

THE GOOD BEHAVIOR GAME SUCCESS IN THE CLASSROOM AND BEYOND

AIR CENTER FOR INTEGRATING EDUCATION
AND PREVENTION RESEARCH IN SCHOOLS

What is the Good Behavior Game?

The Good Behavior Game is a team-based classroom behavior management strategy which helps children master the role of student and be successful at the key demands of the classroom including sitting still, paying attention, and completing school work. Through GBG, children work together to create a positive learning environment by self-monitoring their own behavior as well as that of their classmates.

Teachers use GBG during the regular school day. As a strategy, not a curriculum, GBG does not compete with instructional time. In GBG classrooms there is less off-task and disruptive behavior and teachers have more time to devote to teaching.

GBG is built around four core elements integrating 1) classroom rules, 2) team membership, 3) monitoring of behavior, and 4) positive reinforcement to individuals and the group.



The AIR Center for Integrating Education and Prevention Research (Ed Prev Center), works with school districts and communities to plan and implement the Good Behavior Game.

The Good Behavior Game has...

Benefits for Teachers

Classroom behavior management is the number one reason for teacher burn-out. Teachers need tested tools, like GBG, to create environments conducive to teaching and learning.

In GBG classrooms there is less off-task behavior and less aggressive, disruptive behavior which means that teachers can dedicate more time to instruction.

Benefits for Students

GBG has been proven to reduce aggressive, disruptive behavior¹ and increase on-task behavior² for students by the end of first grade.

GBG has been proven to reduce aggressive, disruptive behavior³ and lower the age of first-time smoking for students by middle school⁴.

GBG has been proven to reduce students' use of mental health and behavioral services from 1st grade through young adulthood.⁵

References

¹Dolan et al. (1993). *Journal of Applied Developmental Psychology*, 14, 317-345

²Brown (1993). *American Journal Community Psychology*, 21, 635-664

³Kellam et al. (1994). *Journal of Child Psychology and Psychiatry*, 35, 259-281. Kellam et al. (1998). *Development and Psychopathology*, 10, 165-185.

⁴Kellam & Anthony (1998). *American Journal of Public Health*, 88, 1490-1495.

⁵Poduska et al. (2009). *Drug and Alcohol Dependence*

⁶Drug and Alcohol Dependence 2008: 95S Kellam et al.; Poduska et al.; Petras et al.; Wilcox et al.; and Brown et al..

⁷Petras et al. (2009). *Drug and Alcohol Dependence*



Long Term Benefits of the Good Behavior Game

Selected Outcomes at Young Adulthood ⁶ (age 19-21)	GBG classrooms	Standard Program classrooms	Risk Reduction
Lifetime Illicit Drug Abuse/Dependence Disorder			
➔All Males	19%	38%	50%
➔Males highly aggressive, disruptive in first grade	29%	83%	65%
Lifetime Alcohol Abuse/Dependence Disorder			
➔All males and females	13%	20%	35%
Smoking 10 or more cigarettes a day regularly			
➔All males	7%	17%	59%
➔Males highly aggressive, disruptive in first grade	0%	40%	100%
Antisocial Personality Disorder (ASPD)			
➔All males and females	17%	25%	32%
➔Males highly aggressive, disruptive in first grade	41%	86%	52%

The Good Behavior Game...

Reduces Smoking

The Centers for Disease Control and Prevention (CDC) estimates that cigarette smoking is responsible for 5.1 million years of potential life lost in the US every year and \$193 billion a year in health-related economic losses, including lost work hours.

* Centers for Disease Control and Prevention, <http://www.cdc.gov/tobacco/>

✓ **GBG has been shown to reduce the rate of regular cigarette smoking.**

Reduces Drug and Alcohol Abuse

The cost of drug and alcohol abuse is estimated to be more than \$245 billion a year including loss of life, illness, drug and alcohol abuse services, lost or lowered productivity, and crime. **National Institute on Drug Abuse, <http://www.drugabuse.gov/infacts/>

✓ **GBG has been shown to reduce the rates of drug and alcohol abuse.**

Reduces Violent and Criminal Behavior

Violent and criminal behavior is associated with drug and alcohol abuse and with Antisocial Personality Disorder (ASPD). The estimated cost per year associated with crime in the US is over \$450 billion. ***National Institute on Drug Abuse, http://www.drugabuse.gov/NIDA_notes/NNVol13N4/Abusecosts.html

✓ **GBG has been shown to reduce rates of delinquency and incarceration⁷ as well as rates of ASPD.**