
Positive Youth Outcomes

2.3 Positive Youth Outcomes

Objective: Participants will identify desired youth outcomes
Participants will identify ways to nurture desired outcomes through activities and organizational practices

Material: Newsprint, prepared labels (paper copy of each 5C slide), markers, tape;
Slides: 5C's
Handout 2.2.B: 5C's

Time: 60 minutes

Audience: General

Lesson Plan

Step 1> Large group brainstorm (5 minutes)

We all want young people to thrive and to succeed. What do we want young people to look like as successful and productive adults? What skills, values and qualities do we want to see?

Ask participants to brainstorm concrete ideas.

I think we pretty much agree on the outcomes we would like to see.

Step 2> Brief Presentation (5 min)

A comprehensive and systematic description of the skills and qualities you have identified, often called positive youth outcomes, has been given by Karen Pittman. She calls them the 5 C's: competencies, confidence, character, connection and contribution.

Slides

Competence

The ability and motivation for

- Civic and social engagement
- Cultural engagement
- Physical health
- Emotional health
- Intellectual achievement
- Employability

Confidence

- Having a sense of mastery and future
- Having a sense of self-efficacy

Character

- Having a sense of responsibility and autonomy
- Having a sense of spirituality and self-awareness
- Having an awareness of one's own personality or individuality

Connection

- Membership and belonging
- Having a sense of safety and structure

Contribution

- Being involved as active participant and decision maker in services, organizations and community

Describe each C in more detail using the slides and handout. (See also Talking Points in 2.2.)

Step 3> Small Group Activity (50 minutes)

Create 5 stations around the room by hanging up 2 newsprints in each location.. Identify each area with one C (use paper copy of slide). Divide participants into five groups. Provide them with markers. Assign them to one area. The groups will rotate through all stations, spending 3-5 minutes at each station.

You are working with young people in various different settings and programs. How can you nurture these outcomes? You can do this through activities; that is the first thing that comes to mind. You can also think about organizational practices – How do you work with young people? What rules and expectations do you have? What does the environment look like?

In your group talk about how you could nurture this outcome. Draw from what you are doing already but also think about ways you can do more.

As groups rotate through the stations, ask participants to add new ideas but not to repeat ideas.

Process. Have each group present on the findings of their last station. Ask if there are any clarification questions. Most of the comments will be focused on activities. Elicit some input on work settings and organizational practices. Add new ideas to newsprint. Offer to type it up and send to participants.

Facilitator Tips

1. To make this activity shorter, organize participants in 5 groups and give each group one assignment (one C's). Then have each group process out.
2. Alternative go around: Assign each group one C, have them write their comments on newsprint; then ask each group to hand on their sheet to the next group to add to it. You can repeat this a couple of times. To end the activity, have each group come forward and present their findings.
3. For a comprehensive review of the 5C's, see Karen Pittman et al. 2005. Preventing Problems, Promoting Development, Encouraging Engagement (www.forumfyi.org/files/PPE.pdf). This activity can be combined with active 2.4 Buildings on Strengths, and activities on Youth Involvement (Section 3).