

Discovery Family Adventures Logic Model

| GOALS | TARGET GROUP | ACTIVITIES/ STRATEGIES | THEORY OF CHANGE | SHORT-TERM OUTCOMES | LONG-TERM OUTCOMES |
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| <p>Family Bonding and Attachment</p> <p>Opportunities for Prosocial Engagement at home and in the neighborhood</p> <p>Rewards for Prosocial Engagement at home and in the community</p> <p>Parents set clear boundaries and expectations for behavior and values</p> <p>Make these protective factors available to ALL families so that there is equal opportunity to feel safe and be healthy</p> | <p>This universal program targets parents, grandparents and other caregivers with children ages 18 mos - 18 years old seeking to improve family management and parenting skills, increase family bonding and build resilience in children</p> <p>We reached 10,000+ parents with this program in 2022.</p> | <p>Discover Family Fun Communities provide a clearinghouse for local events, classes, resources and other supports available locally (The Discovery App is available for families that are not on Facebook)</p> <p>Family Reward Events and other incentives are provided to families that qualify by completing a certain number of adventures</p> <p>Discovery Family Adventures are a series of experiential learning opportunities for families to engage in together. They are flexible and designed to be adjusted for different family make-up: ages, size, and other family make-up factors.</p> <p>The TIPS Section stands for Teaching Important Parenting Strategies and is designed to teach parents important parenting strategies, and to remind them on a regular basis what they have learned.</p> <p>Community Engagement Level Adventures are designed to help youth and families connect to their neighborhoods through service, organizing community activities, interacting with neighbors and by being aware of others in their neighborhood</p> | <p>If parents check their local Discover Family Fun community (or the Discovery App) on a regular basis they will have access to a wide variety of local family activities at no cost, including the Discovery Family Adventures (adventures)</p> <p>If families are able to earn FREE family experiences for completing adventures then both parents and youth will be more motivated to complete the adventures</p> <p>If parents and youth are motivated to complete the adventures then they will participate in activities together and experience resources and tools that help them learn new skills, engage in prosocial behavior at home and in the community, develop a growth mindset and other social emotional learning skills and develop the confidence to resist peer pressure</p> <p>If parents use the adventures to get ideas for and plan family time they will be exposed regularly to the TIPS section of the adventures</p> <p>If parents are exposed regularly to the TIPS section of the adventures they will learn in a natural setting how to teach their children how to resist peer pressure and other effective, evidence-based parenting strategies that build resilience in youth, incorporate key elements of the social development strategy, and provide opportunities for and rewards when their children engage in prosocial behavior</p> <p>If parents are taught these effective parenting strategies, and are reminded of them on a consistent basis through regular exposure to the TIPS (Teaching Important Parenting Strategies) then they will be more intentional in their parenting</p> <p>If parents are more intentional with their parenting then the family will spend more quality time together engaging in activities that incorporate protective factors for youth</p> | <p>Parents will be more intentional in their parenting and have an increase in effective parenting skills including:</p> <ul style="list-style-type: none"> • Being more present with their children • Providing children with opportunities for prosocial behavior at home and in the community • Providing rewards and recognition when children engage in prosocial behavior • Setting clear expectations and boundaries • Expressing positive feelings • Giving their children opportunities to take the lead in family activities and learn new skills • Encouraging creativity and a growth mindset | <p>Increase in family communication and bonding</p> <p>Increase in resilience and growth mindset in young people</p> <p>Increase in bonding to neighborhood and community</p> |

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| | | <p>PreK suggestions provide ideas for adjusting the adventure for PreK age children.</p> <p>Teen suggestions provide ideas for tailoring the adventure for youth in their teens</p> | <p>If parents spend more quality time with their children then key conversations will take place naturally during adventures, family reward events, and other family time</p> <p>If key conversations take place between parents and children then bonding and family attachment will increase, parents will more successfully set boundaries, share values and expectations, and incorporate protective factors into their childrens' daily lives</p> <p>If parents are more successful in setting boundaries, communicating clear rules and sharing values and expectations then children will be more likely to understand what is expected of them</p> <p>If children understand what is expected of them, then there will be less family conflict and more family bonding</p> <p>If families choose to complete the community engagement level of the adventures they will engage with their neighbors and community through service, organizing neighborhood events and interacting with others who live near them</p> <p>If youth serve and organize neighborhood activities they will develop key life skills i.e. communication, planning, time management, problem-solving and more</p> <p>If youth and families engage more with others in the neighborhood they will build stronger connections to their neighborhood</p> <p>If youth and families build stronger connections to their neighborhood they will be more stable home life and have a stronger support system in place</p> <p>If youth and families have a strong support system in place they will be less likely to experience family conflict and engage in risky behaviors</p> <p>If families do not experience family conflict and do not engage in risky behaviors then they will be stronger families</p> <p>If families are stronger, communities will be stronger</p> | <p>In addition, families will experience:</p> <ul style="list-style-type: none"> • Increased positive interactions • Reduction in poor family management • Reduction in family conflict • Increased family bonding • Children will have skills to resist peer pressure • Children and parents will build stronger connections to neighbors and their community | |
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