



# **LET'S GET CLASSY**

**Empowering Youth Voice through Passion-Focused  
Curricula**

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# Vision and Mission

## VISION

All Colorado youth have **safe housing, supportive relationships** and the opportunity for **self-sufficiency and success.**

## MISSION

Urban Peak ignites the potential in youth to **exit homelessness** and create self-determined, fulfilled lives.

# LEARNING OBJECTIVES

- Conceptualize current models that create the foundation for successful youth programming
- Incorporate individual strengths and passions to design curricula that empower youth voice
- Discuss the importance of setting expectations that foster trust, transparency, leadership and group identity
- Produce a curriculum that integrates current models and specific passions of RHSY

# What Ignites Your Spark?

**ICE BREAKER ACTIVITY**

# What Ignites Your Spark? 2

1. What skills come naturally?
2. What three things did you truly enjoy doing today?
3. What gets your blood boiling? What's a problem in the world you'd love to fix?
4. What do you do with your free time?
5. What are/were your favorite subjects in school?
6. What people, places, or activities give you energy?
7. What are your values
8. When you're in a bookstore, what area are you drawn to?
9. What do others say you're good at?
10. What activities do you do where you lose track of time?

# Peter Benson's Findings

## Spark

“Interests and passions young people have that light a fire in their lives.”

## Thriving

Spark + Support

**66%** of youth can identify their spark

**55%** of youth said they received support for their spark

**33%** of youth identified youth organizations help develop their spark

# What is Positive Youth Development?

An intentional, **pro-social** approach that engages youth within **their environment** in a manner that is **productive and constructive**; recognizes, utilizes and enhance **young people's strengths**; and promotes **positive outcomes** for young people by **providing opportunities**, fostering positive and **authentic relationships**, and furnishing the **support** needs to **build their leadership** strengths.

*~ Interagency Working Group on Youth Programs*

# What is Positive Youth Development? 2

## Key Elements of PYD Programs

1. Physical and psychological safety
2. Supportive relationships
3. Opportunities to belong
4. Support for efficacy and mattering
5. Positive social norms
6. Opportunities for skill-building
7. Appropriate structure
8. Integration of family, school, and community efforts



