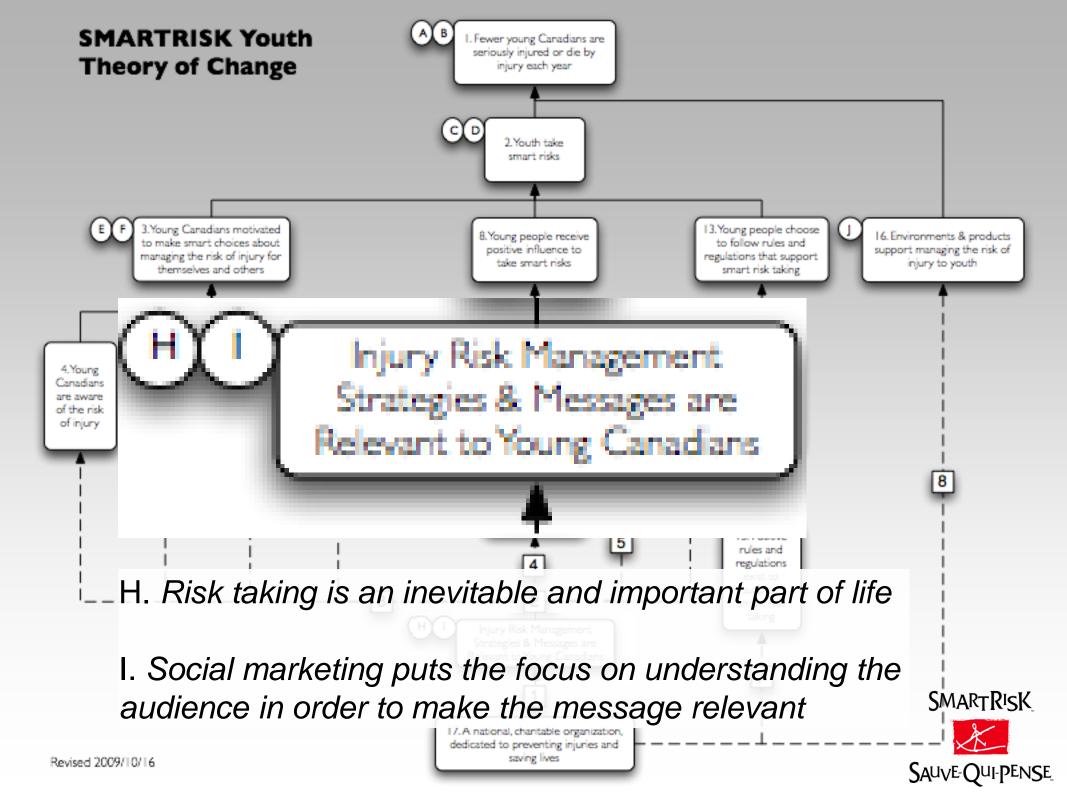


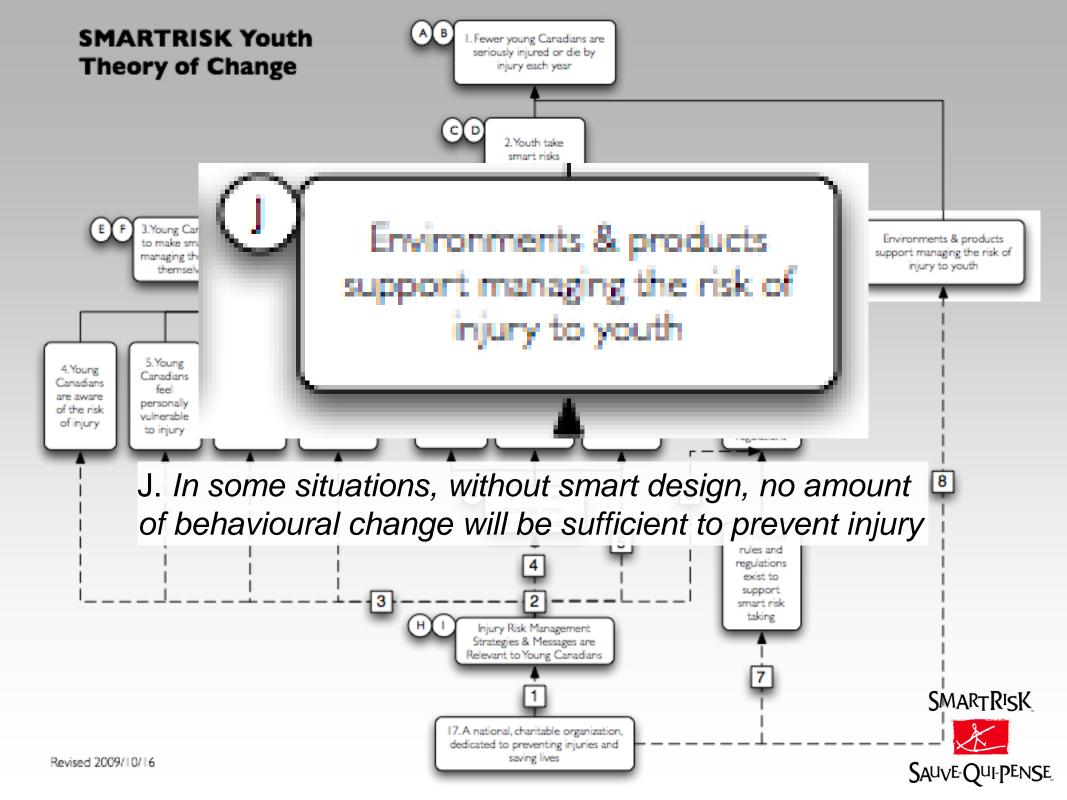


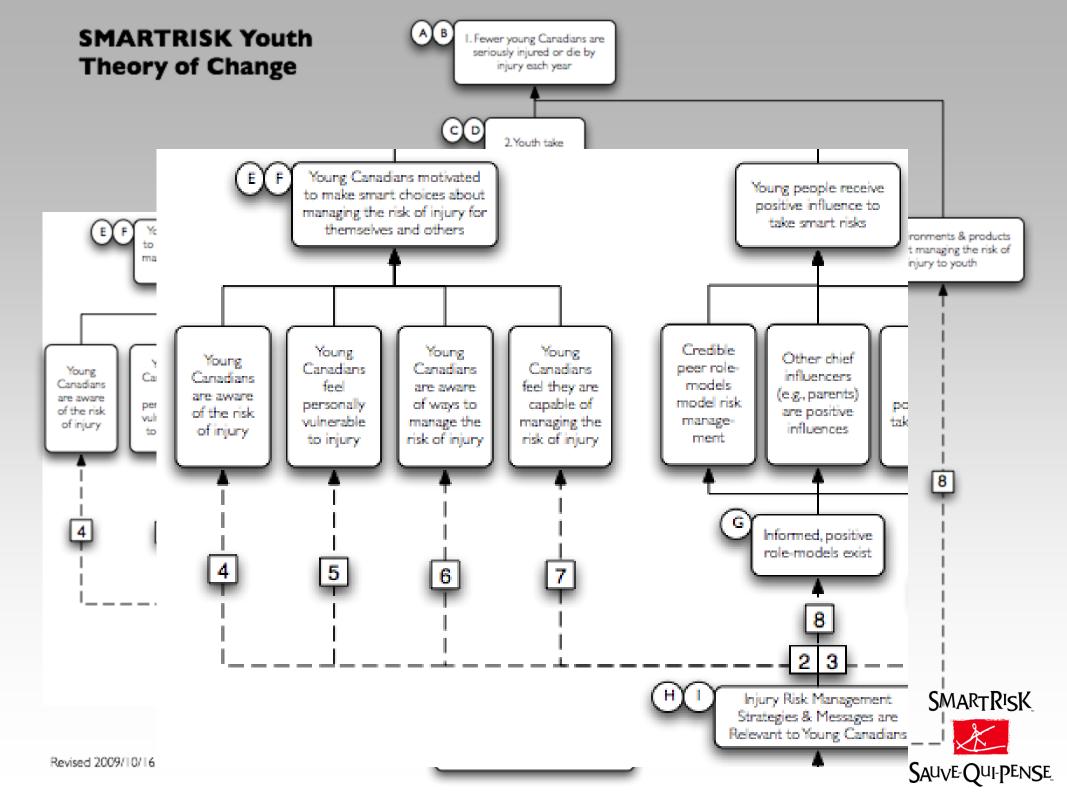
G. There are different levels of being informed that are appropriate for different influencers.

