

# Worksheet

## Identifying and Mapping Youth Theory of Change

One method for identifying your theory of change is by asking yourself a series of questions utilizing the following format. Select a program that you would like to clarify your theory and begin by answering the “leads to” questions. ( lead with better, improved, increased, end with or reduction or delay in onset of ATOD )

### Example:

*Improved Parenting  
(objective 1)*

#### **Leads to**

*Improved  
Communication  
Reduced Hostility  
(objective 2)*

#### **Leads to**

*Improved Attention  
to School Work  
(objective 3)*

#### **Leads to**

*Improved academic  
Basic skills  
(objective 4)*

#### **Leads to**

*Improved Academic  
Performance  
(objective 5)*

#### **Leads to**

*Increased School  
Bonding  
(objective 6)*

#### **Leads to**

*Reduced Negative  
Peer Relationships  
(objective 7)*

#### **Leads to**

*Improved Parenting  
(objective 8)*

#### **Leads to**

*Reduction in  
Marijuana Use  
( Goal )*

Prevention Program: \_\_\_\_\_

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(better, improved, increased, reduced)*

#### **Leads to**

*(reduced or delay onset of)*

\_\_\_\_\_ ( Goal )