



One Connection

Positive Youth Development

By: Ariana Matos



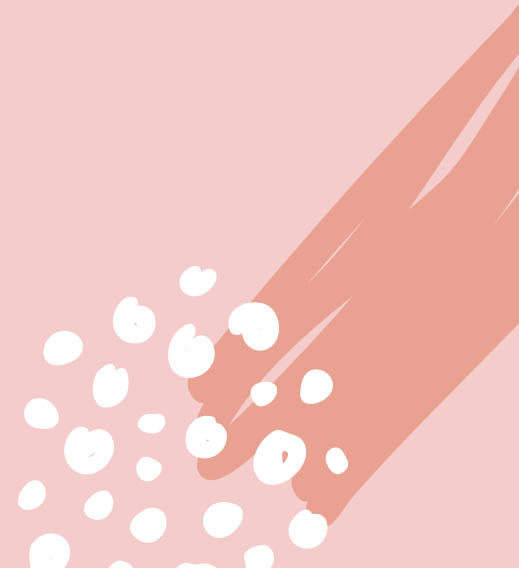
What is positive youth development (PYD)?



- **Definition:** “An approach to work with youth building on youths' strengths and providing supports and opportunities that will help them achieve goals and transition to adulthood in a productive, healthy manner” ¹
 - Prevents risk behaviors and reduces health disparities
- **How:** “Focus on cultivating qualities that help adolescents thrive through **relationships** and **environments**” ¹



Youth in the U.S.





8% of high school dating for 12 months (before survey) reported physical abuse ²

Only 25% of high school students get 8 or more hours of sleep ²

45% had at least 1 chronic health condition ²

32% of high school students had symptoms of depression ²



**What are the benefits
of PYD?**





- Increased protective factors, reduction to risky behaviors
 - Higher grades and expectation to go to college
 - Higher rates of successful transitions into adulthood
 - Improved social and emotional outcomes
 - Less depression ³





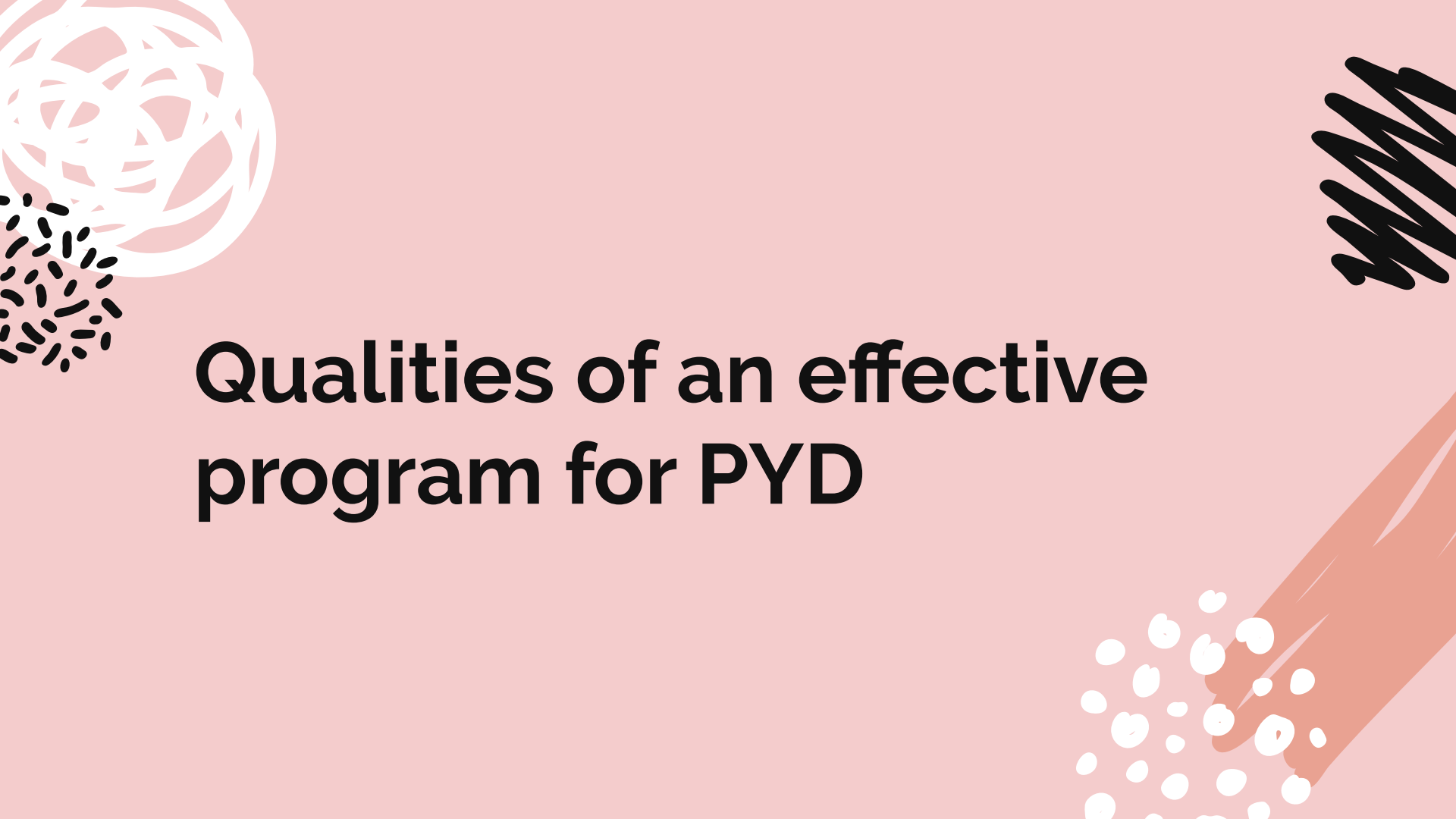
What contributes to PYD?

