



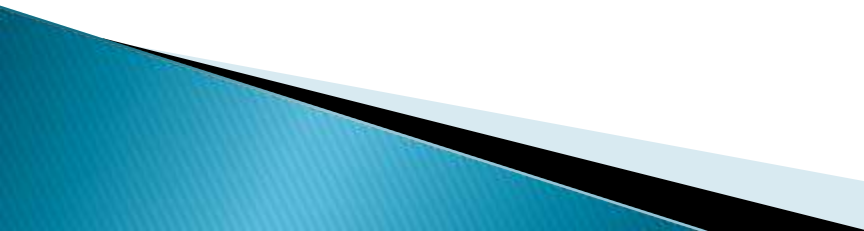
Health Resources in Action
Advancing Public Health and Medical Research

Inseparable Goals: Youth Development and Health Promotion

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Objectives:

- ▶ Understand why youth engagement improves program outcomes
 - ▶ Identify tips for building relationships for working with youth and supporting youth
 - ▶ Understand the youth development approach, including positive youth outcomes and youth engagement
 - ▶ Explore strategies to increase youth–adult collaboration
 - ▶ Identify barriers and solutions for next steps
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AGENDA

- ▶ Welcome and Introductions
- ▶ Defining Youth Culture
- ▶ Youth Development:
 - Positive Youth Outcomes
 - Youth Participation
- ▶ Adulthood
- ▶ Engaging Youth as Leaders
- ▶ Busting the Barriers

Understanding Youth Culture

- ▶ Learn about youth culture:
 - Ask questions
 - Read magazines, web sites, books
 - Understand social media:
 - Facebook
 - Texting
 - Watch movies, music videos, TV
 - Keep an open mind

YOUTH DEVELOPMENT

- ▶ **What is youth Development?**
 - Youth as resources not recipients
 - The goal is not to fix youth, but to develop them
 - Preventing problems does not promote development
 - Youth are at the table

YOUTH DEVELOPMENT

▶ CONCEPTUAL DEFINITION

- Process by which all young people seek to meet their basic physical and social needs and build competencies (knowledge and skills) necessary to succeed in adolescence and into adulthood.

▶ PRACTICAL DEFINITION

- Process by which youth develop the personal, social, academic and citizenship competencies necessary for adolescence and adult life based on their capacities, strengths, and formative needs.

