

August 2019 Webinar

**Learning about Positive Youth Development:
A Free & Fun Course for Youth Work
Professionals**

Presenter:

Jutta Dotterweich, MA

Director of Training

ACT for Youth Center for Excellence



Webinar Information

If you are unable to access audio through your computer, please use your phone:

+1 (915) 614-3221 /access code: **327-287-859**

All attendees are muted.

Ways to participate

1. Type your questions in the “Questions” box.
2. Type answers to questions in the “chat” box.
3. Raise your hand questions.
4. Answer the poll questions.

This webinar will be archived at:
www.dibbleinstitute.org/webinars/

Charlie and Helen Dibble

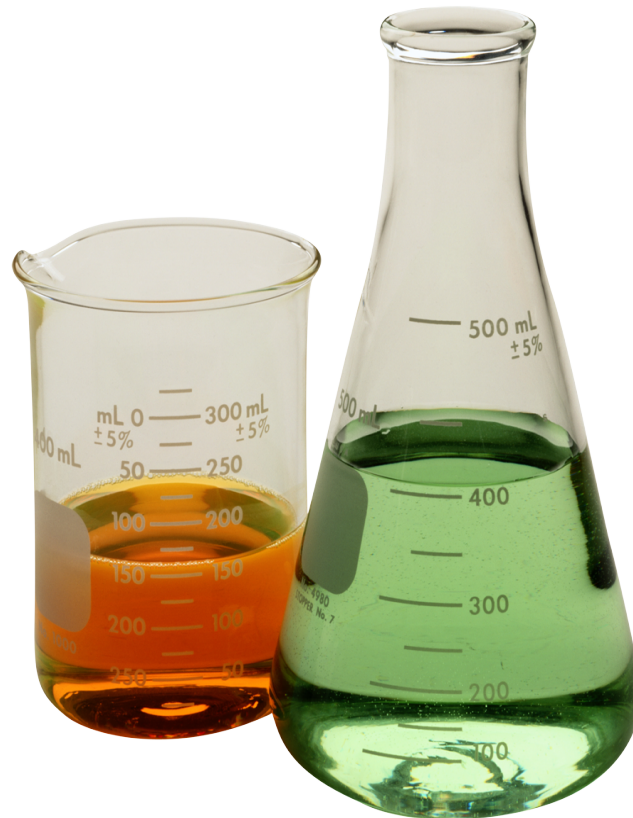




The Dibble Institute

Resources for Teaching Relationship Skills

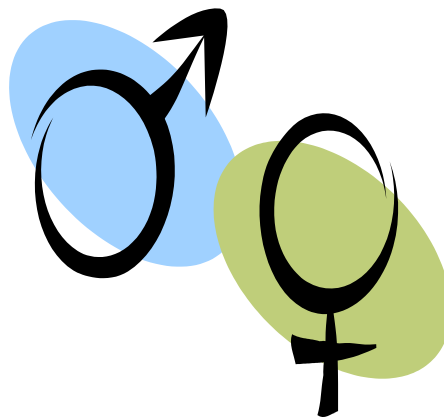
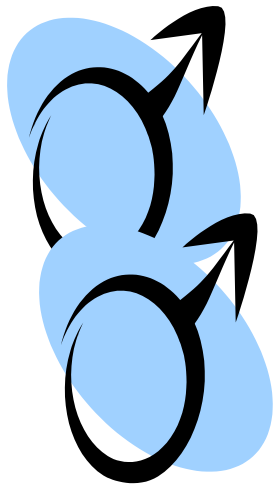
The Dibble Institute believes in research.



The Dibble Institute
believes in stable, healthy families.



