

Learner: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

PAC Mentor: \_\_\_\_\_

Date: \_\_\_\_\_



# PAC Champion: Level 1

**Objectives:** Learners who are PAC Approved at Champion Level 1 will have viewed their PPA videos and are able to:

1. Complete all steps of Positive Physical Approach™ (PPA™), including Hand-under-Hand®, correctly in at least two of these scenarios:
  - a. Someone who is standing up
  - b. Someone who is sitting down
  - c. Someone who is approaching the learner
2. Use at least two Positive Personal Connectors (PPCs) to get connected
3. Use at least one Positive Action Starter (PAS) to initiate a task
4. Thank the person after every interaction, even just for trying

| Learner Skills   | Someone Standing | Someone Seated | Someone Approaching | Comments |
|--|------------------|----------------|---------------------|----------|
| <b>1. Use PPA to approach</b>  |                  |                |                     |          |
| a. Get into visual range   | Y / N            | Y / N          | Y / N               |          |
| b. Knock or announce self (not a conversation)   | Y / N            | Y / N          | Y / N               |          |
| c. Pause at 6 ft (edge of personal space)  | Y / N            | Y / N          | Y / N               |          |
| d. Greet and smile   | Y / N            | Y / N          | Y / N               |          |
| e. Move slowly (with hand offered in <i>handshake</i> position)                                    | Y / N            | Y / N          | Y / N               |          |
| f. Move from the front to the side (supportive stance)   | Y / N            | Y / N          | Y / N               |          |
| g. Greet with a handshake and your name  | Y / N            | Y / N          | Y / N               |          |
| h. Slide into Hand-under-Hand  | Y / N            | Y / N          | Y / N               |          |
| i. Get to the person's level (lean back or get low)  | Y / N            | Y / N          | Y / N               |          |
| <b>2. Use at least two Positive Personal Connectors (PPC) to make a connection</b>                 |                  |                |                     |          |
| a. Greet: <i>I'm __, and you are...?</i>   |                  |                |                     |          |
| b. Say something nice (compliment): <i>Oh, nice __</i>   |                  |                |                     |          |
| c. I share, then you share: <i>I like __, and you like __?</i>                                     | Y / N            | Y / N          | Y / N               |          |
| d. Notice something in the environment   |                  |                |                     |          |
| e. Be curious (explore a possible unmet need)  |                  |                |                     |          |
| <b>3. Use at least one Positive Action Starter (PAS) to initiate a task (meeting their agenda)</b> |                  |                |                     |          |
| a. Ask for help: <i>Oh, I could use your help.</i>   |                  |                |                     |          |
| b. Ask to try: <i>Let's just try.</i>  |                  |                |                     |          |
| c. Give a choice   | Y / N            | Y / N          | Y / N               |          |
| d. Short and simple: <i>It's about time for/to __.</i>   |                  |                |                     |          |
| e. Step by Step: <i>Lean forward; scoot your feet back...</i>                                      |                  |                |                     |          |
| <b>4. Thank the person after each try</b>  | Y / N            | Y / N          | Y / N               |          |

Champion Level 1 Approved: Y or N

Overall Comments: