Positive Youth Development I: Foundations

ACT for Youth

June 8, 2021

Agenda

- Checking in: What is PYD?
- Review of theoretical foundation and supportive research
- Defining positive youth development
- Themes of adolescent development
- References

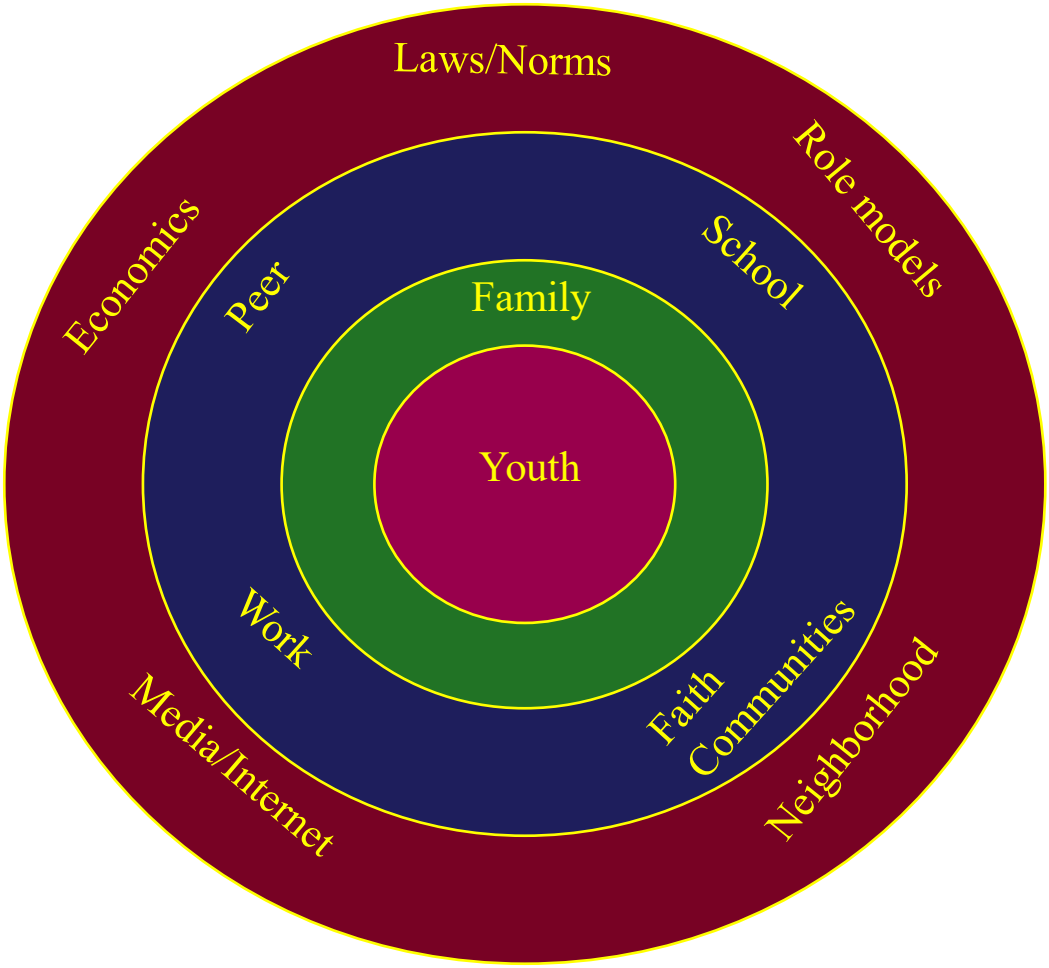
What is Positive Youth Development (PYD)?

Poll: When you hear the words ‘positive youth development’, what do you think of?

- Child and adolescent development
- Youth services and programs
- A philosophy or approach of working with young people