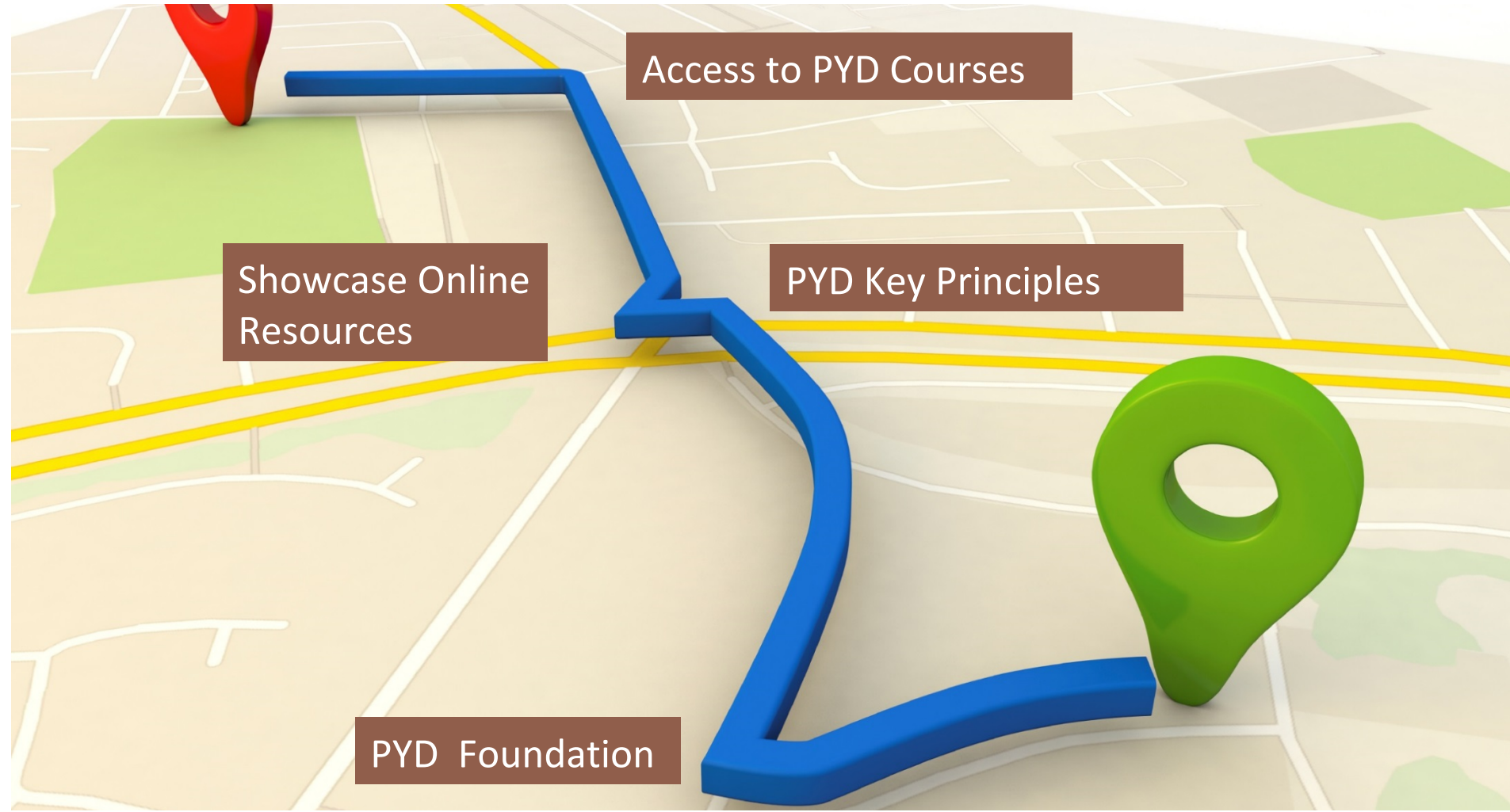
The Dibble Institute believes
all people deserve respect.



Presenter



Jutta Dotterweich, Director of Training
ACT for Youth, Cornell University
jd81@cornell.edu



