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Effective Programs for Youth

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Section A

What Doesn't Work? What Does?

Ineffective Strategies

- Evaluation research has repeatedly shown that *problem reduction* interventions alone directed at youth are rarely effective

Ineffective Strategies for Violence Prevention

- Scare tactics
- Segregating aggressive students
- Short-term interventions

Ineffective Strategies for Violence Prevention

- Scare tactics
- Segregating aggressive students
- Short-term interventions
- Identification of the pre-violent adolescent
- Focus on providing information
- Focus on self-esteem only

Ineffective Strategies for Teen Pregnancy Prevention

- Providing information alone
- Scare tactics
- Short-term interventions

Ineffective Strategies for Teen Pregnancy Prevention

- Providing information alone
- Scare tactics
- Short-term interventions
- Abstinence only
- Contraception only
- School-based services

What Works?

- What does research show us about what works to improve youth health outcomes?

Positive Outcomes for Youth Interventions

- Programs that incorporate more elements of positive youth development appear to be more effective in achieving their goals
- Programs that strengthen adult-adolescent relationships appear to have better outcomes
- Long-term programs with a strong youth participation component are most effective

Effective Strategies for Violence Prevention

- Build supportive (adult-youth) relationships
- Have clear principles, objectives, and theoretical frame
- Recognize strengths of communities
- Build on resiliency of youth

Effective Strategies for Substance Abuse Prevention

- In substance abuse prevention, effective programs include many elements of positive youth development
 - Skills training
 - Providing life options
 - Linking youth to social contexts (adults, school, community institutions)
 - Expanding youth participation
 - Empowering communities to control drugs

Youth Development

- We see that youth development is central to effective youth health programs



Youth Development

- What is meant by **youth development**?
- And how does that relate to risk, resiliency, and other programmatic approaches?