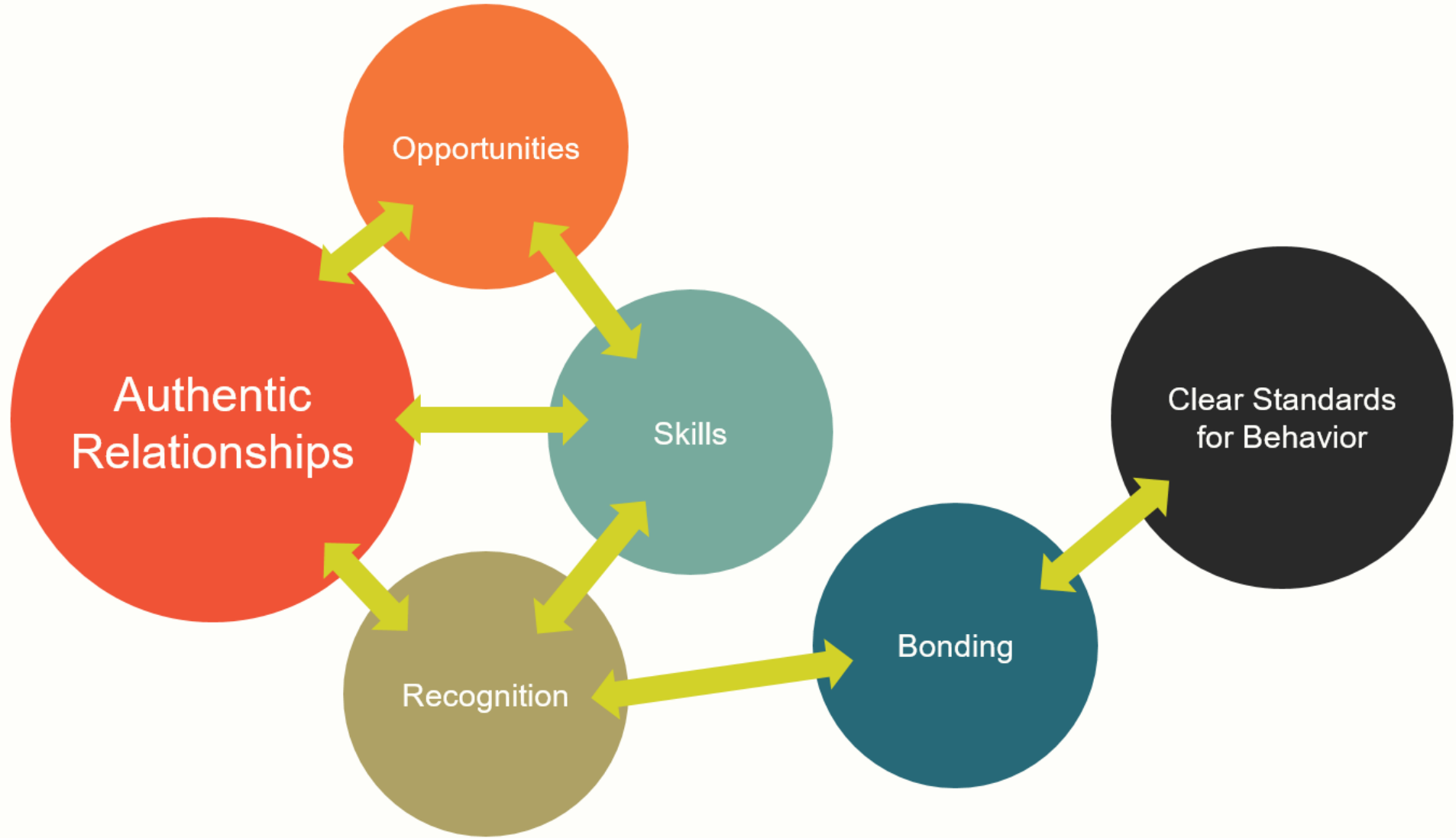
# PYD Models

- Competence
- Character
- Connection
- Confidence
- Caring/ Compassion =
- Contribution
- Strengths-based
- Inclusive
- Youth as Partners
- Collaborative
- Sustainable

