

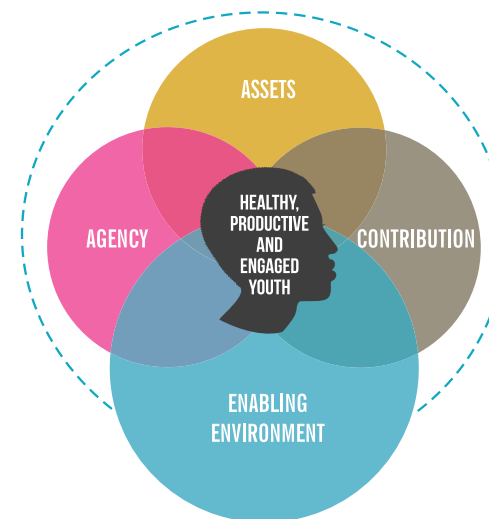
EXAMPLES OF POSITIVE YOUTH DEVELOPMENT PROGRAM ACTIVITIES ALIGNED WITH PYD FEATURES, MAPPED TO A SOCIO-ECOLOGICAL MODEL

Positive youth development (PYD) refers to a broad approach that aims to build the competencies, skills and abilities of youth that they need to grow and flourish throughout life. PYD is both a philosophy and an approach to adolescent development. As a philosophy, PYD views youth as precious assets to be nurtured and developed rather than as problems to be solved. The approach that flows from this philosophy works on building mutually beneficial relationships between youth and their family, peer groups, school, workplace, community, other government institutions, society, and culture to provide opportunities for youth to enhance their knowledge, interests, skills, and abilities.

Youth transition through a critical developmental phase, rapidly evolving socially, emotionally and physically within a complex world. Multiple factors influence how they develop and thrive or struggle. Recognizing youth development as a function of and interaction between complex environments and systems can help us better respond to youth and to program effectively.

This handout provides illustrative activities PYD programs could implement. The example activities transcend sectors and could be applied in a variety of settings to achieve sectoral outcomes of interest. These examples are organized by seven features of PYD that are recognized as essential for strong youth-focused programming. These features are grounded in the literature, particularly the work of the National Research Council and Institute of Medicine, and are tailored for the context of low- and middle-income countries. The PYD features are linked to the [PYD framework](#) that can be used for [measuring PYD outcomes](#). Furthermore, recognizing the importance of the environment in which young people live, activity examples are mapped to the socio-ecological model to inspire ideas on how to engage key people and structures in a young person's life. The illustrative activities are intended to provide ideas on ways to incorporate a strong PYD approach in development programming.

Bottom line: The goal of this handout is to help implementers and funders design PYD programs that are effective in achieving multi-sector outcomes and impact on the lives of young people.



	FEATURE	YOUTH	INTERPERSONAL (PEER, FAMILY)	COMMUNITY	SYSTEMS
ASSETS & AGENCY	<p>Skill Building</p> <p>Develop soft and life skills through skill building activities within individual, family, peer and community settings.</p>	<p>Train youth in soft and life skills</p> <p>Support youth participation in technical and academic skill building</p> <p>Provide youth opportunities that enable them to experience mastery or competence</p>	<p>Peers: Structure peer engagement to support modelling and practice of soft skills</p> <p>Family: Create ways for family members to connect to youth skill building activities</p> <p>Educate parents on soft skills for youth and provide parental support to build these skills</p> <p>Encourage parental modeling of soft skills</p>	<p>Create extra-curricular opportunities at school and in community (vocational training, sports, arts, debate, theatre) Integrate soft skills into educational, vocational and extra-curricular and recreational programs</p> <p>Create opportunities within the community for youth to participate in internships and apprenticeships with local employers</p> <p>Create community service opportunities to foster skill building</p>	<p>Include soft skills in curricula (e.g., vocational; education)</p> <p>Revise laws, policies, structures and funding to encourage extra-curricular activities (with schools, youth centers etc.), internships, apprenticeships and career exposure</p> <p>Work with government ministries (e.g., ministry of youth, ministry of education) to advocate for policies, structures and funding that encourage extra-curricular activities, internships, apprenticeships and career exposure</p>

