

Strengthen Your Positive Youth Development Mindset!

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National Runaway and Homeless
Youth Grantees Training
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Objectives

Participants will be able to

- identify core principles of positive youth development
- apply a strength-based approach
- identify two ways to apply training material to their work

Positive Youth Development History

NEW YORK STATE

Advancing Youth
Development Partnership

1998 - 2012

Positive Youth Development
101 Curriculum

2015

New Positive Youth
Development Online Courses

2016 - 2018

Target audience

Youth Workers

Program Directors

Volunteers

Parents

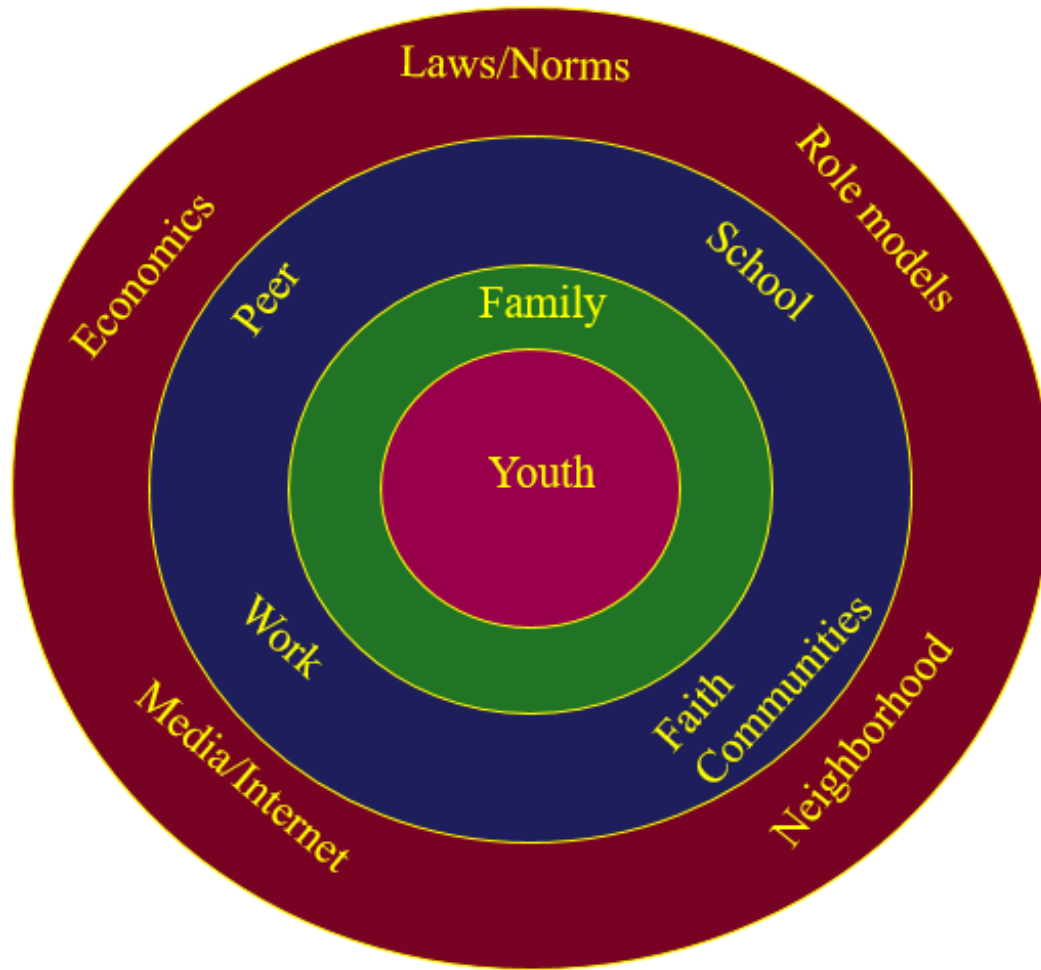


What is Positive Youth Development?

