🏋 Youth Development 🏋

The Origins…
Shifting from deficit focused programming to the Youth Development approach

Deficit Model Strategies:	Youth Development Strategies:
✗ Problem Fixing	✓ Healthy Development
✗ Single program/single problem approach	✓ Continuity across settings, community-wide strategies
✗ Youth seen as service recipients	✓ Youth are active participants
✗ Rely on public institutions and systems outside young people's communities to treat or prevent young people's problems	✓ Strengthen young people's natural support system (families, schools, neighborhoods)
✗ Different interventions for at risk youth	✓ Equity: the same positive supports and opportunities for all young people

Critical features of the Youth Development framework…

Safety
Safety means that young people feel both physically and emotionally safe. Young people must:
>Feel secure that adults will protect them from harm.
>Know that they are protected by a set of fair and consistently applied rules.
>Feel secure that they will be valued and accepted by the group.

Relationship Building
Relationship building means that young people:
>Experience emotional and practical support from adults and peers.
>Experience guidance from adults.
>Build knowledge of adults and peers.

Youth Participation
Meaningful youth participation means that young people:
>Have opportunities to participate in decision making.
>Have opportunities to develop and practice leadership.
>Experience a sense of belonging.

Community Involvement
Community involvement means that young people:
>Build knowledge of the community beyond the program.
>Have a chance to give back to the community.
>Experience a sense of connection to a larger community.

Challenging and Engaging Learning Experiences
Challenging and engaging learning experiences mean that young people:
>Are motivated to learn because activities interest them.
>Have the chance to stretch their skills, knowledge and abilities.
>Internalize a sense of mastery and competence.

Youth Development

Our Words Matter!

Deficits   **Assets**

Hyperactive _____

Impulsive _____

Loud _____

Stubborn _____

Bossy _____

Argumentative _____

Tests Limits _____

Impatient _____

Disobedient _____

Angry _____