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ENABLING ENVIRONMENT	<p>Healthy Relationships and Bonding</p> <p>Identify and link youth to positive adult role models, mentors, coaches, teachers, health care providers and community leaders. Ideally, youth have at least one caring and consistent adult in their lives. Healthy peer relationships are also particularly important to youth.</p>	<p>Provide youth with opportunities for positive adult and peer relationships</p>	<p>Peers: Structure activities that foster positive peer interaction</p> <p>Create codes of conduct in collaboration with youth to facilitate positive interaction among peers</p> <p>Family: Provide parent education on adolescent development and healthy and effective parenting</p> <p>Establish parenting support groups to enhance parenting skills and exchange strategies for positive parenting of adolescents</p> <p>Encourage positive parent and youth interaction at school and in the community through inter-generational activities</p>	<p>Link youth to positive role models (mentors, coaches, teachers, community leaders, religious leaders)</p> <p>Train those who work with, teach, mentor and coach youth on adolescent development and positive youth development</p> <p>Create codes of conduct for adults working with youth</p> <p>Recruit staff of youth serving organizations and adult mentors who have experience with and are enthusiastic about working with youth</p>	<p>Engage support programs for youth lacking family structures</p> <p>Launch media programs on parenting</p> <p>Create anti-bullying campaigns</p> <p>Create/Fund adolescent development educational programs at national level for youth workers (including: teachers, police, health workers, social workers, legal advisors)</p>

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ENABLING ENVIRONMENT	<p>Belonging and Membership</p> <p>Foster activities where youth feel included regardless of one's gender, ethnicity, sexual orientation or disabilities. Identify activities that provide positive sense of belonging (schools, sports, community service, faith-based youth group, etc.)</p>	<p>Identify youth that feel isolated or marginalized and help them link to opportunities for social interaction</p> <p>Help youth build skills in social inclusion (e.g. tolerance, respect for diversity, communication and cross-cultural skills)</p> <p>Train youth on how to positively express their opinions</p>	<p>Peers: Provide opportunities for social interaction and create structures that foster positive peer interaction</p> <p>Provide activities that build a sense of community among the peer group (e.g., sports, games, shared goals for an activity)</p> <p>Family: Raise parental awareness around equitable gender and LGBTI norms and modeling inclusion and respect for diversity</p> <p>Encourage conversations among families that discuss how each and every person is valued</p>	<p>Develop curriculum that promote cross-cultural awareness and addresses stigma and discrimination</p> <p>Create opportunities for dialogue and collaboration among youth of diverse backgrounds (particularly important for conflict situations)</p> <p>Provide programs for discriminated groups</p> <p>Design activities that foster diversity and are inclusive of gender, ethnicity, sexual identity, disability, religion, and family and health status</p> <p>Create a wide range of clubs and activities to address diverse interests of youth</p>	<p>Launch media campaigns that foster and support positive family dynamics</p> <p>Address stigma and discrimination issues through media campaigns (e.g., anti-bullying)</p> <p>Promote legislation prohibiting discrimination against youth sub-groups</p>

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CONTRIBUTION	<p>Youth Engagement and Contribution</p> <p>Allow youth engagement to take different shapes. This can include youth expression, youth involvement in community service, and creating opportunities for youth decision-making at various levels of government. This can also include programs that provide structure for youth contribution.</p>	<p>Offer opportunities for youth to participate in independent or shared decision making</p> <p>Support youth to volunteer and contribute at home, school and community</p> <p>Foster youth-led initiatives and other opportunities for youth leadership</p> <p>Consult youth on design and implementation of programs</p>	<p>Peers: Create opportunities for peer mentoring, peer education, tutoring of younger youth and children, and peer-to-peer collaboration</p> <p>Family: Encourage gradual youth voice and decision making at home</p> <p>Encourage parents to give youth increasing levels of responsibility and contribution</p>	<p>Create opportunities for community service and other volunteer activities</p> <p>Create opportunities for youth civic engagement and advocacy</p> <p>Stimulate opportunities for youth leadership and innovation within the community</p> <p>Establish student government bodies at schools</p> <p>Establish school-based youth clubs (debates, mock trials, model UN) that are youth-led</p> <p>Provide youth decision making opportunities within community or school programs</p>	<p>Encourage national youth councils or other forums for youth leadership</p> <p>Create mechanisms for monitoring accountability (e.g., Youth Scorecards, Youth Protection Committees)</p> <p>Encourage policies for youth volunteering and engagement programs</p> <p>Support youth participation in political parties and processes</p>

