

Positive Youth Development – Prevention and Intervention

PYD Features [the gold standard]¹	PYD in Out of School Time Programs²	PYD in Juvenile Justice Interventions³
Physical and psychological safety and security	<ul style="list-style-type: none"> ▪ Provides a safe, healthy and nurturing environment ▪ Provides environment and activities that are sensitive to the culture and language of participants ▪ Establishes, maintains and communicates code of conduct to participants, staff and their families ▪ Applies rewards and consequences for participant behavior appropriately and consistently 	<ul style="list-style-type: none"> ▪ Avoids blaming the family
Structure that is developmentally appropriate, with clear expectations, increasing opportunities to make decisions and to take on leadership roles	<ul style="list-style-type: none"> ▪ Incorporates opportunities for youth to participate in planning, to exercise choice and to engage in a rich variety of offerings ▪ Establishes clear attendance and participation expectations ▪ Trains staff to plan suitable activities that correspond to the developmental needs of participants ▪ Integrates opportunities for development of personal responsibility, self-direction and leadership 	<ul style="list-style-type: none"> ▪ Targets risk and protective factors at the individual, family, and community levels ▪ Is based on accurate assumptions about normal youth development ▪ Emphasizes the positive and use systemic strengths ▪ Is present-focused and action-oriented, targeting specific and well-defined problems ▪ Is developmentally appropriate and fits the developmental needs of the youth
Emotional and moral support	<ul style="list-style-type: none"> ▪ Provides a safe, healthy and nurturing environment ▪ Develops, nurtures and maintains positive relationships and interactions among staff, participants, families and communities ▪ Addresses physical, social and emotional needs of the participants 	<ul style="list-style-type: none"> ▪ Provides a seamless system of mutually compatible, mutually reinforcing interventions
Opportunities to experience supportive adult relationships	<ul style="list-style-type: none"> ▪ Develops, nurtures and maintains positive relationships and interactions among staff, participants, families and communities ▪ Engages staff who respect and communicate with one another and are role models of positive adult relationships ▪ Interacts with families in a comfortable, respectful, welcoming way 	<ul style="list-style-type: none"> ▪ Broadens family links with indigenous prosocial support systems
Opportunities to learn how to form close, durable human relationships with peers that support and reinforce healthy behaviors	<ul style="list-style-type: none"> ▪ Opportunities for youth to participate in planning, to exercise choice and to engage in a rich variety of offerings ▪ Teaches participants to interact with one another in positive ways ▪ Teaches participants to make responsible choices and encourages positive outcomes ▪ Promotes teamwork and respect for others 	<ul style="list-style-type: none"> ▪ Takes into account the cultural diversity of targeted youth, program staff, and other members of the community ▪ Promotes responsible behavior
Opportunities to feel a sense of belonging and being valued	<ul style="list-style-type: none"> ▪ Opportunities for youth to participate in planning, to exercise choice and to engage in a rich variety of offerings ▪ Provides opportunities in which participants' work can be showcased ▪ Treats participants with respect and listens to what they say ▪ Diverse staff members who value each participant, understand their developmental needs 	<ul style="list-style-type: none"> ▪ Interventions that target individual youth are guided by valid, standardized assessment procedures ▪ Takes into account the cultural diversity of targeted youth, program staff, and other members of the community

PYD Features [the gold standard]¹	PYD in Out of School Time Programs²	PYD in Juvenile Justice Interventions³
Opportunities to develop positive social values and norms	<ul style="list-style-type: none"> ▪ Well rounded variety of activities and opportunities that support the physical, social and cognitive growth and development of all participants 	<ul style="list-style-type: none"> ▪ Holds youth accountable for their behavior ▪ Takes into account the cultural diversity of targeted youth, program staff, and other community members
Opportunities for skill building and mastery	<ul style="list-style-type: none"> ▪ Variety of activities and opportunities that support the physical, social and cognitive growth and development of all participants ▪ Features activities that are commensurate with the age and skill level of the participants and enable participants to develop new skills during the program year ▪ Enables participants to develop life skills, resiliency, and self-esteem via activities 	<ul style="list-style-type: none"> ▪ Targets risk and protective factors at the individual, family, and community levels ▪ Builds youth competencies in peers Provides clear criteria to measure success ▪ Provides clear criteria to measure success
Opportunities to develop confidence in their abilities to master their environment	<ul style="list-style-type: none"> ▪ Opportunities for youth to participate in planning, to exercise choice and to engage in a rich variety of offerings ▪ Offers project-based, experiential activities that promote creativity and development of participant self-expression ▪ Has a culture that allows participants to take initiative and explore their interests ▪ Affords participants opportunities to express their ideas, concerns and opinions 	<ul style="list-style-type: none"> ▪ Targets risk and protective factors at the individual, family, and community levels ▪ Promotes a successful transition to adulthood
Opportunities to make a contribution to their community and to develop a sense of mattering	<ul style="list-style-type: none"> ▪ Well rounded variety of activities and opportunities that support the physical, social and cognitive growth and development of all participants ▪ Opportunities for youth to participate in planning, to exercise choice and to engage in a rich variety of offerings ▪ Enables participants to explore resources and issues in their community through projects and activities ▪ Has participants take ownership of program selection and development 	<ul style="list-style-type: none"> ▪ Promotes treatment generalization and long-term maintenance of therapeutic change
Strong links between families, schools, and broader community resources	<ul style="list-style-type: none"> ▪ Develops, nurtures and maintains positive relationships and interactions among staff, participants, families and communities ▪ Has diverse staff members work closely with families, school partners, and coworkers ▪ Has well-defined methods of communication between school and community-based organization ▪ Involves families in decision making and planning. ▪ Communicates with families on matters concerning the well-being of the child ▪ Involves participants, families, staff and board members in long-term decision making and planning efforts 	<ul style="list-style-type: none"> ▪ Encourages family empowerment as members orchestrate their own changes

Sources:

¹ Excerpted from *Community Programs to Promote Youth Development*. Committee on Community-Level Programs for Youth, Jacquelynne Eccles and Jennifer Appleton Gootman, *Editors*; Board on Children, Youth, and Families, National Research Council and Institute of Medicine; National Academy Press, Washington, D.C.; 2003.

² Adapted from *Program Quality Self Assessment (QSA) Tool: Planning for Ongoing Program Improvement*. New York State Afterschool Network, February 2006.

³ Adapted from *Summary of Guiding Principles. New York State Youth Violence Reduction Strategy: Goals and Guiding Principles*; New York State Division of Criminal Justice Services; 2004.