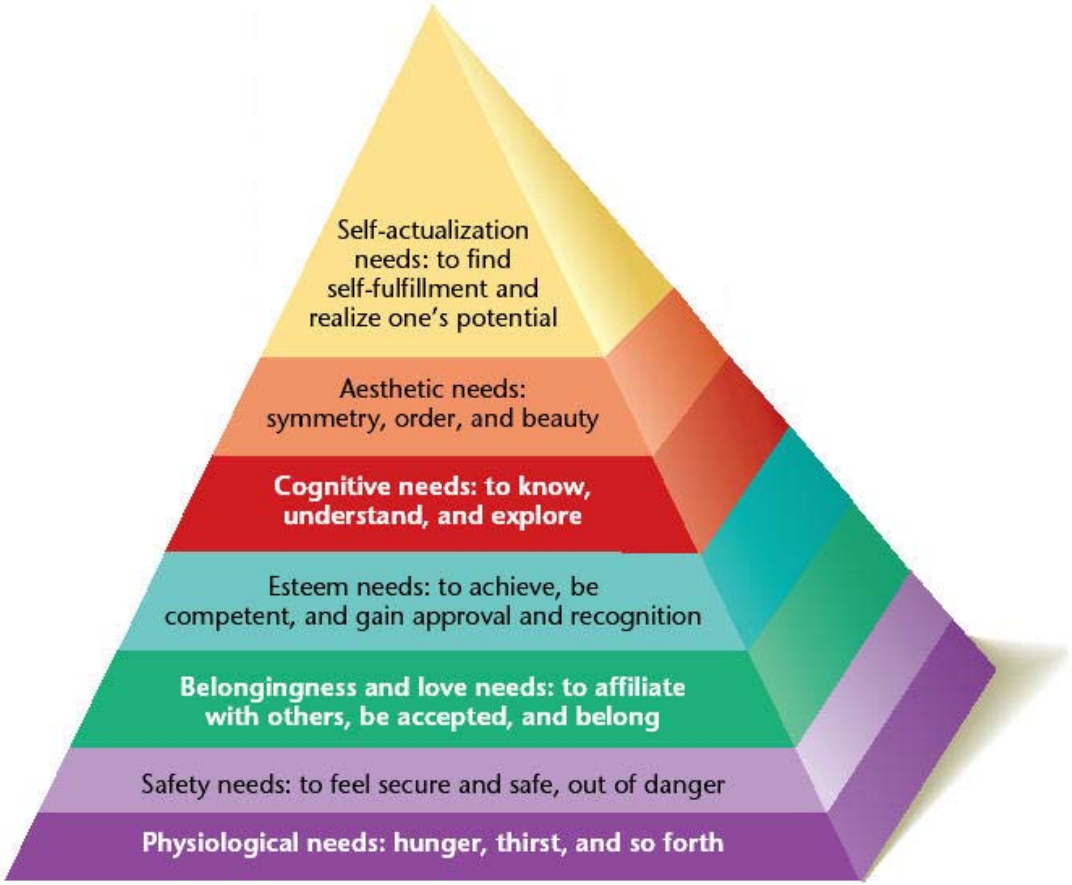
PYD Foundation
Theories and Research

Ecological Model of Development



- Reciprocal process
- Agency

Maslow's Hierarchy of Needs



Social Toxicity

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

Inequity and Adolescence