Our Roadmap for Today



Positive Youth Development

A Bit of History



NYS Partnership
1998 - 2012

New PYD Curriculum 2015

New PYD Online Courses
2016-18



http://www.actforyouth.net/youth_development/professionals/

Target audience

Youth Workers

Program Directors

Volunteers

Parents

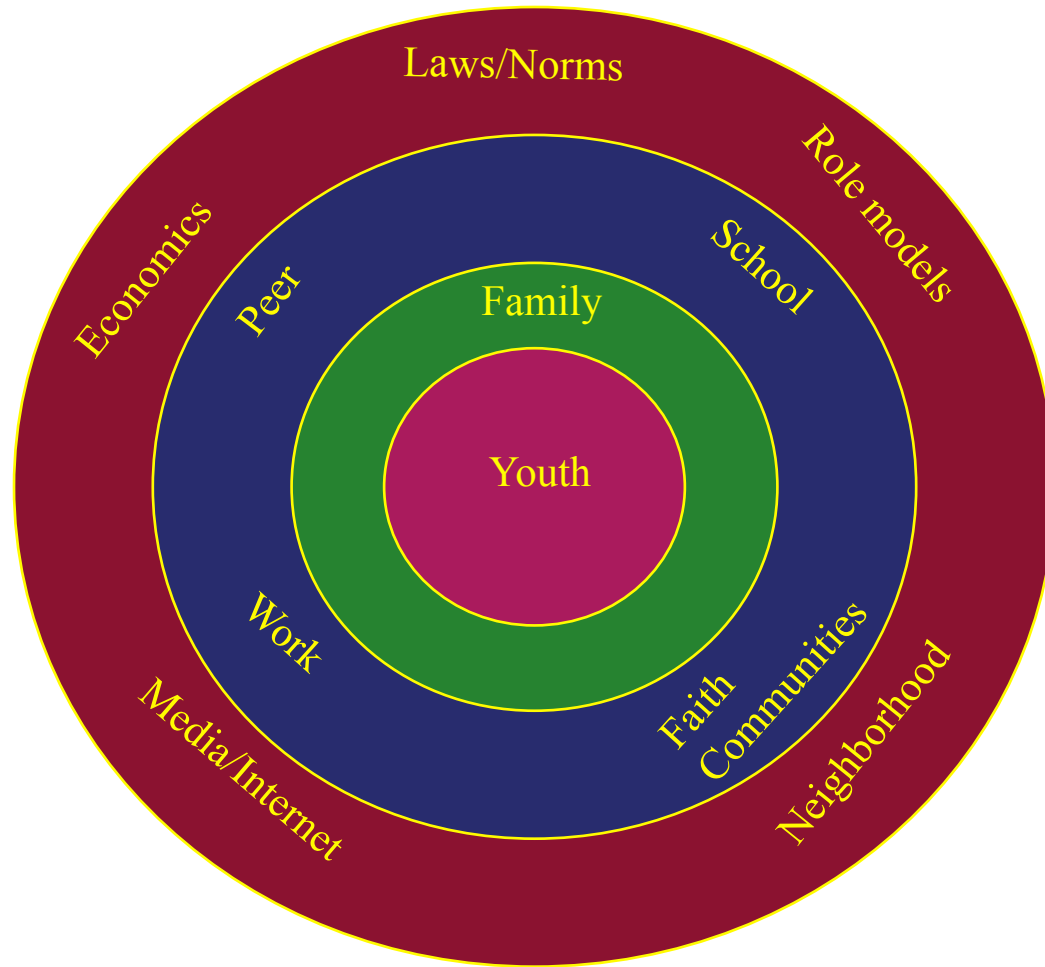




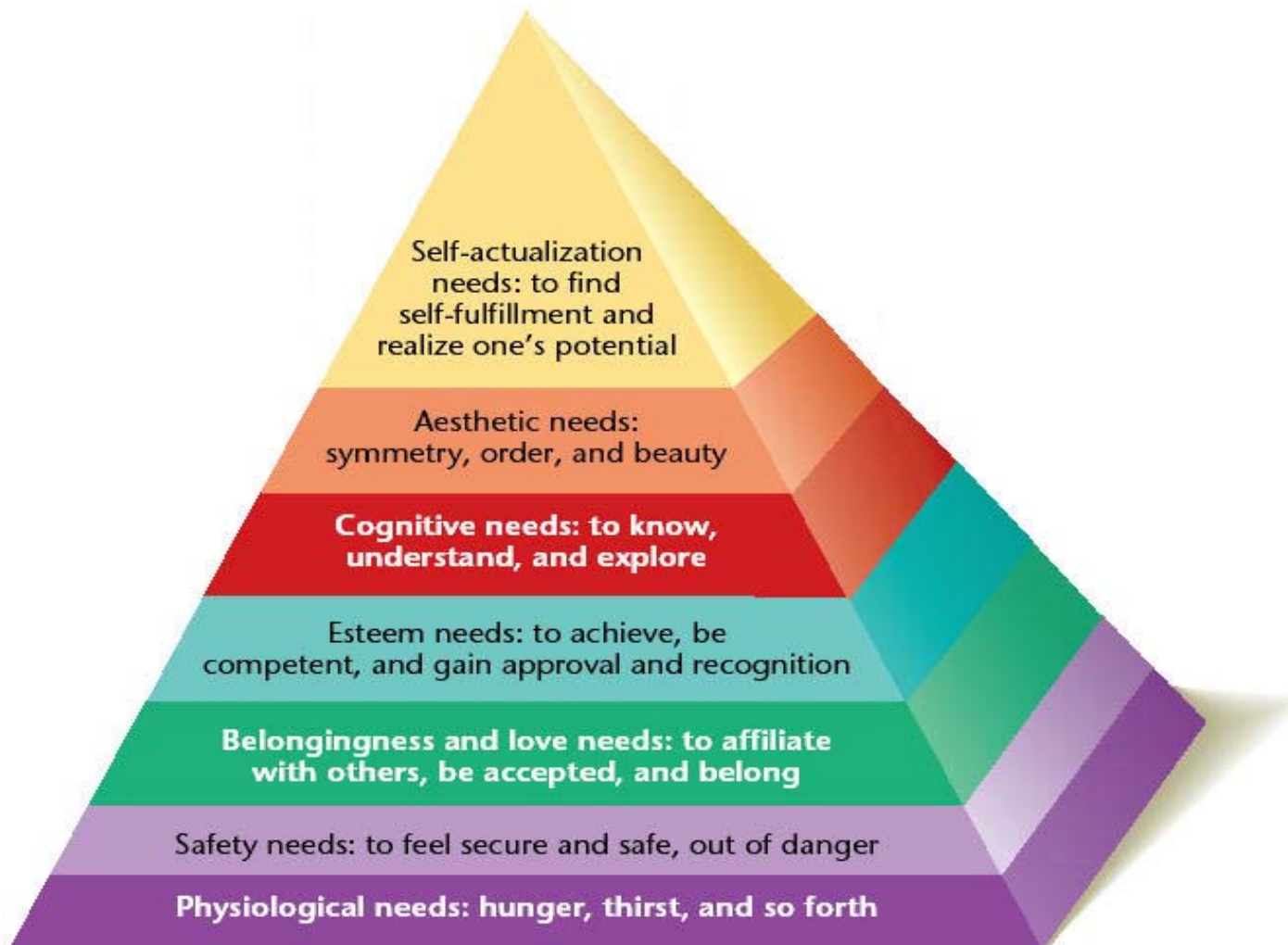
PYD Foundation

Theory and Research

Ecological Model of Development



Maslow's Hierarchy of Needs



Social Toxicity

HOMOPHOBIA

VIOLENCE

SEXUAL EXPLOITATION

Social factors that poison youths' well-being
and healthy development

DISRUPTED FAMILY RELATIONSHIPS

HEALTH THREATS

SEXISM

POVERTY

RACISM

LACK OF BENEVOLENT ADULT AUTHORITY

Supportive Research

Prevention Research

What predicts and prevents poor health outcomes?

Resiliency Research

What explains success despite the odds?

Youth Development Research

What predicts and promotes thriving?

Defining Positive Youth Development

A philosophy or approach that guides communities in the way they organize programs, supports and opportunities so that young people can develop to their full potential.

Focus on building positive outcomes

Youth voice and engagement

Long-term involvement/Developmentally appropriate

Universal/Inclusive

Community-based/Collaborative



Positive Youth Development 101

[My Course Catalog](#)

[About the Series](#)

[Glossary](#)

My Course Catalog

You are registered for the following courses:

Course

- ▶ [Principles of PYD](#)
- ▶ [Puberty and Adolescence](#)
- ▶ [Youth and Technology](#)
- ▶ [Youth Development Programming](#)
- ▶ [Youth Voice and Engagement](#)
- ▶ [Youth Work Ethics](#)

**WELCOME JUTTA
DOTTERWEICH**

[My Course Catalog](#)

[Logout](#)

Self-paced
Interactive
Multimedia

Certificates



Thinking of adolescence...?