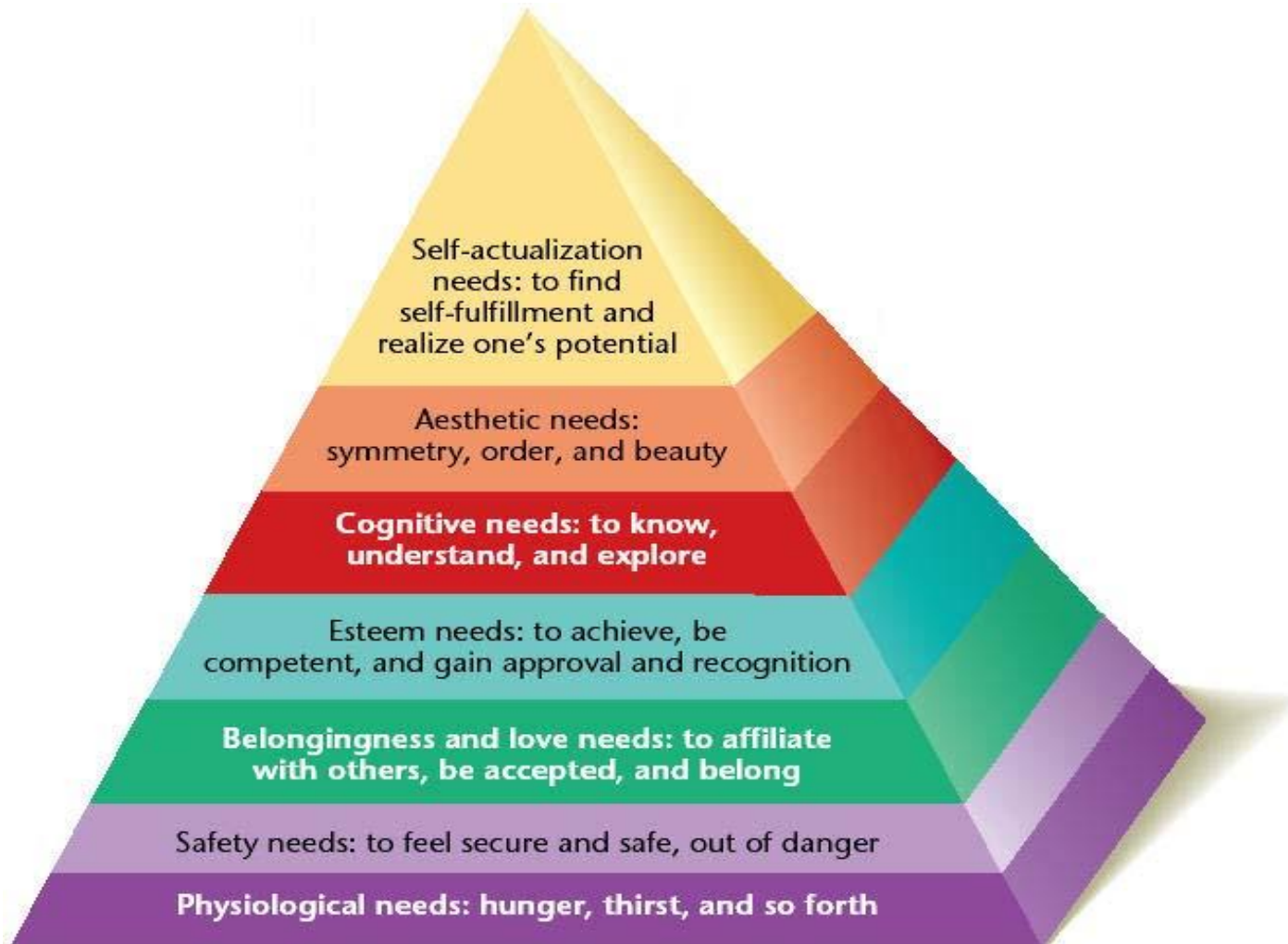
- A. Child and adolescent development?
- B. Youth programs?
- C. A philosophy or approach?

Ecology of Human Development

Urie Bronfenbrenner



Maslow's Hierarchy of Needs



Social Toxicity

Social factors that poison youths' well-being
and healthy development

James Garbarino.1995

Can you name a few?

Supportive Research

Prevention Research:

What predicts and prevents poor health outcomes?

Resiliency Research:

What explains success despite the odds?

Youth Development Research:

What predicts and promotes thriving?

Defining Positive Youth Development

A philosophy or approach that guides communities in the way they organize programs, supports and opportunities so that young people can develop to their full potential.