Outcomes for Poor, Black, Latinx and LGBTQ Youth

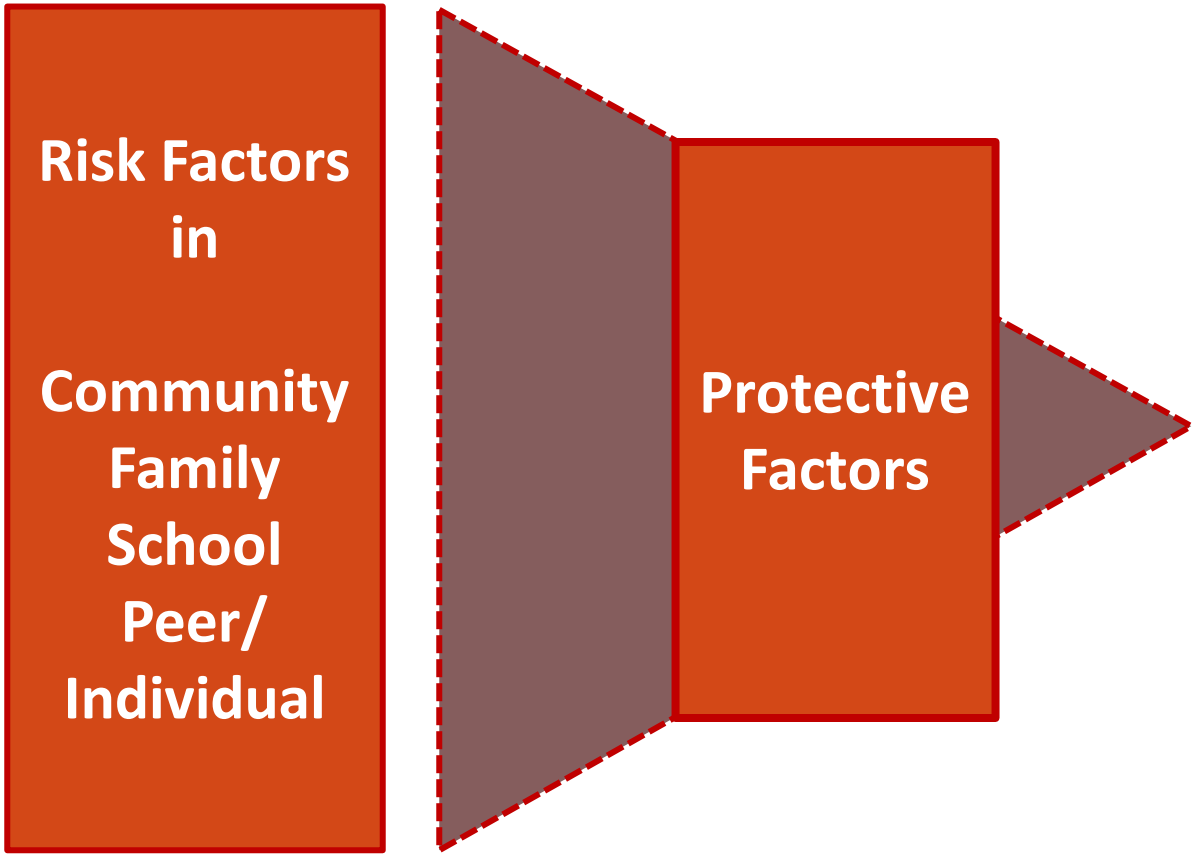
Lower High School & College Graduation

Poor Health Outcomes (pregnancy, STI, HIV, substance abuse)

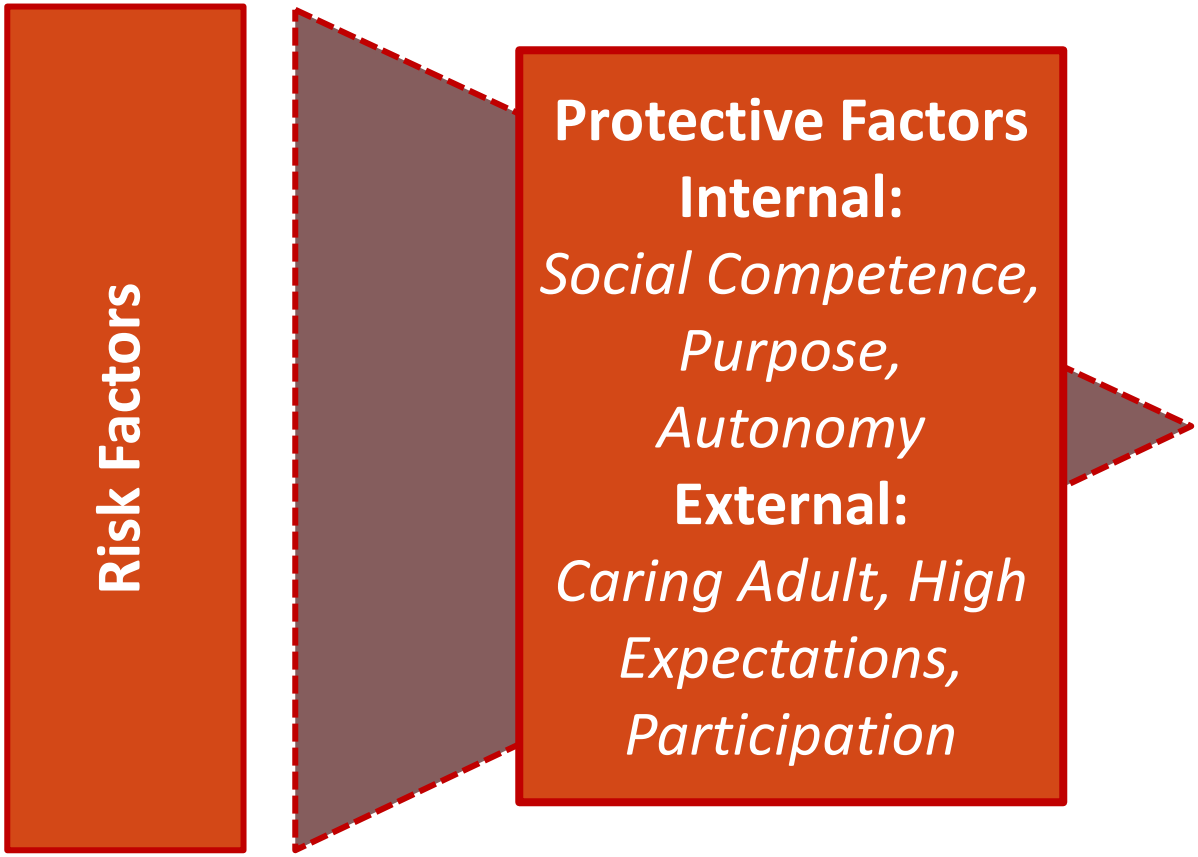
Higher Rates in Detention Rate, Foster Care Placement