Add-on: Puberty & Adolescence

Scenario: At the Afterschool Program

Edit

Any youth program brings together individuals who are at different points of physical, psychological, and social development. In this video, meet the youth we'll be referring to throughout this course.



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CURRENT COURSE

Puberty and
Adolescence

Module 1	Course Units	-
Unit 1	About this Course	
Unit 2	Scenario: At the Afterschool Program	

<https://vimeo.com/182727553>

Features:
Animation
Quizzes
Click on activities
Drag and drop
Reflection questions
Web resources



As we have seen, each of these young people could be facing particular challenges related to their development.

Putting It All Together

Question 1 of 3

Question #1: Darryl

Now 14, Darryl is a little older but smaller than most of the other boys.

Puberty and Adolescence

Module 1	Course Units	-
Unit 1	About this Course	
Unit 2	Scenario: At the Afterschool Program	
Unit 3	Physical Changes of Puberty	
Unit 4	Puberty and Daily Life	
Unit 5	Resources for Parents, Youth, and Youth-Serving Professionals	
Unit 6	Adolescent Brain Development	
Unit 7	How We Grow Up: Tasks of Adolescence	
Unit 8	Putting It All Together	
Unit 9	Darryl, Brianna, & Mo	



Key Principle: Youth Engagement

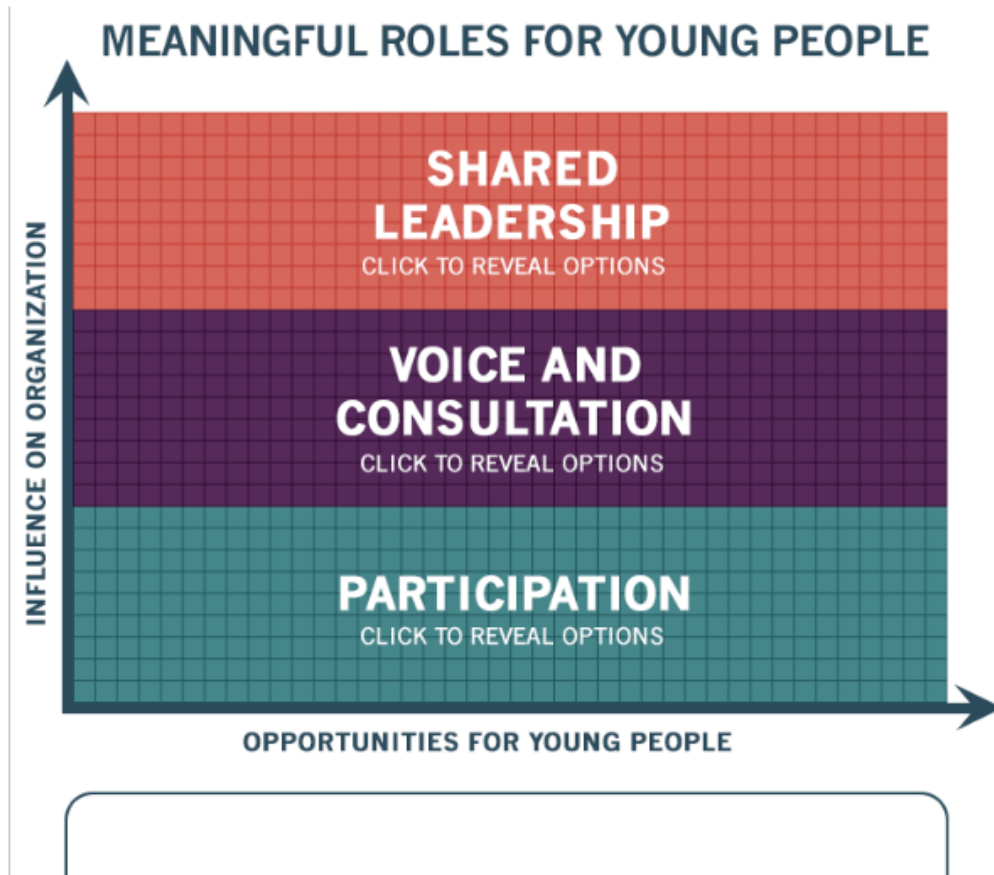
Youth Engagement

... can be defined as involving youth in responsible, challenging action that meets genuine needs, with the opportunity for planning and/or decision-making affecting others...