Focus on building positive outcomes

Youth voice and engagement

Long-term involvement/Developmentally appropriate

Universal/Inclusive

Community-based/Collaborative

Positive Youth Development Manual

The screenshot shows the ACT for Youth website interface. At the top, there is a blue header with the ACT for Youth logo on the left and the tagline "Your Online Source for Positive Youth Development" on the right. Below the header is a yellow navigation bar with links for "Youth Development", "Adolescence", "Sexual Health", "Publications and Events", and "About Us". A search bar is located in the top right corner of the header. The main content area has a breadcrumb trail: "Home > Youth Development > Youth Work Professionals > Positive Youth Development 101". On the left side, there is a "Feature Section" menu with "Youth Work Professionals" highlighted in yellow. Below this menu is a list of sub-sections: "Professional Development", "Positive Youth Development 101" (highlighted in blue), "PYD 101 Online Courses", "Competencies", "Facilitation Tips", "Teaching Techniques", "Inclusiveness", "Self-Care", and "Social and Emotional Learning Toolkit". At the bottom of the menu is a yellow box that says "Find new resources each month in the ACT for Youth newsletter". The main content area features the title "Manual: Positive Youth Development 101" in blue, with a "printer-friendly" link below it. The text describes the manual as an orientation for professionals new to youth work. To the right of the text is a photograph of a woman in an orange jacket speaking. Below the text is a list of three key outcomes: 1. Positive Youth Development, 2. Positive Youth Outcomes, and 3. Youth Voice and Engagement.

Your Online Source for Positive Youth Development

Search

Youth Development Adolescence Sexual Health Publications and Events About Us

Home > Youth Development > Youth Work Professionals > Positive Youth Development 101

Feature Section

Youth Work Professionals

Professional Development

Positive Youth Development 101

PYD 101 Online Courses

Competencies

Facilitation Tips

Teaching Techniques

Inclusiveness

Self-Care

Social and Emotional Learning Toolkit

Find new resources each month in the ACT for Youth newsletter


Manual: Positive Youth Development 101

printer-friendly

The Positive Youth Development 101 curriculum offers an orientation to the youth development approach for professionals new to the field of youth work. Use this free curriculum to provide professional development to new youth workers, supervisors and administrators, funders, and community volunteers.

The 10-hour curriculum is structured in five distinct sections, each of which may be presented as a stand-alone workshop:

1. **Positive Youth Development:** theoretical underpinnings and key principles of positive youth development; brief review of adolescent development
2. **Positive Youth Outcomes:** positive outcomes and strategies to build these outcomes
3. **Youth Voice and Engagement:** opportunities for meaningful engagement; overcoming adulthood



http://www.actforyouth.net/youth_development/professionals/manual.cfm

PYD Online Courses



The screenshot shows the ACT for Youth website interface. At the top left is the logo for ACT for Youth, featuring a stylized figure above the letters 'ACT' and 'YOUTH'. To the right of the logo is the tagline 'Your Online Source for Positive Youth Development'. Below the tagline is a search bar with the text 'Search' and a magnifying glass icon. A navigation menu below the search bar includes links for 'Youth Development', 'Adolescence', 'Sexual Health', 'Publications and Events', and 'About Us'. The main content area shows a breadcrumb trail: 'Home > Youth Development > Youth Work Professionals > PYD 101 Online Courses'. On the left side, there is a 'Feature Section' menu with the following items: 'Youth Work Professionals' (highlighted in yellow), 'Professional Development', 'Positive Youth Development 101', 'PYD 101 Online Courses' (highlighted in blue), 'Competencies', 'Facilitation Tips', and 'Teaching Techniques'. The main content area displays the title 'PYD 101 Online Courses' in blue, with 'printer-friendly' written below it. Below the text is an illustration of a diverse group of people standing in front of a city street with buildings.

http://www.actforyouth.net/youth_development/professionals/online_courses.cfm

Building Positive Outcomes

Competence

Confidence

Character

Caring

Connection

Contribution



Features of a Strength-Based Approach

- People are active participants in the helping process (empowerment)
- All people have strengths, often untapped or unrecognized
- Strengths foster motivation for growth
- Strengths are internal and environmental

Source: Saleebey, Dennis. 1992. *The Strengths Perspective in Social Work Practice*. Longman: White Plains, NY

Sparks



"A spark is something that gives your life meaning and purpose. It's an interest, a passion, or a gift."

Dr. Peter Benson, Search Institute

<http://www.search-institute.org/sparks>

Activity

Think back to your teen years.

What were your sparks?

Who were your spark champions?



What is Youth Engagement?

Let us take a look at the online course: Youth Engagement and Voice

<https://www.pyd101.net/>

In this unit we will explore what we mean by youth engagement and why it is important for young people and adults in programs, agencies, and communities.



[View PDF Transcript](#)

Youth Engagement

... can be defined as involving youth in responsible, challenging action that meets genuine needs, with the opportunity for planning and/or decision-making affecting others...

there is mutuality in teaching and learning (between youth and adults) and ... each group sees itself as a resource for the other and offers what it uniquely can provide.

National Commission on Resources for Youth, 1974

Meaningful Roles

Influence



Shared Leadership

Voice and Consultation

Participation

Opportunities



Activity 2

Just imagine you have been successful in establishing meaningful roles for young people.

