



SAMPLE SCHOOL
8th Grade Prevention Assessment

On DATE, Hallways conducted an assessment of the 8th grade at SCHOOL NAME to identify protective and risk factors influencing the class. The assessment consisted of an anonymous student survey, interviews with faculty, and classroom observations. The anonymous survey was completed by 48 students.

Overall Findings:

The 8th grade students exhibit a number of protective personal, internal factors that support their overall wellbeing. They are strongly committed to their educations and express a high degree of academic confidence. The 8th grade students also possess a strong set of internal guiding values, like valuing treating others fairly and with respect. These factors contribute towards many positive outcomes for students, including generally high levels of self-esteem and pro-health behaviors.

Despite the presence of these protective factors, the 8th grade students also exhibit several internal factors that are contributing to high levels of anxiety among the students in the grade. These include high levels of perfectionism concerning their academic performance and significant difficulty handling their increasing workloads. They struggle to manage the stress caused by the pressure to succeed, and they lack the coping skills needed to deal healthily with the negative feelings that arise when they face a setback.

Environmentally, the 8th grade students do not feel empowered by the school to participate in decision-making, and there is a lack of meaningful connection between the students and faculty, with conflict frequently arising around grades and other academic issues. In addition, while the students describe a strong sense of community amongst classmates, they also feel a strong need to fit in and fear genuinely expressing themselves when and if they find themselves in conflict with the more dominant members of the class. These issues within the school community contribute to the students' stress and anxiety and impede their collective healthy development.

Key Protective Factors:

<p>High Academic Investment</p> <p><i>The 8th grade students have significant confidence in their academic abilities and are committed to their educations.</i></p>	<ul style="list-style-type: none">• The vast majority of students believe it is important to perform well in school and are greatly committed to their learning. As a result, they work hard and generally feel confident in their academic abilities.• This commitment to learning, along with academic confidence, can help increase students' ability to persevere through difficulties and maintain a healthy academic identity, as well as promote academic achievement.
<p>Positive Self-Esteem</p>	<ul style="list-style-type: none">• The majority of students feel positively about who they are and strongly believe that they are able to perform as well as others. A healthy sense of self can contribute to one's ability to take advantage of

<p><i>The 8th grade students possess positive feelings about themselves and their abilities.</i></p>	<p>opportunities, cope with life’s challenges, and navigate criticism and possible shortcomings.</p>
<p>Pro-health Behaviors</p> <p><i>The 8th grade students engage in healthy decision making and exhibit low levels of problem behaviors.</i></p>	<ul style="list-style-type: none"> • The vast majority of students make healthy decisions about the behaviors they engage in, exhibiting low levels of behavioral problems. Healthy behaviors can support general well-being and are often evidence of healthy social development. • These pro-health behaviors are supported by the students’ strong values. Having a set of values that guide decision-making positively contribute to the ability to make healthy decisions, even when faced with the pressures of adolescence (such as peer pressure or the temptation to engage in substance use to cope with stress).
<p>Commitment to Community</p> <p><i>The 8th grade students have a strong sense of community, with high levels of support and empathy for one another.</i></p>	<ul style="list-style-type: none"> • The 8th grade classmates are strongly bonded to one another, with the students forming a unified and supportive community. • This strong sense of community is supported by the students’ abilities to support healthy relationships and be sensitive to one another’s cultural differences. These strong, close, and supportive relationships will help support students’ social development and general well-being.

Key Risk Factors:

<p>Perfectionism</p> <p><i>The 8th grade students feel a high level of internal and external pressure to perform academically at an exemplary level, resulting in high levels of stress.</i></p>	<ul style="list-style-type: none"> • The vast majority of students strive for perfection and, as a result, feel overwhelmed and bothered when they do not perform well or are unable to meet academic demands. • Despite feeling confident in their academic abilities, the 8th grade students feel sensitive about judgments and critique of their academic achievements. When young people believe that their value is tied to external achievements rather than internal self-worth, they are more at risk for high levels of anxiety and depressive symptoms. This fear of judgment can also prevent students from taking academic risks, which are important in supporting their academic growth and love of learning.
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	<ul style="list-style-type: none"> As a result of their perfectionism, the 8th grade students are experiencing high levels of stress, largely related to the pressures they feel around their academic performance and challenges with managing their workload.
<p>Pressure to Conform</p> <p><i>The 8th grade students struggle to genuinely express feelings or ideas that may conflict with those of some of their more dominant classmates.</i></p>	<ul style="list-style-type: none"> While the 8th grade students feel a strong sense of community, they also feel a strong need to fit in, which can impede their ability to take academic and social risks as they feel that genuinely expressing themselves might conflict with their more dominant and vocal classmates. By limiting their self-expression, the students may be missing important opportunities for growth.
<p>Disconnection from School</p> <p><i>The 8th grade students do not feel empowered by the school to make decisions about their academic lives, and there is a lack of meaningful connection between students and staff.</i></p>	<ul style="list-style-type: none"> While the 8th grade students show a strong connection to one another, that connection does not transfer to the school or its staff. The students feel left out of decision-making, which engenders feelings of alienation that can impact their participation and academic growth. The students' relationships with school staff are strained. The 8th graders do not feel supported by the staff, and the staff struggle to connect with them. While the staff generally attribute these issues to conflicts that arise when the students are faced with academic challenges, there is also evidence that the teachers and administration have struggled to maintain boundaries with students, to include them in important decisions, and to provide needed help and support.

Classroom Workshop Recommendations

Based on the assessment findings, Hallways recommends that our programming with the 8th grade students focus on addressing perfectionistic attitudes and behaviors. Please see unit plan on the following page for details on learning outcomes for this workshop series.

Additional Recommendations:

Faculty Training

- Hallways recommends a faculty training to share the assessment findings and discuss ways to demonstrate concern and caring for students so as to increase their feelings of connection with their school.

Parent Talk

- Hallways recommends a debrief session with parents and guardians in order to share themes from the findings and discuss ways to support self-care and tolerating mistakes with children.

Unit Overview	
Series Title	Exploring Pressures and Challenging Perfectionism
<p>Unit Summary</p> <p>In this lesson series, students will explore their associations to perfectionism and the ways it manifests within themselves and their community. Students will identify the ways that perfectionistic thinking and attitudes can both promote academic success while also hindering emotional growth. Students will reflect on different pressures that they face and how perfectionistic attitudes can lead to anxiety responses. Through this reflection, students will also identify triggers, emotional responses, and current coping strategies. In the final lesson, students will be taught techniques for mindfulness, including deep breathing and progressive muscle relaxation.</p>	
<p>Grade Level: 8</p>	
<p>Learning Objectives</p> <p>By the end of this workshop series, the students will be able to:</p> <ul style="list-style-type: none"> ▪ Identify how perfectionism manifests for them personally and within their larger community ▪ Identify sources of pressure in their lives and reflect on triggers, emotional responses, and coping strategies ▪ Explore the connection between perfectionistic thinking and anxiety ▪ Implement techniques for mindfulness and anxiety reduction 	