# A Quick Guide to ACT! SG:
# Part 1 - Framework and Tools

## What is ACT! SG

ACT! SG provides a programme evaluation framework and tools, that are validated and contextualised for use by our youth-at-risk sector.  It is co-developed by CYGO and NCSS, with support from Sport Singapore and the National Arts Council.

The ACT! SG framework posits that youths are best positioned to succeed in school and life when they have mastery over 13 core skills to: (i) Achieve tasks and complete work; (ii) Connect to Others; (iii) Thrive as a Person.

By tracking the levels of these 13 skills or outcomes before and after a programme, through a self-reported questionnaire on a 5-point scale, we can better understand the outcomes achieved by the youths as well as the effectiveness of the programme in facilitating positive youth development.

## Development Phase

 The ACT! SG Framework and Tools were developed through literature reviews and consultation with 17 youth agencies and self-help groups, and validated with 817 youths.

## Benefits

1. Guide agency to conduct programme evaluation in a more systematic and structured manner => More grounds to pitch for funding!

2. Generate insights for design and service delivery improvements => Help clients achieve better outcomes with success in school and life!

3. Establish common language and shared vision => Facilitate collective impact achievement through collaborations in the sector!

## Understanding the Framework

The 3 domains and 13 skills/outcomes for positive youth development are:

| 3 domains | 13 skills/outcomes |
|---|---|
| Achieve | Academic Achievement |
| | Critical Thinking |
| | Creativity and Innovation |
| | Goal Setting |
| Connect | Positive Relationships |
| | Teamwork |
| | Leadership Development |
| | Community Connectedness |
| | Cultural Competence |
| Thrive | Active/Healthy Living |
| | Life Goals |
| | General Self-Efficacy |
| | Safety and Risk Awareness |

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<u>**Understanding the Tools**</u>

There are 3 Tools: ACT! SG Tool, ACT! SG (Sports) Tool and ACT! SG (Arts) Tool

| Name of Tool | For | No. of questions |
|---|---|---|
| ACT! SG Tool | Generic youth programme | 39 |
| ACT! SG (Sports) Tool | Sports programme | 69 |
| ACT! SG (Arts) Tool | Arts programme | 78 |

Each tool has the same 39 questions to measure the 13 skills/outcomes under the Achieve-Connect-Thrive domains. The Sports and Arts tools have additional questions on how well the trainer had inculcated values and how well the participants had demonstrated those values during sports/art activities.

From focus group discussions with coaches and youth workers, there are five values in the sports/arts activities that were identified as important for the character development of Youth-At-Risk.

1. Confidence
2. Respect
3. Excellence
4. Compassion
5. Teamwork

<u>**FAQs**</u>

Q1: How are arts or sports programmes being defined under this framework for the Tools?

The objectives of the arts or sports programme should focus on youth development and character development outcomes through arts/sports. We recommend that the programme:

- Consists of minimally 8-10 sessions of goal-oriented, progressive and structured skill development of a particular art form/sport

- Is structured in a way that can fulfill the needs and achieve the core values (confidence, respect, teamwork, excellence, compassion) for Youth-At-Risk

- (For sports) Has some elements of competition, including small team games and friendly matches within the team or with other teams

Q2: Can I selectively measure a domain and not use the whole tool?

We recommend using the whole tool so as to provide a holistic picture of a youth's development and changes. Moreover, the domains of Achieve, Connect and Thrive are expected to be interlinked; hence a positive change in one domain may bring about the same effects on other domains as well.