YOUTH DEVELOPMENT

POSITIVE
YOUTH
OUTCOMES

**Acheivement
Outcomes**

**Problem-
free
Outcomes**

**Developmental
Outcomes**

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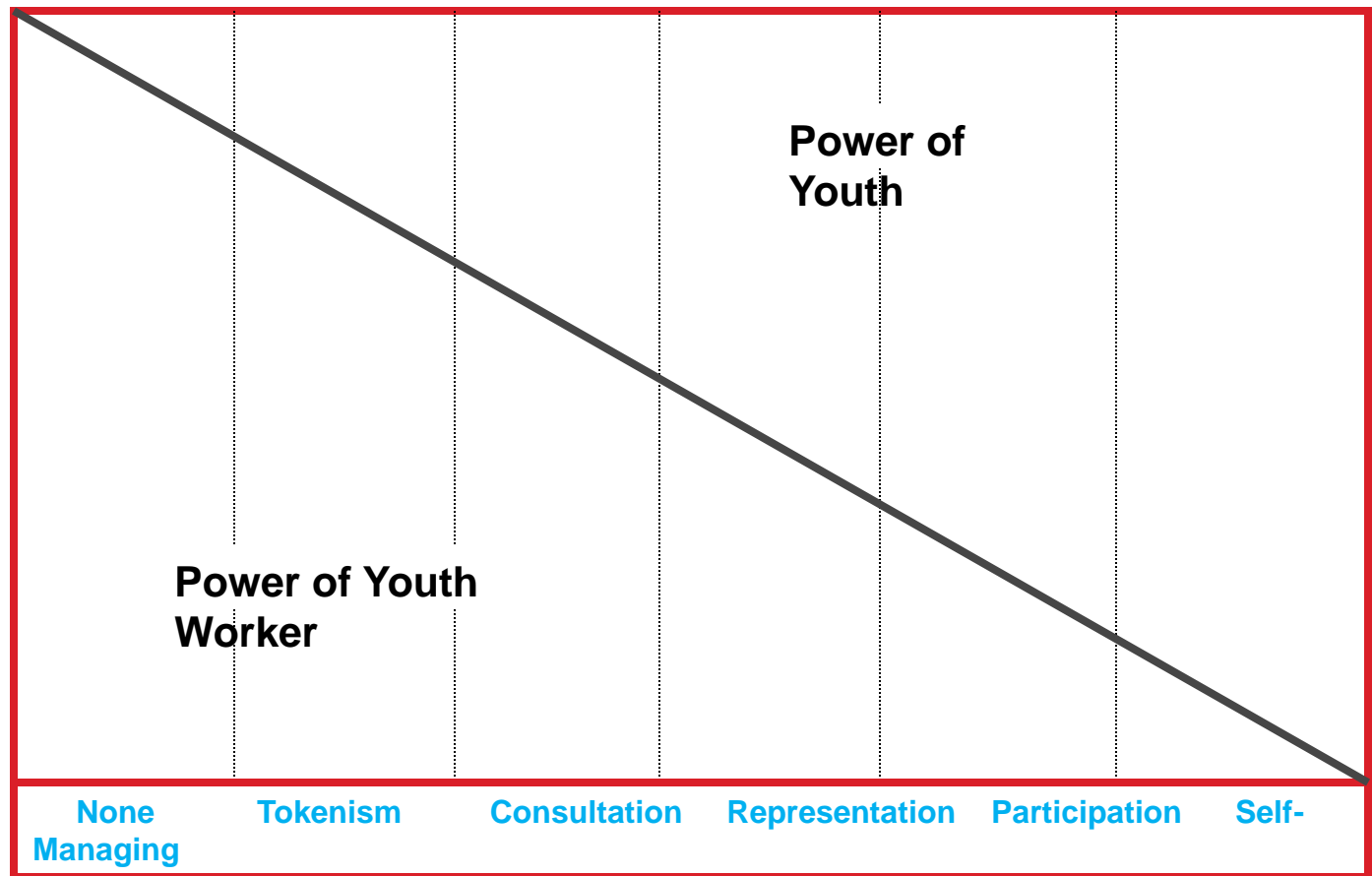
YOUTH DEVELOPMENT

Developmental Outcomes

- ▶ Aspects of Identity
 - Safety and Structure
 - Self-Worth
 - Mastery and Future
 - Belonging and Membership
 - Responsibility and Autonomy
 - Self-awareness and Spirituality
- ▶ Aspects of Ability
 - Physical Health
 - Mental Health
 - Intellectual Ability
 - Employability
 - Civic and Social Ability
 - Cultural Ability

YOUTH PARTICIPATION

▶ Levels of Youth Participation



Levels of Youth Participation

- ▶ NONE
 - Youth are not included
- ▶ TOKENISM
 - Adults set agenda and make decisions. One or two young people may be consulted or visible, but their views are not necessarily considered.
- ▶ CONSULTATION
 - Adults consult young people within adult parameters.
- ▶ REPRESENTATION
 - A select number of youth are put forward for their peers, in collaboration with adults.
- ▶ PARTICIPATION
 - Youth set agenda, decide on issues and activities, and have joint accountability with adults.
- ▶ SELF-MANAGING
 - Youth work with little or no adult authority.

YOUTH PARTICIPATION

Forms

◦ Choosing

- Young people can choose which activities they wish to participate in and how they wish to participate.

◦ Decision Making

- Young people can meet on a regular basis to discuss and modify existing program rules and regulations.

◦ Planning

- Young people can meet regularly to plan future programs or community activities.

YOUTH PARTICIPATION

Forms (continued)

- **Assessing**

- Young people can map their communities and/or engage in program evaluation activities

- **Communicating**

- Young people can regularly present the program to outsiders: tours, talks to community audiences, presentations to funders

What youth hear...

Oh, its only puppy love.

You're so
clumsy.

You're not old
enough.

You're so smart for
fifteen.

Go to your room.

Don't touch that, you'll break
it.

When are you going to grow
up?

Oh, its only puppy love

You're so
clumsy

You're not old
enough

ADULTISM

Go to your room

Don't touch that, you'll break
it

When are you going to grow
up?

