Youth Engagement
There’s Levels to This

A Presentation for
Out of School Time Providers Forum
Youth Engagement
Identifying Your Why
Why – identify your program purpose, cause or belief

How – identify your strengths, values and guiding principles

What – identify what your program offers or what role you play in the lives of youth
In your group please discuss:

- Why we do what we do
  - What is our purpose, what do we believe about youth?
- How we do what we do
  - What strengths, values and principles are we using to engage youth?
- What we do
  - What do we do to engage youth?
Developmental Assets

Support
Empowerment
Positive values
Positive identity
Social competency
Commitment to learning
Constructive use of time
Boundaries & expectations

the 40 Developmental Assets®:
What Kids Need to Succeed

assets: noun \
\'a- sets \1: valuable people or things 2 : advantages, resources
3 : ESSENTIAL building blocks for HEALTHY DEVELOPMENT of children & youth
The Power of Assets to Promote

- Values diversity: 21-30 Assets: 84%, 31-40 Assets: 91%
- Maintains good health: 21-30 Assets: 73%, 31-40 Assets: 50%
- Exhibits leadership: 21-30 Assets: 68%, 31-40 Assets: 79%

0-10 Assets: Succeeds in school: 23%, Values diversity: 23%, Maintains good health: 50%, Exhibits leadership: 50%

11-20 Assets: Succeeds in school: 39%, Values diversity: 53%, Maintains good health: 50%, Exhibits leadership: 50%

21-30 Assets: Succeeds in school: 57%, Values diversity: 69%, Maintains good health: 73%, Exhibits leadership: 79%

31-40 Assets: Succeeds in school: 84%, Values diversity: 91%, Maintains good health: 50%, Exhibits leadership: 86%
The Power of Assets to Protect

Problem alcohol use
- 0-10 Assets: 39%
- 11-20 Assets: 22%
- 21-30 Assets: 9%
- 31-40 Assets: 2%

Illicit drug use
- 0-10 Assets: 5%
- 11-20 Assets: 1%
- 21-30 Assets: 0%
- 31-40 Assets: 0%

Sexual activity
- 0-10 Assets: 31%
- 11-20 Assets: 20%
- 21-30 Assets: 10%
- 31-40 Assets: 3%

Violence
- 0-10 Assets: 52%
- 11-20 Assets: 27%
- 21-30 Assets: 11%
- 31-40 Assets: 3%
Developmental Relationships

- Authenticity is key
- Built on trust
- Require intentionality

Developmental Relationships Framework:

<table>
<thead>
<tr>
<th>Express Care</th>
<th>Challenge Growth</th>
<th>Provide Support</th>
<th>Share Power</th>
<th>Expand Possibilities</th>
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</thead>
<tbody>
<tr>
<td>“He made me feel like I was a better person, like I was worth something—worth more than I had put myself out to be.”</td>
<td>“Even if it’s really hard, the [staff] will most likely try to motivate you to do the right thing. . . . Even though you might think it’s hard, they know you can do it.”</td>
<td>“She helped me out with a nice place to live for 30 days when it was 21 below zero and I had nowhere to go.”</td>
<td>“My [youth leader] is, like, ‘I’m here, you’re here, we’re equal.’ And if we’re working on something together, I can tell her, ‘No, this isn’t going to work.’”</td>
<td>“She puts you around people who’ve reached the places you wanna go in life. . . . And when you see people who come from the same places that you do, . . . it gives you hope.”</td>
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Getting Youth Buy In: Finding Sparks and Learning Comfort Zones

- Sparks: The deep passions and skills that each and every young person has.

- Comfort, Growth and Panic Zones
Leveling Up

- Keeping youth engaged takes
  - Consistency
  - Transparency
  - Input
  - Evolution
  - Sustainability & Longevity
Youth Engagement in DCHS

- Personal Responsibility Education Program (PREP)

- Alexandria Campaign on Adolescent Pregnancy (ACAP) & Substance Abuse Prevention Coalition of Alexandria (SAPCA)
  - Keep it 360 Club

- Peer Leadership
  - Peer Advisor Program
  - Peer Educators Program
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The Developmental Relationships Framework

Young people are more likely to grow up successfully when they experience developmental relationships with important people in their lives. Developmental relationships are close connections through which young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them. Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people’s lives.

<table>
<thead>
<tr>
<th>Elements</th>
<th>Actions</th>
<th>Definitions</th>
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<tbody>
<tr>
<td>1. Express Care</td>
<td>• Be Dependable...........Be someone I can trust.</td>
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<td>• Listen..................................Really pay attention when we are together.</td>
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<td>• Believe in me..................Make me feel known and valued.</td>
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<td>• Be warm............................Show me you enjoy being with me.</td>
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<td>• Encourage........................Praise me for my efforts and achievements.</td>
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<td><strong>Show me that I matter to you.</strong></td>
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<td>2. Challenge Growth</td>
<td>• Expect my Best...........Expect me to live up to my potential.</td>
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<td>• Stretch.............................Push me to go further.</td>
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<td>• Hold me accountable..........Insist I take responsibility for my actions.</td>
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<td>• Reflect on failures............Help me learn from mistakes and setbacks.</td>
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<td><strong>Push me to keep getting better.</strong></td>
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<td>3. Provide Support</td>
<td>• Navigate........................Guide me through hard situations and systems.</td>
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<td>• Empower.............................Build my confidence to take charge of my life.</td>
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<td>• Advocate............................Stand up for me when I need it.</td>
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<td>• Set boundaries....................Put limits in place that keep me on track.</td>
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<td><strong>Help me complete tasks and achieve goals.</strong></td>
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<td>4. Share Power</td>
<td>• Respect me......................Take me seriously and treat me fairly.</td>
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<td>• Include me........................Involve me in decisions that affect me.</td>
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<td>• Collaborate........................Work with me to solve problems and reach goals.</td>
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<td>• Let me lead........................Create opportunities for me to take action and lead.</td>
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<td><strong>Treat me with respect and give me a say.</strong></td>
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<td>5. Expand Possibilities</td>
<td>• Inspire.........................Inspire me to see possibilities for my future.</td>
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<td>• Broaden horizons................Expose me to new ideas, experiences, and places.</td>
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<td>• Connect.........................Introduce me to people who can help me grow.</td>
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<td><strong>Connect me with people and places that broaden my world.</strong></td>
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NOTE: Relationships are, by definition, bidirectional, with each person giving and receiving. So each person in a strong relationship both engages in and experiences each of these actions. However, for the purpose of clarity, this framework is expressed from the perspective of one young person.

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