National Academies of Sciences, Engineering, and Medicine. (2019). The Promise of Adolescence

Supportive Research: Prevention



Supportive Research: Resiliency

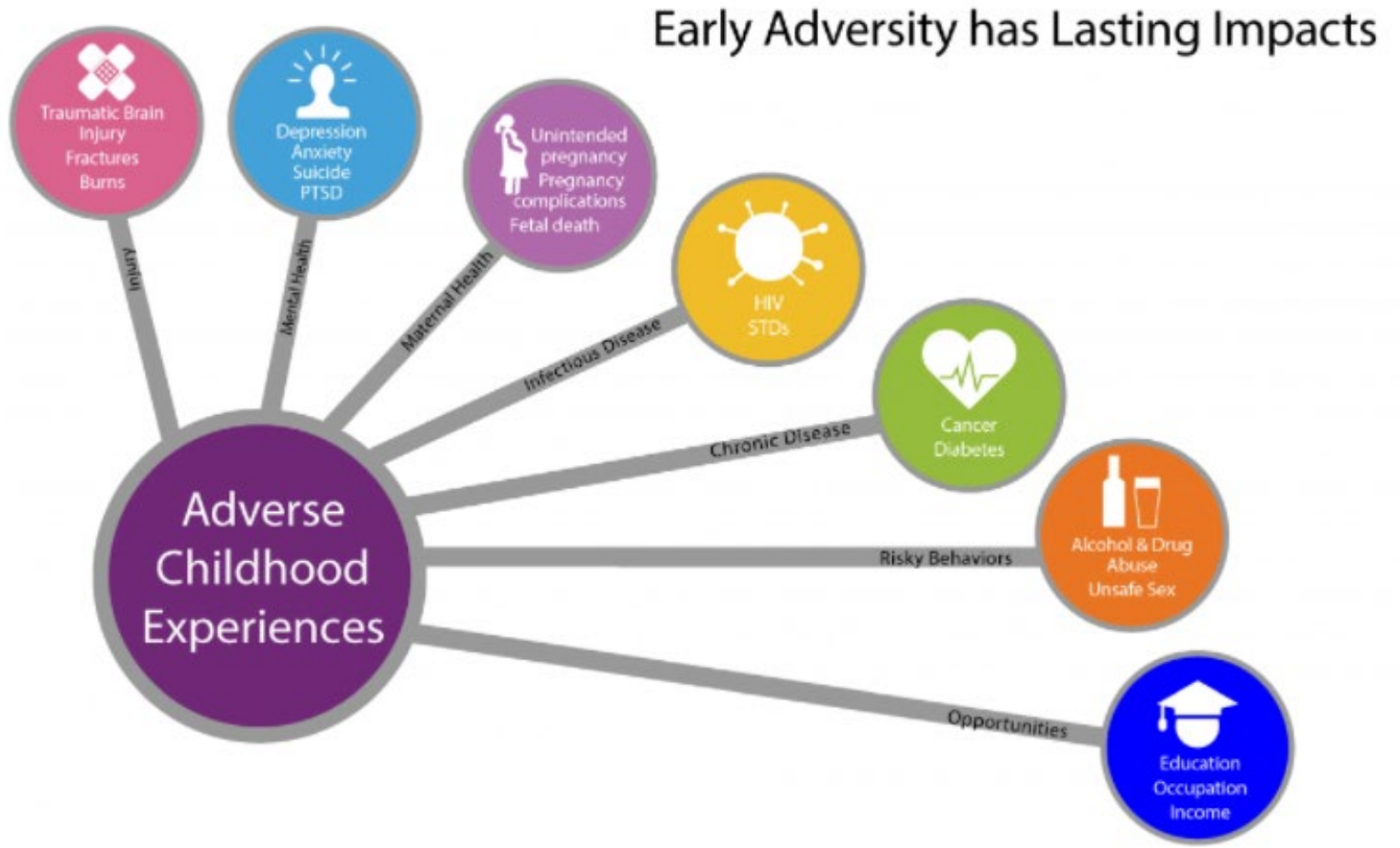


Interplay of Risk and Protective Factors

3 and more risk factors
increase likelihood of problem behaviors