Salve-Qui-Pense.





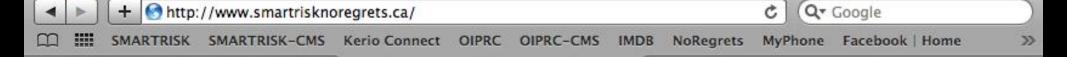




regrets

- Secondary school program that trains staff advisers and youth leaders to implement injury prevention activities
- Program includes three phases: recruitment, training and implementation
- Since the program started in 2003, over 100 schools have been trained





Main

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negrets

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SMARTRISK is a non-profit that prevents injuries with smart thinking.

SMARTRISK
No Regrets trains
high school students
to help their peers
learn to take
smart risks and
prevent injury.

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No Regrets Overview

- Phase 1- Recruitment
- Recruit schools and select two student leaders and one staff adviser from each school to participate in a training session



Phase 3 - Implementation
Recruit additional team members to
help in planning and hosting activities
that promote the SMARTRISK five key
messages.



Phase 2 - Training

Host a training session facilitated by SMARTRISK staff focusing on the issue of injury, injury prevention, risk management, team building and activity planning





Evaluation Results

- The program was pilot-tested and evaluated in five Canadian high schools over a two-year period.
- In all five participating schools, students showed significant gains in knowledge and changes in attitudes and behaviours in line with SMARTRISK injury prevention messages.
- Following the pilot, SMARTRISK has continued to evaluate the program for benefits to the primary participants, to the entire student body, and to the culture of risk management in the participating schools.

SMARTRISK

Evaluation Results

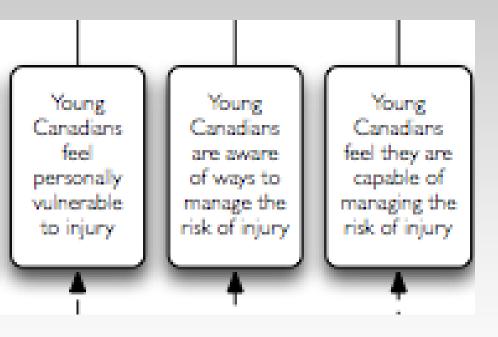
- Consistently it has been shown that participation in SMARTRISK No Regrets teaches injury prevention strategies and skills, helps to reshape attitudes toward injury and risk, and inspires changes in behaviour among those involved.
- Students have reported fewer injuries requiring medical care following a single year of exposure to the program's messages.
- SMARTRISK No Regrets has been proven to reduce self-reported injury by 17% in young SMARTRISK people.