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ENABLING ENVIRONMENT	<p>Safe Spaces</p> <p>Create safe spaces that are tailored to the needs of youth – including physical infrastructure as well as emotional safety. Space can be defined in a variety of ways, including virtual. Many communities lack any space for youth to convene. Thus communities must be committed to providing youth with safe spaces to practice, engage, and learn creatively and collaboratively. An emotionally safe space is critical to learning.</p>	<p>Help youth access physical, emotional, and virtual safe spaces</p> <p>Ensure youth of all genders, class and sexual orientation feel comfortable to express themselves in safe spaces</p> <p>Involve youth in defining and maintaining safe spaces to establish youth ownership and accountability</p> <p>Educate youth about online safety and responsible use of social media</p>	<p>Peers: Develop ground rules with youth that foster respectful peer dynamics within schools, clubs, teams, etc.</p> <p>Train youth to communicate with others (anti-bullying, cross-cultural communication skills, empathy)</p> <p>Define and prohibit bullying and sarcasm</p> <p>Define and model respectful and caring language and behavior</p> <p>Promote strategies for youth to provide support and comfort peers and others</p> <p>Family: Teach parents about appropriate communication with youth, positive discipline strategies and model respectful interactions</p> <p>Educate parents on online safety</p>	<p>Set standards for youth workers (e.g. teachers, youth serving organizations, coaches, youth club leaders)</p> <p>Define and prohibit sexual harassment and abuse (code of conduct)</p> <p>Ensure youth spaces are protective, accessible and free from things that can cause harm</p> <p>Train youth workers on mental health, diversity, gender inclusivity, and how to model and foster social-emotional skills</p> <p>Establish confidential means to share sensitive information</p> <p>Train police and judicial system official on appropriate treatment of adolescent offenders</p> <p>Sensitize community leaders on importance of providing structured and safe activities for youth</p> <p>Ensure communities provide safe spaces for youth and engage youth in making communities accountable</p>	<p>Develop and promote policies that protect youth</p> <p>Establish and support centers to support youth who have been exposed to violence, abuse (legal, psycho-social, child welfare, housing,</p> <p>Set standards and provide support for juvenile offenders</p> <p>Encourage internet cafés and social media companies to establish and implement standards for virtual safety</p>

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ENABLING ENVIRONMENT	<p>Positive Norms, Expectations and Perceptions</p> <p>Have clear and consistent norms and expectations about health, relationships, and forms of engagement that provide youth an increasing amount of responsibility and independence and allow youth to grow and take on new roles.</p>	<p>Help youth understand pro-social norms, rules of behavior, and consequences</p> <p>Engage youth to define pro-social norms</p> <p>Involve youth to set clear and reasonable rules and consequences of behavior at home, school and in community</p> <p>Provide youth opportunities to set expectations for themselves</p> <p>Provide opportunities for youth to reflect on their strengths and contributions</p> <p>Create opportunities for youth storytelling and demonstration of their skills and potential to enhance adult perceptions of youth</p>	<p>Peers: Promote and model inclusive social norms and behavior</p> <p>Family: Help parents establish clear and reasonable rules and consequences of behavior</p> <p>Help parents understand importance of setting high expectations for their children</p>	<p>Teachers, youth workers, coaches, and other youth-serving adults: Set clear and reasonable rules and consequences of behavior</p> <p>Encourage youth workers to set high expectations and demonstrate that by providing opportunities for youth to make decisions and be involved in challenging activities</p> <p>Recognize and reward youth contributions</p> <p>Local law enforcement and social service officials: Train on strategies to support young people; sensitize and raise awareness of stigma and discrimination against youth</p> <p>Community leaders: Raise awareness in order to promote positive portrayals and perceptions of youth</p>	<p>Raise awareness of the impact of negative images and portrayal of youth, gender and sexual orientation</p> <p>Support social media, TV, radio programming and campaigns to include positive messaging about youth</p> <p>Use media for behavior change and change in perceptions of youth, parents, youth workers, employers and other adults. Involve youth in these efforts.</p> <p>Promote laws and policies that are clear, reasonable, equitable, transparent and consistent with developmental stages of youth</p> <p>Monitor and advocate for consistent application of those laws and policies</p>

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ENABLING ENVIRONMENT	<p>Access to Age Appropriate and Youth Friendly Services; Integration among Youth, Family and Service Providers</p> <p>Make information available to youth and families, connecting and integrating health and social services so there is a continuum of care and support at a community level.</p>	<p>Inform youth on where and how to access youth friendly services</p> <p>Provide youth the opportunity to provide input and monitor quality of youth friendly services</p>	<p>Family: Inform family and caregivers about what, how and where to access youth friendly services</p> <p>Educate parents and caregivers about the importance of involvement in youth's education, health and other activities (e.g. participation in school parent meetings)</p> <p>Link family and caregivers to youth serving organizations (school, community)</p>	<p>Train youth service providers on how to provide youth friendly and gender responsive services</p> <p>Support youth service organizations and providers to establish mechanisms to integrate family members into programs</p> <p>Support mechanisms that allow service providers to coordinate assistance</p> <p>Train youth service providers to identify youth with special needs and refer them for additional support</p>	<p>Establish policies on youth friendly services</p> <p>Support awareness and implementation of youth friendly services (training, standard setting, monitoring systems)</p> <p>Promote awareness campaigns of youth friendly services and rights for access</p> <p>Establish mechanisms for coordination across youth-focused services</p> <p>Establish information and mapping systems to enhance accessibility across services</p>

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