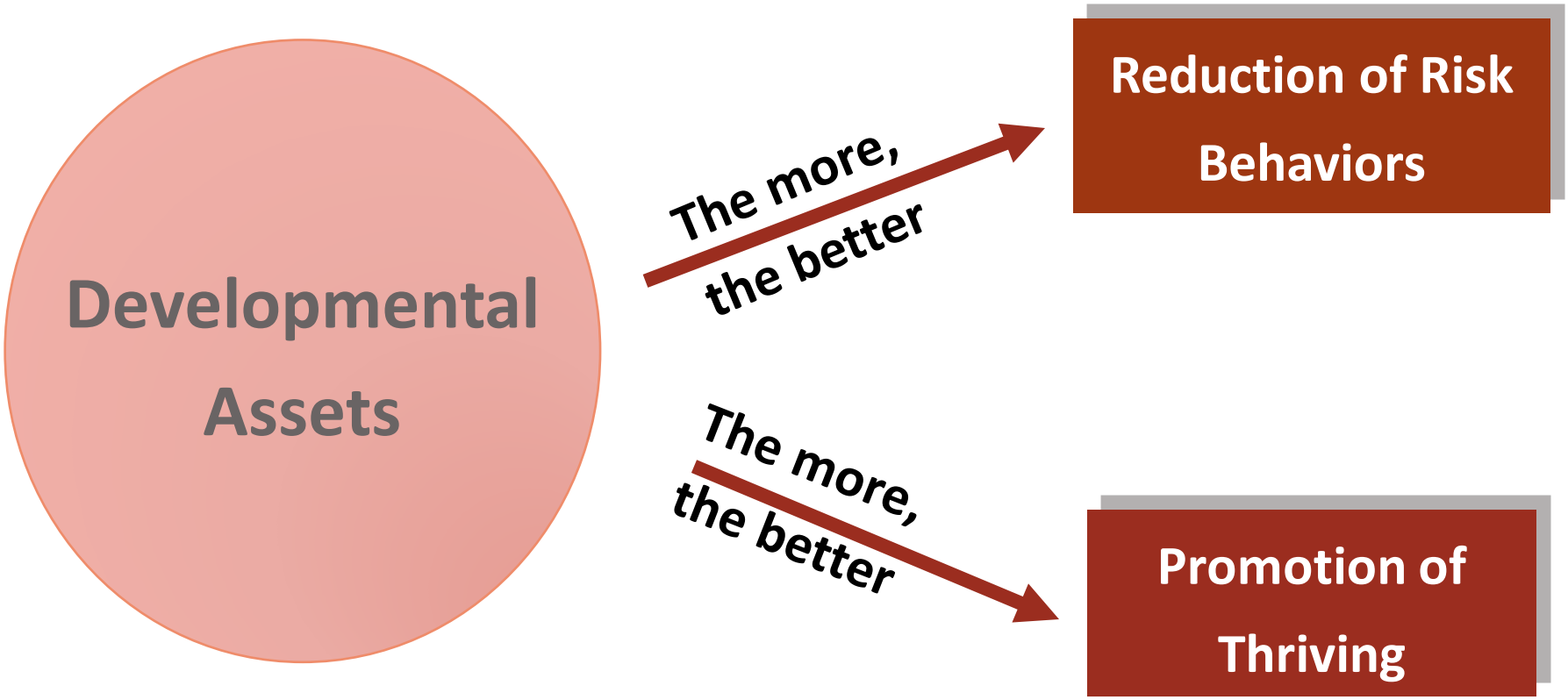
Low number of risk factors associated with lower prevalence of problem behaviors

Protective Factors
buffer risk factors



About the CDC-Kaiser ACE Study |Violence Prevention|Injury Center|CDC

Supportive Research: Youth Development



Emerging Science of Learning and Development (SOLD)