~ *R. Learner, 2014*

~ PYD in Action.org

# Social Development Strategy

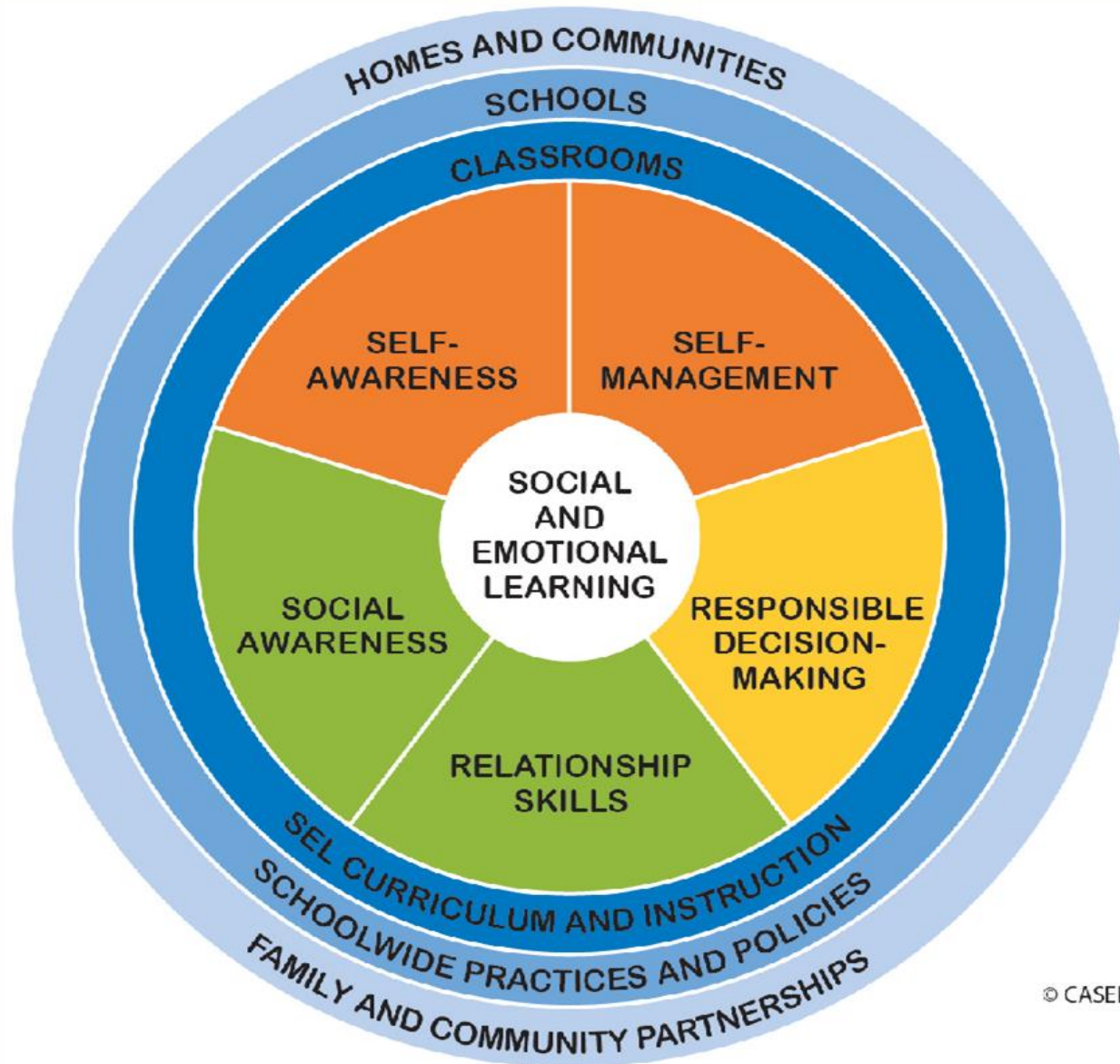


# Video: Social-Emotional Learning: What is SEL and Why SEL Matters



[Social-Emotional Learning: What Is SEL and Why SEL Matters](#)

# Social and Emotional Learning (SEL)



- Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

# Staff-Created Curricula

## Volunteer and Intern Led

- Voting Forum
- Ladies Lunch
- LGBTQI+
- Morning Mindfulness
- Art
- Yoga
- Music Studio

## Staff Led

- Connections
- Coping Skills
- Cooking Up Culture
- Sensory Class
- Writing
- Community Council

# Youth-Led Classes

- Mesopotamia History
- Chakra Activation
- Music with T-Slow
- Soul Food Class
- Spartan Culture
- Tie Dye Day
- Origami
- Angry Poets

# Benefits To Youth Led Classes

- Empowers youth through unique opportunities
- Utilizes strength-based approach
- Shifts power dynamic between youth and staff
- Resume builder for clients who have limited work experience
- Creates an opportunity to develop positive attitudes, skills, and behaviors
- Promotes the need to regularly schedule one's day and to create set plans
- Provides structure which helps with brain trauma and injury
- Increases efficiency and builds motivation
- Affirms youth that they are smart, capable, and skilled
- Helps participants to better prioritize and creates determination/will power
- Builds self confidence
- Strengthens leadership and communication skills

# CLASS EXPECTATIONS

- Respect: what does this mean for us today?
- Use the 4 Agreements
- Take a break and step away if needed
- E.L.M.O
- One Mic One Diva
- What expectations do you have of us?



# Create Your Own Curriculum

**ACTIVITY**

# Create Your Own Curriculum Activity

## Create Your Own Curriculum

**TITLE**


**OBJECTIVES**

1.
2.
3.
4.

**TOPICS**

1.
2.
3.
4.

**MATERIALS**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

**INTRODUCTION**




## Create Your Own Curriculum

**CALMING ACTIVITY**


**EXPECTATIONS**

1.
2.
3.
4.
5.

**INSTRUCTION**


**DISCUSSION**




Questions/Comments

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