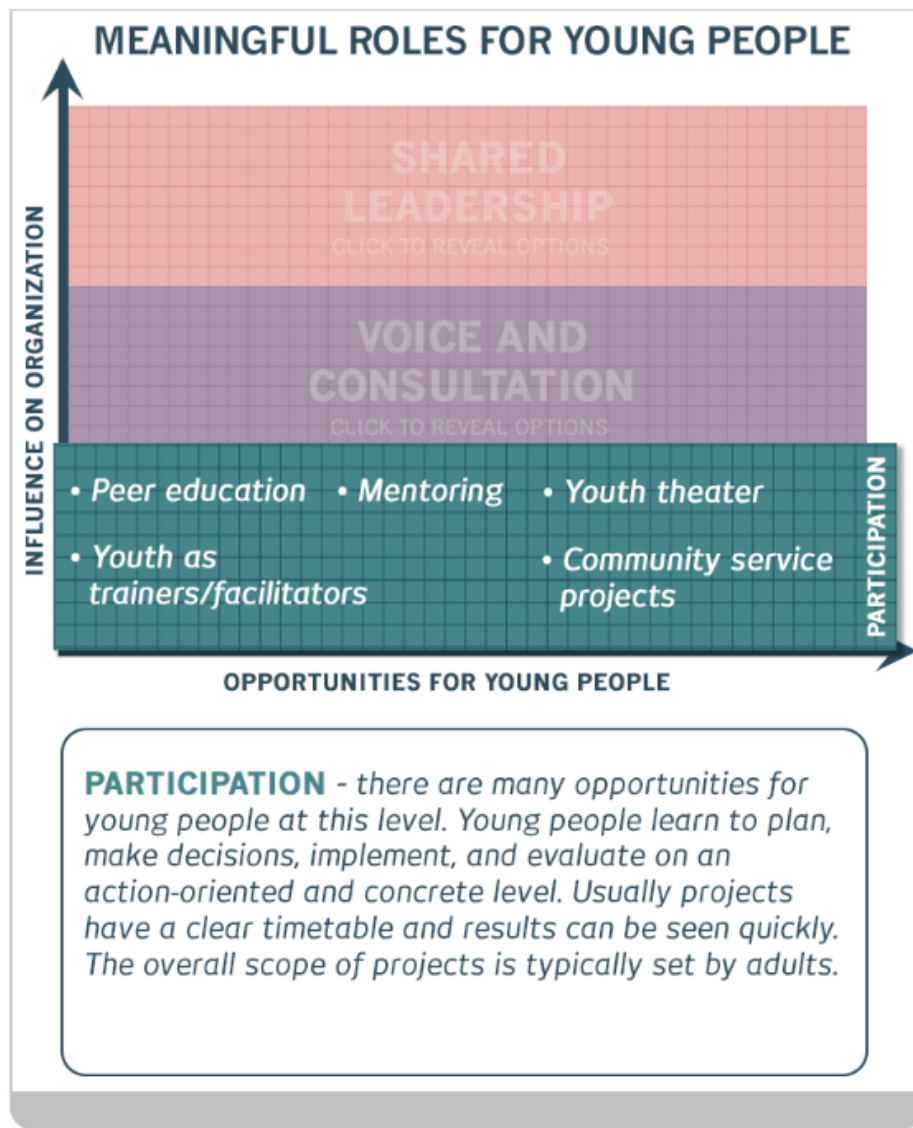
there is mutuality in teaching and learning (between youth and adults) and ... each group sees itself as a resource for the other and offers what it uniquely can provide.

National Commission on Resources for Youth, 1974

Meaningful Roles



	Engagement:
Unit 3	Youth on the Board of Directors?
Unit 4	Meaningful Roles for Young People
Unit 5	Reflection: Think Back to When You Were an Adolescent
Unit 6	Obstacle to Youth Engagement: Adulthood
Unit 7	What Makes Youth-Adult Partnerships Work?
Unit 8	Are You Prepared for Youth-Adult Partnerships?



