

# ACT! SG

Developed by CYGO and NCSS with support from Sport Singapore and the National Arts Council.

## WHAT IS ACT! SG?

- Programme evaluation **framework** and **tools**, validated and contextualised for the youth-at-risk sector.
- Youths are best positioned to succeed when they have mastery over 13 core skills to:
  - (i) **Achieve** tasks and complete work;
  - (ii) **Connect** to Others;
  - (iii) **Thrive** as a person.
- Through self-reported pre and post-tests, we can understand the impact of a programme in facilitating holistic positive youth development.



## DEVELOPMENT PHASE

- 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 systematically. → More grounds to get funding!
2. Generate insights for design and service improvements. → Help clients achieve better outcomes!
3. Establish common language and shared vision. → Facilitate collective impact achievement through collaboration!

## THE FRAMEWORK



## THE TOOLS

	ACT! SG Tool	ACT! SG (Sports)Tool	ACT! SG (Arts)Tool
<b>Section A:</b> Measures how well the trainer inculcates values during sports/arts activities	NA	15 Qns	
<b>Section B:</b> Measures how well the participants demonstrate values during sports/arts activities	NA	15 Qns	24 Qns
<b>Section C:</b> Measures the 13 skills under ACT domains	39 Qns		



## VALUES (SPORTS/ARTS ACTIVITIES)

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



These values were identified as important for development in Youth-At-Risk, from FGDs with coaches and youth workers.