

## Definitions

<b>Best Practices</b>	For FCSS's purposes, "best practices" refer to programs or components of programs or delivery methods that have been identified as effective (i.e. produce significant reductions in poor outcomes or associated risk factors or significant increases in positive outcomes or associated protective factors) by repeated methodologically sound studies using an experimental (RCT) or quasi-experimental design.
<b>Developmental Assets</b>	Forty common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. <a href="http://www.search-institute.org">www.search-institute.org</a> The Search Institute has frameworks of developmental assets for: <ul style="list-style-type: none"> <li>• Early childhood (ages 3 – 5 years)</li> <li>• Grades K – 3 (ages 5-9)</li> <li>• Middle childhood (ages 8 – 12)</li> <li>• Adolescents (ages 12 -18)</li> </ul>
<b>Evaluation</b>	How to determine how well a program has achieved its goal(s).
<b>Evidence-based Programs and Practices</b>	For FCSS's purpose, "evidence-based" means that a program or practice has been tested in a well-designed and methodologically sound (ideally but not necessarily, experimental (RCT) or quasi-experimental) study (ideally, but not necessarily, more than one study and replicated in more than one site), and has been shown to produce significant reductions in poor outcomes or associated risk factors or significant increases in positive outcomes or associated protective factors.
<b>Mission</b>	A statement that defines what an organization is, why it exists, its reason for being. At a minimum, a mission statement defines who the primary target populations are, the products and services produced, and describes the geographical location in which an organization operates.
<b>Operational Capacity</b>	Basic organization capacity to effectively run operations; that is, administrative operations, program functioning, and external relationships. Components of basic operational capacity include: board governance, vision and planning, financial management and accountability, fundraising, human resources, public relations, community outreach, partnerships, service delivery, and evaluation.

<b>Outcomes</b>	<p>The benefits or changes for individuals, families, communities or populations that result from participating in a program or project activities. For FCSS purposes, outcomes specifically relate to changes in knowledge, attitudes, values, skills, behaviour, condition, status or other attributes.</p> <p>For a particular program, there can be various "levels" of outcomes, with initial short-term outcomes leading to medium and long-term ones. For example, a youth in a mentoring program who receives one-to-one encouragement to improve academic performance may attend school more regularly, which can lead to getting better grades, which can lead to graduating.</p> <p>In general, short-term outcomes occur within one year, medium-term outcomes take several years and long-term outcomes take a decade or longer. However, these time-frames may be shortened when programs build in a step-wise fashion. Short-term outcomes may be measured immediately, medium-term outcomes in three to six months and the long-term outcomes at one year. The determination of the time frame for the outcomes depends upon the program or project being implemented.</p>
<b>Outcome Indicators</b>	The specific items of information that track a program's success on outcomes, generally in the form of a cluster of questions or survey.
<b>Personal Well-Being</b>	People's sense of how they are feeling within themselves and experiencing their lives.
<b>Prevention</b>	Creating conditions or personal attributes that strengthen the healthy development, well-being, and safety of individuals across the lifespan, and/or communities, and prevent the onset or further development of problems in each of these domains. In the research-based risk and protection prevention paradigm, prevention occurs by reducing risk actors and increasing protective factors.
<b>Program Logic Model</b>	A systematic and visual way to present and share understanding of the relationships among the resources used to operate a program, the activities planned, and the expected changes or results to be achieved.
<b>Protective Factors</b>	<p>Protective factors are those qualities or situations that help alter or reverse expected negative outcomes. Stress-resistant or "invulnerable" individuals have common protective factors operating as two broad sets of developmental strengths:</p> <ul style="list-style-type: none"> <li>• external factors such as family, peers, school and community, and</li> <li>• internal factors or personality characteristics such as empowerment, self-control, cultural sensitivity, self-concept and social sensitivity.</li> </ul>
<b>Rationale</b>	The evidence that would support an approach, e.g., research, best practices, etc.
<b>Resilience</b>	The capability of individuals and systems (families, groups and communities) to cope with significant adversity or stress in ways that are not only effective, but tend to result in an increased ability to constructively respond to future adversity.

<b>Risk Factors</b>	Risk factors are disabling, cultural, economic, or medical conditions that deny or minimize opportunities and resources for optimal human development. Risk factors can be internal (within the person) or external (involving the family, school/work, and community).
<b>Social Inclusion</b>	For FCSS's purposes, "social inclusion" refers to the ability to fully participate in, contribute to, and benefit from all aspects of society.
<b>Social Well-Being</b>	How people experience their connections with others and the strength of those relationships.
<b>Theory of Change</b>	A Theory of Change statement provides us with an understanding of your projects focus and ultimate goal. It outlines the outcomes you want to achieve and how you are going to achieve your goal. This statement is intended to be a part of your program description.
<b>Vision Statement</b>	An inspirational and aspirational description of what an organization would like to achieve or accomplish in the mid-term or long-term future. It is intended to serve as a clear guide for choosing current and future courses of action.

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