Unit 4	Meaningful Roles for Young People
Unit 5	Reflection: Think Back to When You Were an Adolescent
Unit 6	Obstacle to Youth Engagement: Adulthood
Unit 7	What Makes Youth-Adult Partnerships Work?
Unit 8	Are You Prepared for Youth-Adult Partnerships?
Unit 9	Preparing Adults for Youth-Adult Partnerships
Unit 10	Preparing Youth for Youth-Adult Partnerships



Think back to your adolescence

What were some of the negative or dismissive things adults in your life said to you?

How did it make you feel?

Obstacle: Adultism



...the behaviors and attitudes
which flow from negative
stereotypes adults hold about
youth.

John Bell, 1995

http://actioncivics.scoe.net/pdf/Understanding_Adultism.pdf

Preparing Adults & Youth



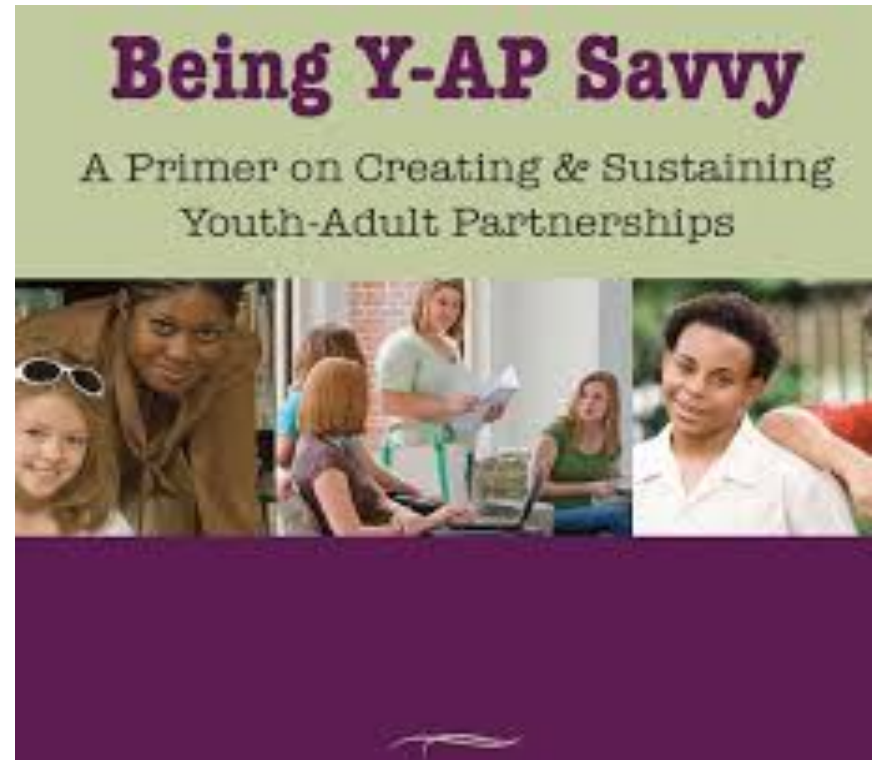
Module 1	Course Units	-
Unit 1	About this Course	
Unit 2	What is Youth Engagement?	
Unit 3	Youth on the Board of Directors?	
Unit 4	Meaningful Roles for Young People	
Unit 5	Reflection: Think Back to When You Were an Adolescent	
Unit 6	Obstacle to Youth Engagement: Adulthood	
Unit 7	What Makes Youth-Adult Partnerships	

Youth-Adult Partnership Resource

Being Y-AP Savvy:

A Primer on Creating &
Sustaining Youth-Adult
Partnerships

[http://fyi.uwex.edu/youthadultpartnership/
files/2011/02/YAP-Savvy12.pdf](http://fyi.uwex.edu/youthadultpartnership/files/2011/02/YAP-Savvy12.pdf)

