Every school can now use Pride Surveys data to grow a better world with KERNELS...

Every month...
Major scientific journals reveal studies showing how our children, youth, families, businesses, and communities can have better futures. The studies show simple actions—done individually and in groups—improve health, reduce serious social problems such as crime and drug abuse plus increase well being, economic success, and save money. Scientists call these simple proven actions, evidence-based kernels™.

Every school...
Will be able to identify KERNELS™ that can get results by using Pride Surveys. Schools will not just data on problems; schools will have reports on how simple, low-cost “best practices” can reduce those problems.

Proven Kernels Can Increase or Improve...
- Reading and mathematics ability of all our children,2-7
- Academic success of children and youth,2-8,13
- High-school graduation,14-15
- The health of kids & adults,16,17
- The talents and abilities of our youth,18
- The character and social competencies of children & youth,19
- Public and school safety,20-22
- Workplace productivity or getting a job,23-27

Proven Kernels Can Decrease or Reduce...
- Health-care problems and related costs,16,28-29
- Costly criminal, safety & child maltreatment or bullying problems,14,15,28
- Failing grades and dropouts,15,31
- Developmental disabilities and need for special education,32
- All types of addictions,33-35
- Suicidal behaviors,36,37
- Mental disorder and symptoms in children, youth and adults,38-40
- Our taxes for costly problems,28,29

How are KERNELS linked to the Pride Surveys?
Every Pride Survey - The Pride Survey for Grades 6-12, The Pride Survey for Grades 4-6, The Risk and Protective Factor Survey, The Faculty and Staff Survey, The Parent Survey and The Communities that Care Survey will be linked to KERNELS to questions and outcomes, such as the National Outcome Measures (NOMs). You will get reports describing how a kernel might change that outcome and why. When viewing your Pride Surveys report on-line, you will be able to select recommended KERNELS for a school or district improvement plan.

Are these KERNELS credible?
Yes, KERNELS are scientifically proven to help people.1 KERNELS often reflect grandmotherly wisdom. Proven KERNELS are not expensive or hard to use. Adults, youth, organizations and our communities can choose and use KERNELS to change the present and the future for the better.1

People everywhere will soon be able to learn about KERNELS that help themselves or others they care about at a new website debuting in 2009 called, www.GiveSimpleGifts.com.

Simple Gifts partnership with Pride Surveys is a step forward in making our world a better place.
Why focus on small actions for big changes?
Many small daily acts of individuals, families, and organizations determine our safety, our health, our economic success, and our well being. Consider this: Our daily acts of relationship, leisure or play, eating, speaking, thinking and learning, predict how well adults do in their marriage, or how well children do in school next week. The big good or bad things in life depend on a thousand small events. KERNELS often change those small events quickly, and in ways almost anyone can see, hear and feel.

What is Happening With Kernels Around the Country? If many people in your area learn about, see in action, use, and receive recognition for KERNELS that improve health, safety, and well being on a daily basis, then your area will create a “tipping point” for a better present and future. There are many small efforts that all of us can undertake that yield big results in the present, as well as can improve all our futures.


7. Brown RE, Copeland RE, Hall RV. Effects of principal implemented procedures well as can improve all our futures.