Brain Development

Pamela Cantor et al. 2018

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

Adolescent Development - A Time of Vulnerability and Opportunity

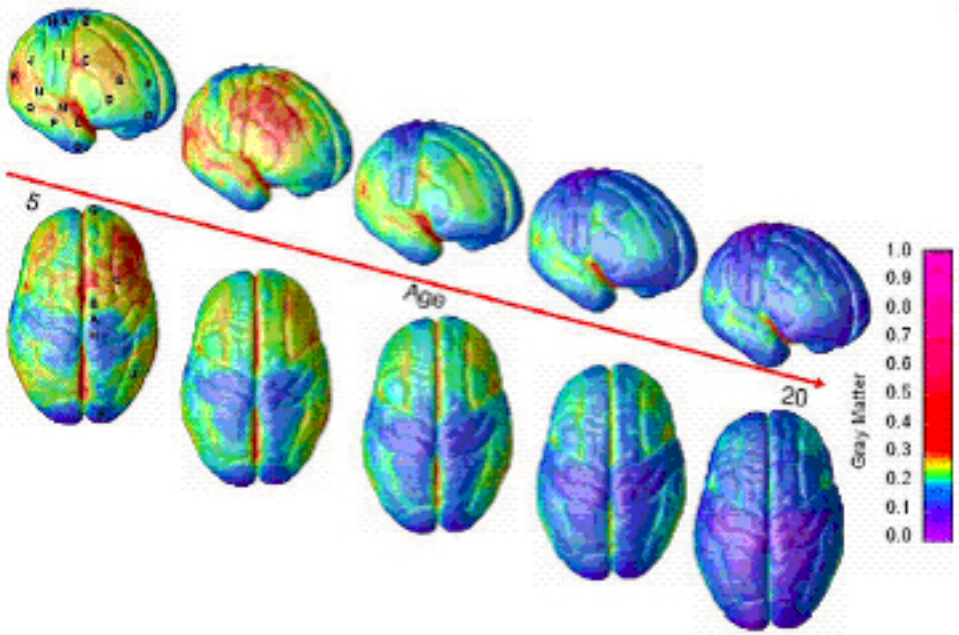
It All Starts with Puberty

Average age
Female: 8-10
Male: 10 -12

Variation in
- Timing
- Tempo

Timeline of Brain Development

- Birth to 3 -- Time of rapid intellectual, emotional & physical growth of brain & brain “wiring”
- By age 6 -- 95% of brain development completed
- By age 10-12 -- 2nd major brain growth spurt
- Adolescents (13-20s) Pruning and organizing

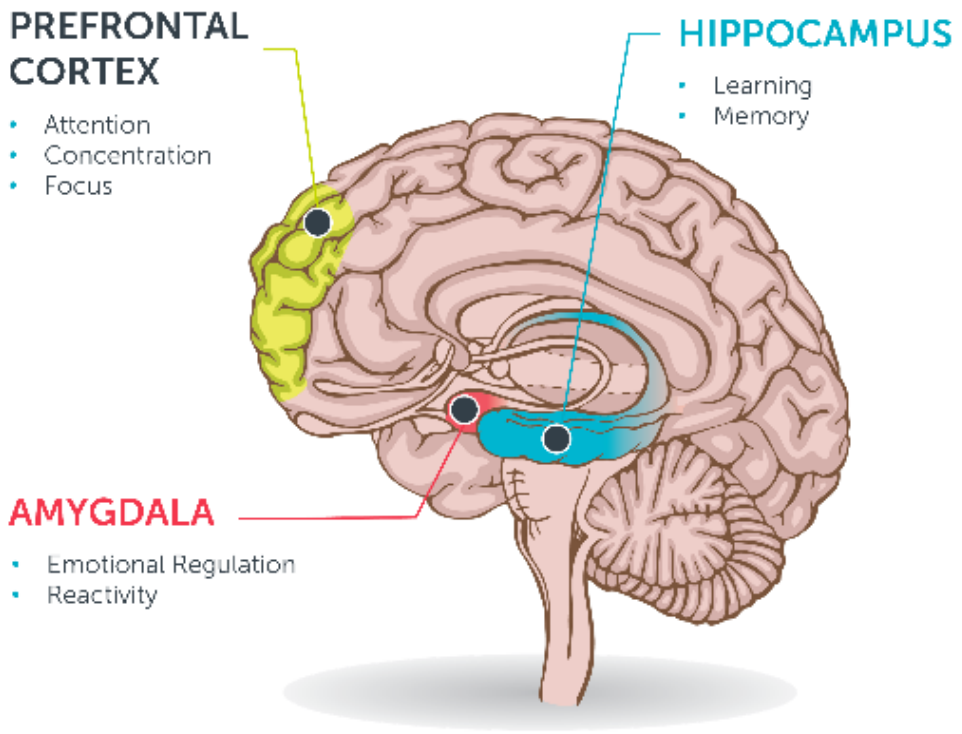


Adolescent Brain Development

https://www.youtube.com/watch?v=dISmdb5zfiQ

Adolescent Brain Development

- Period of growth
- Brain centers still maturing
- Imbalance: Emotional brain in the driver's seat



Vulnerability & Opportunity

Increased injury/morbidity

Increased risk taking and thrill seeking, substance and alcohol use, mental health issues

Trying out new things, developing own identity

Civic engagement; create social change

Early adapters; innovation focused

Skills become more efficient

Tasks of Adolescence

Adjust to maturing bodies and feelings

Develop/apply abstract thinking skills

Develop/apply more complex perspective taking

Renegotiate relationship with adults

Develop/apply new coping skills

Take on increasingly mature roles and responsibilities

Sense of purpose, agency & autonomy

Identify moral standards, values, and beliefs

Develop identity (different aspects)