Relationships, Environments &
Policy





- **5 Cs:** competence, confidence, connection, character, caring ³
- **Executive functions:** skills & mental regulation enabling “self regulate” ⁴
- **Grit & resilience:** intrinsic & extrinsic motivators ⁵
- **Attachment theory:** being organized and secure when dealing with a child’s distress ⁶
- **Licking & grooming:** mice experiment dealing with their pups indicated that; LG can ward off the damage done by adversity ⁵



Qualities of an effective program for PYD



- **Appropriate structure**
 - Clear rules and expectations for the youth
 - **Provide enough adults** in a program to **support** youth ⁷
- **Supportive relationships**
 - Relationships to interact and support youth
 - Build on the **strengths and interests of adolescents** ⁷
- **Policy and funding**
 - Development of programs should **incorporate stakeholders** who have **experience with the adversity** of the population who they are helping support
 - Coordinate efforts and align resources ⁸



Prevention & Intervention

Service Learning & Case





Service Learning

- **Strong Women Strong Girls (SWSG):** mentorship program for female children in grades 3rd to 5th with college mentor women from surrounding colleges and universities ⁹





Service Learning

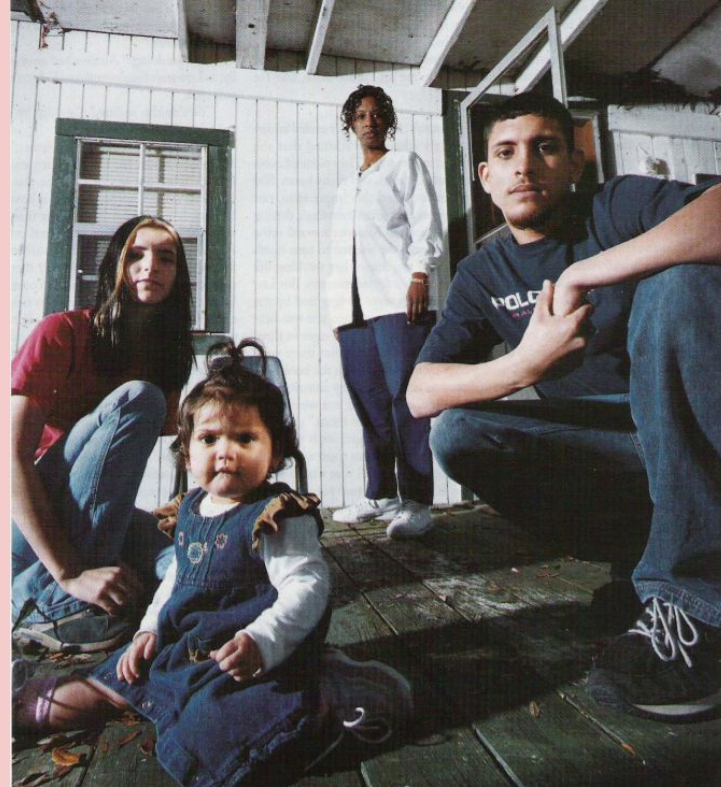
- **Once a week** mentoring is based on yearly developed curriculum focused on **“stories of strong female role models** to bolster the confidence and skills of girls and young women” ¹⁰
- There are three or four mentors assigned to each grade and site to ensure that **relationships are developed and maintained**
- Mission is based on the **6 C's**: confidence, competence, character, contribution, caring and connections ¹¹





Case Study: Luwana

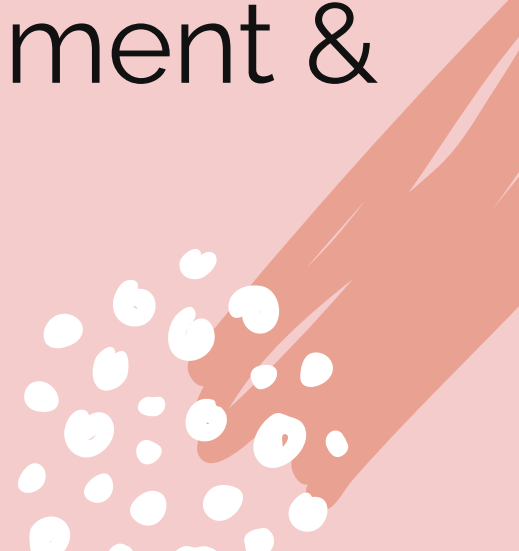
- “Swamp Nurse” and the story of nurse **Luwana** ¹²
 - Her relationship with the teen mothers and children
 - Taught them about attachment theory
 - Constant visits during their pregnancy and period of time after birth





In conclusion:

Social support, environment & policy





Thank you for listening!

