

# Strategies for Change

**No Hit Zones** promote **healthy relationships** and **safe environments** across the lifespan through various strategies that influence change in attitudes and behaviors. The four identified strategies for change include individual and environmental approaches to raise awareness, provide education, and foster necessary skills for positive outcomes.

Review the four **No Hit Zone** strategies for change and discuss how your organization can promote the effectiveness of your **No Hit Zone** program.

## **Provide information:**

**Purpose:** To raise awareness and provide education

**Examples:** Posters, brochures, Web-based communication, presentations, seminars, news stories

### **Questions to consider:**

1. How can your organization provide information individuals, families, and the community?
2. Where can informational No Hit Zone materials be placed in your organization?
3. Use ThisIsANoHitZone.org to review available materials and discuss ideas regarding how to increase your organization's ability to effectively provide information

## **Enhance skills of parents/caregivers and staff:**

**Purpose:** To teach and increase skills needed to achieve change or positive outcomes

**Examples:** Workshop/seminars designed to teach skills

### **Questions to consider:**

1. How can your organization support positive parenting and nonviolent conflict resolution skills for families in your community?
2. Can a No Hit Zone contact be identified within your organization to provide supportive consultation to staff?
3. How can your organization continuously improve staff intervention skills?

## **Promote a safe and supportive environment:**

**Purpose:** To explore environmental strategies or physical design options to prevent problems and promote positive behaviors

**Examples:** Distraction packets, welcoming atmosphere; plan for high-risk areas where hitting is more likely to occur, physical arrangement of room, placement of information

### **Questions to consider:**

1. Are there any high-risk areas within your organization where hitting is more likely to occur? What strategies can be developed to prevent a problem or reduce the risk?
2. What strategies could be put into place that promote positive behaviors?
3. Can certain areas of the organization incorporate child-friendly strategies?
4. Can any changes in the physical design of rooms be made to improve the safety of the environment?

## **Implement a No Hit Zone policy:**

**Purpose:** To support staff and provide parameters for No Hit Zone interventions conducted by staff

**Examples:** Organization No Hit Zone policy

### **Questions to consider:**

1. How will the policy be communicated to staff?
2. What are expectations or procedures for staff before, during and after a situation involving a No Hit Zone intervention?
3. How can the No Hit Zone be evaluated?