Form friendships that are close and supportive

Understand/express more complex emotional experiences

Identity Formation

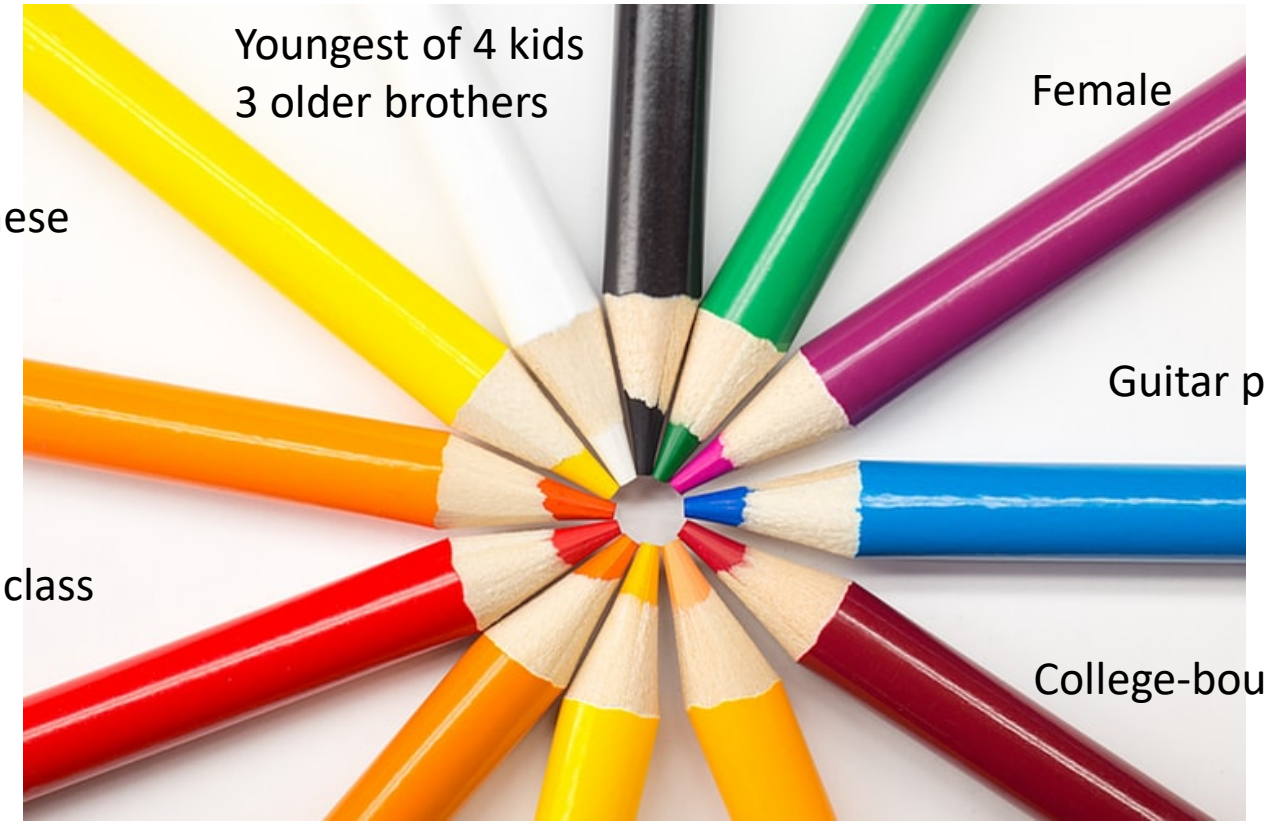
Self-identity is how you ***see yourself***

Social identity is how ***others see you***.

A Process of ***Exploration and Commitment***

Resource: http://www.actforyouth.net/adolescence/identity.cfm

Multiple Social Identities



Activity

Reflect on your social identities as an adolescent

Multiple Social Identities

- Adolescent population is increasingly diverse
- LGBTQ Youth come out earlier; identities continue to evolve

National Academies of Sciences, Engineering, and Medicine. (2019). The Promise of Adolescence