ADULTISM

- ▶ Adulthood – Are the behaviors and attitudes that flow from the assumption that adults are better than youth and children. This ism operates in a way that adults are entitled to act upon youth and children in a myriad ways without their agreement or consent.
 - John Bell, YouthBuild

ADULTISM

- ▶ Forms of Adultism
 - Dysfunctional Helping
 - Blaming the Victim
 - Avoidance of Contact
 - Denial of Cultural Differences
 - Denial of Political Significance of Adultism

Case Studies

▶ Youth Researchers

- Evaluation Project

▶ Healthy Girls Healthy Women

- Peer Leadership/Peer Education

▶ The 84 Kick Butts Day

- Event planning
- 

Youth Researchers Project

- ▶ **Description:** The *Youth Researchers in Action* project offers youth a key role in assessing the quality of their own afterschool program – building youth leadership and research skills along the way. Middle and high school youth, in partnership with program staff, participate in a six step process designed to answer youth-driven research questions about the quality of their afterschool program.
- ▶ **Skills/Knowledge youth need:**
 - Knowledge of research and question design
 - Surveying Skills
 - Data Analysis skills
 - Presentation skills

Youth Researchers Project

▶ Strategies for Engaging youth

- Involve youth in planning from the beginning of the project (e.g. designing the research question)
- Train youth in designing survey questions
- Train youth to administer surveys and allow them to survey others
- Train youth data analysis skills and allow them to analyze the data
- Create recommendations from the survey results
- Train youth in presentations skills and plan and implement presentations to to key stakeholders (e.g. the principal)

Healthy Girls, Healthy Women (HGHW)


- ▶ Description: HGHW is a peer leadership program that trains and supports girls to lead their peers to become healthier and more powerful. Peer Leaders plan and lead workshops for girls ages 12–18 on nutrition, physical activity, body image, and healthy relationships.
- ▶ Skills/Knowledge youth need:
 - Workshop design and organization
 - Presentation skills (including team presentations)
 - Facilitation/group management skills
 - Knowledge of topic area a (e.g. nutrition and physical health)



Healthy Girls, Healthy Women

- ▶ **Strategies for Engaging Youth:**
 - Involve youth in planning from the beginning of the project
 - Train youth to lead and facilitate workshops
 - Allow youth to lead and facilitate workshops
 - Ask youth to identify places/audiences to present workshops
 - Allow youth to design and evaluate workshops
 - Ask youth what works and what doesn't work

The 84 Kick Butts Day: Event Planning

- ▶ **Description:** Kick Butts Day is a national day of youth activism where youth take action against Big Tobacco. Youth from across Massachusetts unite as a statewide movement, send a powerful message about tobacco, talk to important decision makers and celebrate the power of youth!
 - ▶ **Skills/Knowledge youth need:**
 - Planning and organizational skills
 - Knowledge about tobacco products, the tobacco industry and policy strategies
 - Presentation and facilitation skills
 - Outreach and social media skills
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Build Relationships

- ▶ Provide structures for one-to-one interaction
- ▶ Allow time for team-building
- ▶ Allow time to get to know them and listen
- ▶ Allow time for their creativity to blossom, sometimes outside the box
- ▶ Allow room for mistakes
- ▶ Have fun and laugh with each other!

Strategies for Youth Engagement

- ▶ Youth and Adult co-facilitate
- ▶ Youth-only time on the agenda
- ▶ Schedule time when youth can attend or participate
- ▶ Youth can lead workshops
- ▶ Youth can plan programs
- ▶ Provide food
- ▶ Provide meeting time and space

Strategies for Youth Leadership

- ▶ **Involve youth in planning**
 - From the beginning of the project
 - Engage a youth–adult leadership team
 - Engage a youth advisory committee
- ▶ **Involve youth in implementing**
 - Train youth to lead and facilitate
 - Allow youth to lead and facilitate
- ▶ **Involve youth in evaluating**
 - Ask them what works and what doesn't
 - Train youth in assessment work



**BUSTING THE
BARRIERS TO
INVOLVING YOUTH AS
LEADERS**

Barriers to Involving Youth

- ▶ Recruiting youth
- ▶ Advocating for youth within your school or program
- ▶ Training other adults to value and to work with youth
- ▶ Building relationships with diverse young people
- ▶ Time

Core Principles for Working with Youth

- ▶ Listen to young people
- ▶ Stop yourself from taking over
- ▶ Encourage opportunities for leadership
- ▶ Hold high expectations
- ▶ Exercise understanding: Be patient
- ▶ Be Authentic
- ▶ Have fun