

THEORY OF CHANGE

If vulnerable youth in Airdrie are provided with individualized interventions, skill-building opportunities, and a wraparound network of positive supports, then they will develop the resilience needed to make positive choices and reduce their risk of involvement in bullying, violence, and gang activity.

1 CHALLENGE

Youth aged 13-18 in Airdrie face significant risks of bullying, violence, and gang involvement due to factors such as unmet social-emotional needs, exposure to adverse environments, lack of positive role models, and limited access to supportive resources.

2 INPUTS

- Skilled support workers trained in trauma-informed, culturally sensitive approaches.
- Evidence-based programming for goal setting, skill-building and conflict resolution.
- Partnerships with schools, law enforcement, community organizations, and families.
- Resources for monitoring and evaluating program outcomes.

3 ACTIVITIES

- Individualized case management to help youth to develop personal goals.
- Skill-Building to help youth develop emotional regulation, leadership, communication, and conflict resolution skills.
- Community collaboration with schools, families, and local organizations.
- Connection to pro-social activities to encourage positive engagement and community belonging.

4 OUTPUTS

- Participation in programming that supports positive, prosocial behaviours among youth.
- Community partnerships and improved coordination of resources.
- Development of individual action plans for personal growth and community involvement.

5 OUTCOMES

- Improved self-esteem and resilience among youth participants.
- Increased use of conflict resolution strategies and emotional regulation skills.
- Reduced involvement in bullying, violence, and gang-related activities.
- Strengthened protective factors, including positive peer networks and family connections.

6 IMPACT

The Positive Directions program will create a measurable and lasting reduction in youth vulnerabilities to bullying, violence, and gang involvement, while simultaneously fostering a culture of resilience, healthy relationships, and community engagement among young people in Airdrie.