- Demonstrated significantly increased knowledge:
 - "What is the leading cause of death of Canadian youth aged 13-19 years?"
 - 123% from Pre-Test to Post-Test

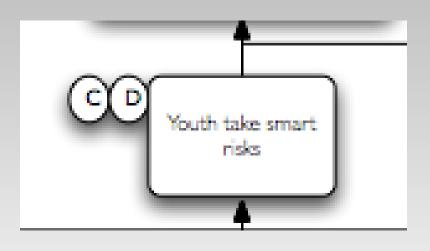


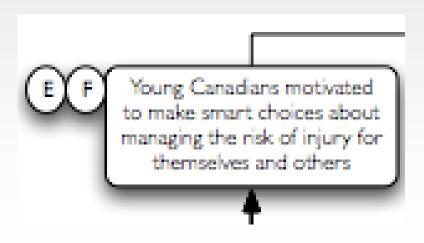
Demonstrated changes in attitudes:



- "It is my life, and if I choose to take risks, it is my business because I am only endangering myself."
 - \$\blacksquare\$10\% from Pre-Test to Post-Test
- "Injuries are a problem for some teens but I don't believe I am personally at risk."
 - \$\dagger\$2% from Pre-Test to Post-Test
- "Buying and wearing protective gear is not worth the cost."
 - \$\psi_7\% from Pre-Test to Post-Test



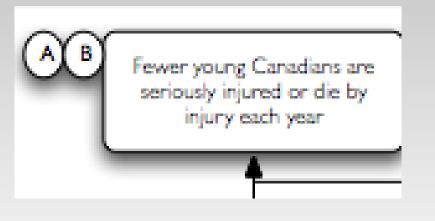




- Demonstrated changes in behaviour:
 - "I wore a bicycle helmet with the strap done up while riding a bicycle"
 - Significant † from Pre-Test to Post-Test
 - "I participated in training before attempting new sports activities"
 - Significant 1 from Pre-Test to Post-Test
 - "I thought about what I was going to do before doing it"
 - Significant 1 from Pre-Test to Post-Test



Number (Percentage) Reporting an Injury in the Past 6 Months that was Treated by a Doctor or Nurse



Frequency	Pre-Test	Post-Test
Never	193 (59%)	215 (66%)
Once	87 (27%)	67 (21%)
Twice	30 (9%)	22 (7%)
Three or more times	17 (5%)	21 (7%)

- The difference was confirmed with the McNemar test ($\chi_2 = 5.087$, p < 0.05)
- I injuries among the student population of 7% during one year

• \$17% injury rate



Next Steps

- Already in use for strategic and operational planning
 - Re-creation of SMARTRISK Heroes as SMARTRISK No Regrets Live
- New Evaluation Framework in Development
 - Increased emphasis on indirect pathway
 - Causal modelling
 - Hard outomes





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Conférence canadienne sur la prévention des traumatismes et la promotion de la sécurité

2011 Canadian Injury Prevention and Safety Promotion Conference

November 16-18, 2011 Westin Bayshore Hotel Vancouver, British Columbia, Canada

Conference Theme: "Be Visible"

Abstract submissions open from January 1, 2011 to March 31, 2011

For more information contact: Hans Kung, Project Manager, PRIMECIPSPC pr1me.ca toll free: 1 800 563-6252 Presented by/Présentée par











2011 Conférence canadienne sur la prévention des traumatismes et la promotion de la sécurité

Du 16 au 18 novembre 2011 Westin Bayshore Hotel Vancouver, Colombie-Britannique, Canada

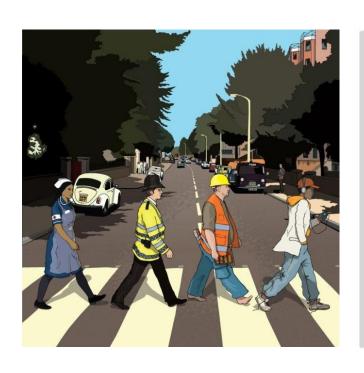
Thème de la conférence: Sois visible

Les résumés pourront être soumis du 1er janvier 2011 au 31 mars 2011.

Pour de plus amples informations: Hans Kung, gestionnaire de projet, PRIMECIPSPC@pr1me.ca appel sans frais: 1 800 563-6252

www.injurypreventionconference.ca

www.conferencesurlapreventiondesblessures.ca



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