Section B

Positive Youth Development as a Strategy to Improve Youth Health
Resiliency

- **Resiliency**: the capacity to recover and maintain adaptive behavior after insult
Risk Factors

- **Risk factors** refer less to outcome behaviors (for example, risk-taking) and more to factors that limit the likelihood of successful development
Stress is the personal interpretation and subjective experience of risk.
Stress

- Stress is influenced not only by the event but the meanings an individual ascribes to it.
Resiliency and competency are central themes of positive youth development.
Resilience

- The construct of resilience is closely linked with prevention
Positive youth development is defined as participating in pro-social behaviors and avoiding health-compromising and future-jeopardizing behaviors.
Tenet of Positive Youth Development

- Positive youth development has as a basic tenet:
  - Youth are resources to be developed—not problems to be fixed

Source: Pittman
Youth Development Approaches

- Youth development approaches focus on:
  - Improving adolescent knowledge, attitudes, norms, skills
  - Preparing young people for adult life

Predispositions to Risk; Protection from Harm

- What do we know about what predisposes to risk, and what protects young people from harm?
Connections Count

- Parent and family connections
- School connections
- Peer connections

School Counts

- School achievement
- School involvement
- School climate

Photo source: http://www.census.gov/pubinfo/www/broadcast/photos/index.html
Education Is a Component of Positive Youth Development

- In developing countries, the strong association between schooling and positive outcomes has been well described.
- There is a strong, inverse relationship between education and number of children.
- Academic performance is inversely correlated with every risk factor of adolescence.
- As education goes up, cigarette-smoking declines.
Parents Count

- Parent availability
- Parent expectations for school performance
- Parent values

Photo source: http://www.census.gov/pubinfo/www/broadcast/photos/index.html
Fewer Protective Factors

- Young people who are “at risk” for health-jeopardizing behaviors and outcomes have:
  - Higher exposure to risk-predisposing risk factors
  - Fewer protective factors than peers
Protective Factors Moderate Risk

- Increasing protective factors does not eliminate risk
  - It moderates it
A positive youth development framework provides:

- Safety and structure
- Belonging and group membership
- Self-worth and contributions
- Independence and control over one’s life
- Competence
- Closeness with peers and nurturing adults
Requirements for the Healthy Development of Youth

- Participate as citizens
  - As members of a household
  - As workers
  - As members of the neighborhood and larger community
- Gain experience in decision making
- Interact with peers and acquire a sense of belonging
- Reflect on self in relation to others and discover self by looking outward as well as inward

Source: G. Konopka, 1993
Requirements for the Healthy Development of Youth

- Discuss conflicting values and formulate their own value systems
- Experiment with their own identity, with relationships to other people, with ideas
  - Try out various roles without having to irrevocably commit to any
- Develop a feeling of accountability in the context of a relationship among equals
- Cultivate a capacity to enjoy life

Source: G. Konopka, 1993
The Five Ps that Promote Development

1. **Possibilities and preparation**
   - Development is linked to the range and quality of appropriately challenging and supportive opportunities for exploration, learning, and individual growth

2. **Participation**
   - Engagement and active involvement of young people

3. **People**
   - Engagement is mediated through people
   - Relationships are key

Source: Pittman and Zelden, 1995
4. **Place and pluralism**
   - Development occurs within and is profoundly influenced by contexts
   - Environments have physical, social, cultural, and philosophical dimensions

5. **Partnerships**
   - Development requires partnerships among players
     - Youth, family, service providers, and community

Source: Pittman and Zelden, 1995
Institutions and Youth Development

Five aspects of institutions that enhance youth development

1. Provide youth choices and control over things that affect their lives
2. Have a safe place to be themselves
3. Be treated with dignity and respect
4. Have access to relationships that create connections and connectedness
5. Be surrounded by hope and promise

Source: Berry, 1995
PCAP Model

People: an adult who cares, who is connected; a network of adults involved in the life of the adolescent

Contributions: the opportunities to contribute to family, neighborhood, community, youth involvement

Place: a place where youth can congregate to recreate (with adult supervision) to develop friendships

Activities: school and community activities that develop a sense of connection/belonging

The Adolescent