Imagine that half of the decision power in your agency is now in the hands of youth.

What does it look like?

What makes it exciting?

What makes it scary?

Obstacle: Adulthood

...the behaviors and attitudes
which flow from negative
stereotypes adults hold about
youth.

John Bell, 1995



http://nuatc.org/articles/pdf/understanding_adultism.pdf

Poll: Youth-Adult Partnerships

Think about your own agency or program and respond to the following statements.

- A. The idea of engaging youth in decision making excites me.
- B. Youth have the right to be heard on matters impacting their lives.
- C. The idea of engaging youth in decision making makes me nervous.
- D. Our program/agency regularly solicits the input of young people.

Preparing Adults and Youth

Let us go back to the
online course to check
out the resources

<https://www.pyd101.net/>



Features of Positive Youth Development Settings

Physical and Psychological Safety

Appropriate Structures

Supportive Relationships

Opportunities to Belong

Positive Social Norms

Support for Efficacy and Matterering

Opportunities for Skill Building

Integration of Family, School and Community Efforts

National Research Council (2002)

Helpful Strategies and Tools

Involve youth in planning activities and programming

Hands-on learning/experiential learning

Focus on the process: reflection and critical thinking

Use multiple intelligences

Collaborative learning

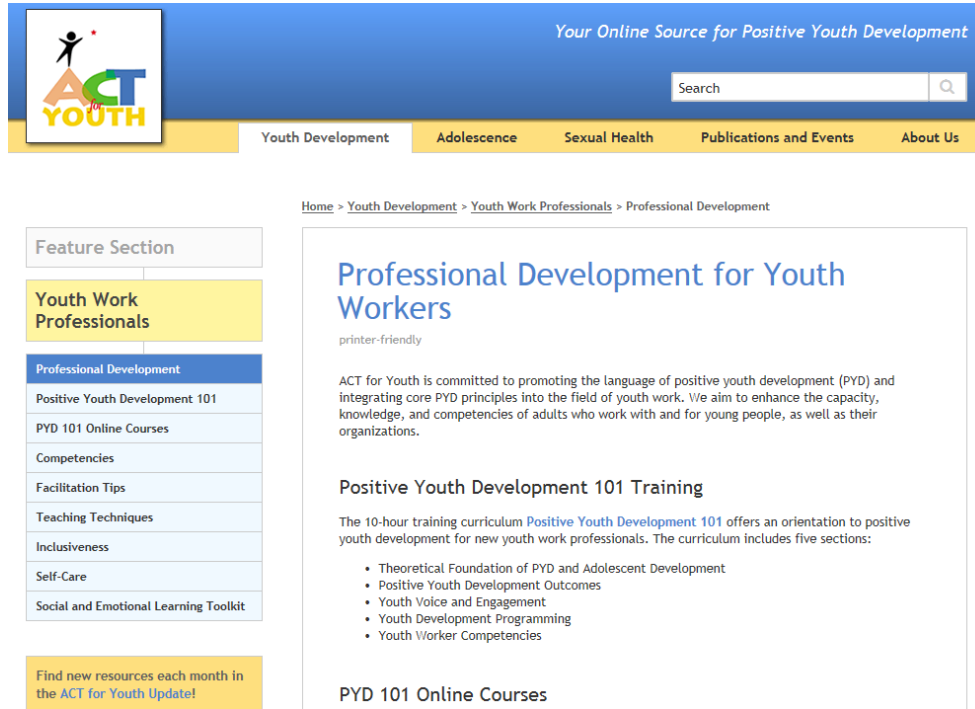
Activity 3

Have you heard
about scaffolding?

Let us practice.



Resources: ACT for Youth



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Home > [Youth Development](#) > [Youth Work Professionals](#) > Professional Development

Professional Development for Youth Workers

[printer-friendly](#)

ACT for Youth is committed to promoting the language of positive youth development (PYD) and integrating core PYD principles into the field of youth work. We aim to enhance the capacity, knowledge, and competencies of adults who work with and for young people, as well as their organizations.

Positive Youth Development 101 Training

The 10-hour training curriculum [Positive Youth Development 101](#) offers an orientation to positive youth development for new youth work professionals. The curriculum includes five sections:

- Theoretical Foundation of PYD and Adolescent Development
- Positive Youth Development Outcomes
- Youth Voice and Engagement
- Youth Development Programming
- Youth Worker Competencies

PYD 101 Online Courses

http://www.actforyouth.net/youth_development/professionals/

Contact Information

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