

NEWS RELEASE

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School-Based Program Decreases Aggression

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May 10, 2023 — A new study from the Pacific Institute for Research and Evaluation (PIRE), Johns Hopkins Bloomberg School of Public Health, and Northwestern University finds that **the Good Behavior Game (GBG) decreases aggressive behavior among first grade boys**. GBG is a classroom management approach that rewards student teams for promoting and following classroom rules as the students monitor and manage their own behaviors.

In specific, the results of this important research show that:

- **Boys** who showed **aggressive behavior** in first grade and participated a full year of GBG **were less aggressive by third grade** than boys who did not receive GBG.
- First grade girls who participated in GBG were also less aggressive by third grade than girls who did not receive GBG.
- Inserting GBG into the curricula in teacher's colleges could better support student learning and behavior.

Author, **Dr. Hanno Petras** notes, "Drug and alcohol use disorders, antisocial personality disorder, delinquency, incarceration for violent crimes, and suicidal ideation occur more often in people who are more aggressive early in life. The Good Behavior Game supports teachers in improving elementary school students' classroom behavior". Petras continued, "Students learn cooperative skills and strengthen social connections with their classmates, and the Good Behavior Game improves teacher-child interaction, mental health and academic outcomes by young adulthood."

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Baltimore City Early Learning Director **Dr. Brenda Kelly** said that: “The Whole-Day Good Behavior Game was well received by teachers and administrators. Staff appreciated the strong support from study facilitators. Also, the well-prepared training materials enabled teachers to implement the program with ease.”

Source: Wilcox, H. C., Petras, H., Brown, H. C., & Kellam, S. G. (2022). Testing the Impact of the Whole-Day Good Behavior Game on Aggressive Behavior: Results of a Classroom-Based Randomized Effectiveness Trial. *Prevention Science*, 1-15. (<https://link.springer.com/article/10.1007/s11121-022-01334-y>) to be published in *Prevention Science* (<https://www.springer.com/journal/11121>)

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