Diversity Wheel - Johns Hopkins University Diversity Leadership Council

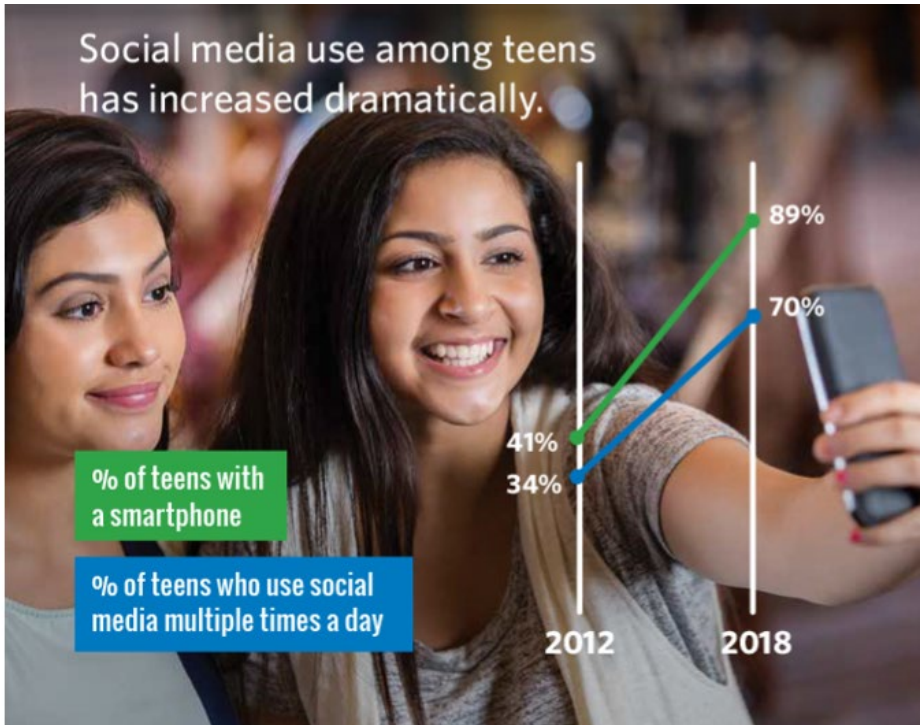
Sense of Self

A cohesive, congruent sense of self is linked to

- Self-esteem
- Goal-setting
- Emotional well-being

How can you support young people in their exploration of identity?

The New Digital World



The average 8 to 12 year-old American kid spent four hours and 44 minutes looking at screens each day in 2019

American teens, ages 13 to 18, used entertainment screen media for an average of seven hours and 22 minutes each day in 2019

https://www.commonsensemedia.org/social-media-social-life-infographic

Impact?

Research ambivalent

- Youth with low social and emotional stability more likely to experience negative impact

Changes in

- Connection
- Focus
- Rest

Christine Carter. 2020

Questions?

Thank you!

Feature Section

Youth Work Professionals

- Professional Development
- Positive Youth Development 101
- PYD 101 Online Courses
- Inclusive Program Environments
- Competencies
- Facilitation Tips
- Teaching Techniques
- Inclusiveness
- Self-Care
- Social and Emotional Learning Toolkit
- Supporting Young Parents Toolkit

Find new resources each month in the ACT for Youth Update!

Positive Youth Development 101 (Manual)

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 adultism
4. **Youth Development Programming:** features of effective youth development settings and youth-centered learning approaches
5. **Youth Worker Competencies:** competency frameworks, boundaries, and ethical dilemmas

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

References

Bronfenbrenner, U. (1979). *The ecology of human development: Experiments by nature and design.* Cambridge, MA: Harvard University Press.

Huitt, W. (2007). Maslow's hierarchy of needs. *Educational Psychology Interactive*. Valdosta, GA: Valdosta State University. http://www.edpsycinteractive.org/topics/conation/maslow.html

Garbarino, J. (1995). *Raising children in a socially toxic environment.* San Francisco, CA: Jossey-Bass, Inc.

Hamilton, S. F., Hamilton, M. A., & Pittman, K. (2004). Principles for youth development. In S. F. Hamilton & M. A. Hamilton (Eds.), *The Youth development handbook: Coming of age in American communities*. Thousand Oaks: Sage Publications, Inc. http://ecommons.library.cornell.edu/bitstream/1813/21945/2/PrinciplesYD.pdf

References

National Academies of Sciences, Engineering, and Medicine. (2019). The Promise of Adolescence: Realizing Opportunity for All Youth. Washington, DC: The National Academies Press. nap.edu/catalog/25388/the-promise-of-adolescence-realizing-opportunity-for-all-youth

Pamela Cantor et al. 2018. *Malleability, plasticity, and individuality: How children learn and develop in context.* Full article: Malleability, plasticity, and individuality: How children learn and develop in context1 (tandfonline.com)

ACT for Youth. Adolescent Identity Development. http://www.actforyouth.net/adolescence/identity.cfm

Christine Carter. 2020. *The New Adolescence. Raising Happy and successful Teens in an Age of Anxiety and Distraction.* Dallas: BenBella Books, Inc.