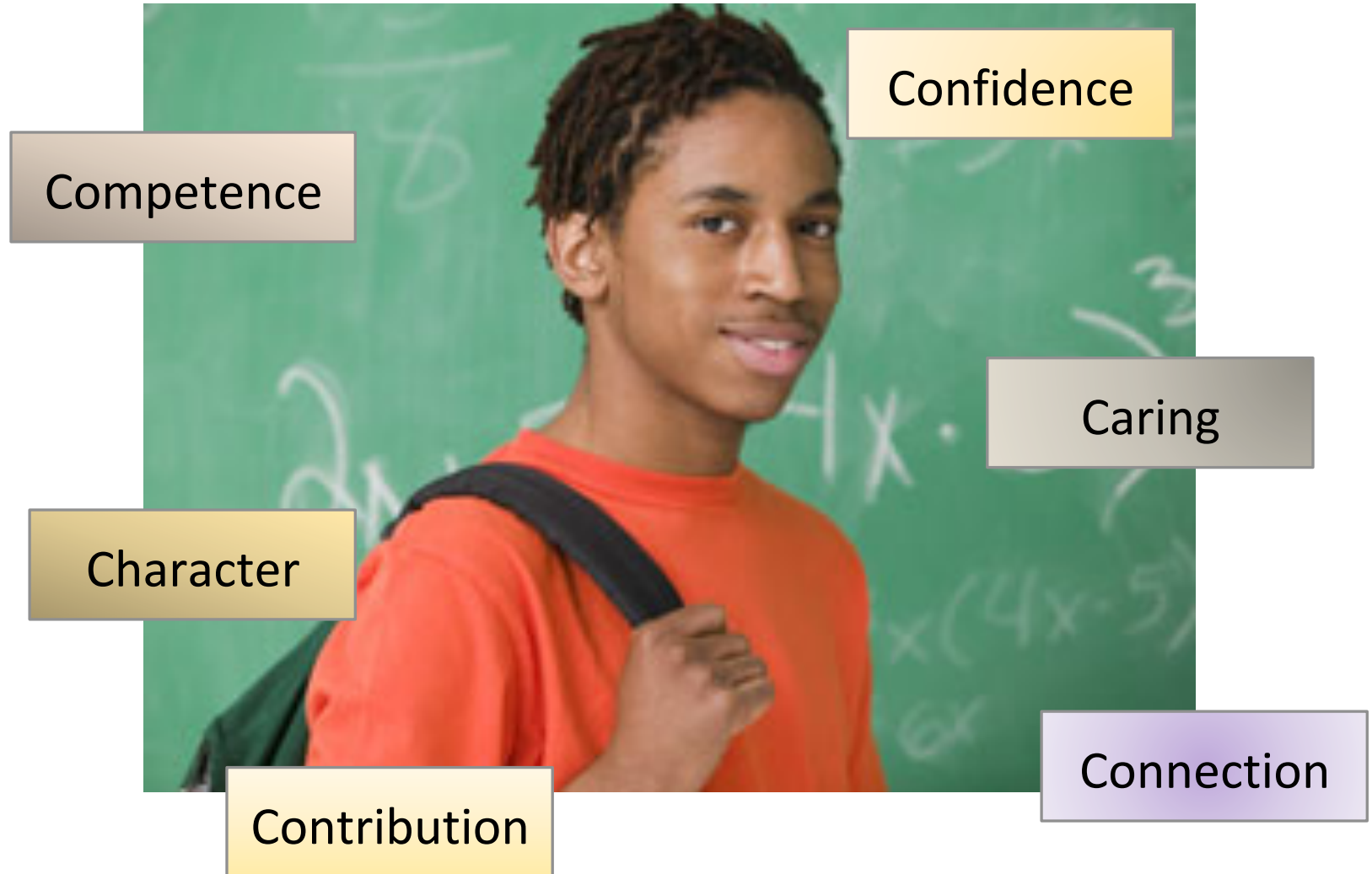




Building Positive Outcomes

What positive outcomes would you like to see?

Building Positive Outcomes



Features of a Strength-Based Approach

- People are active participants in the helping process (empowerment)
- All people have strengths, often untapped or unrecognized
- Strengths foster motivation for growth
- Strengths are internal and environmental

Source: Saleebey, Dennis. 1992. The Strengths Perspective in Social Work Practice. Longman: White Plains, NY

Sparks



"A spark is something that gives your life meaning and purpose. It's an interest, a passion, or a gift."

Dr. Peter Benson, Search Institute

<http://www.search-institute.org/sparks>

Features of Effective Programs

The following are key elements of effective programs:

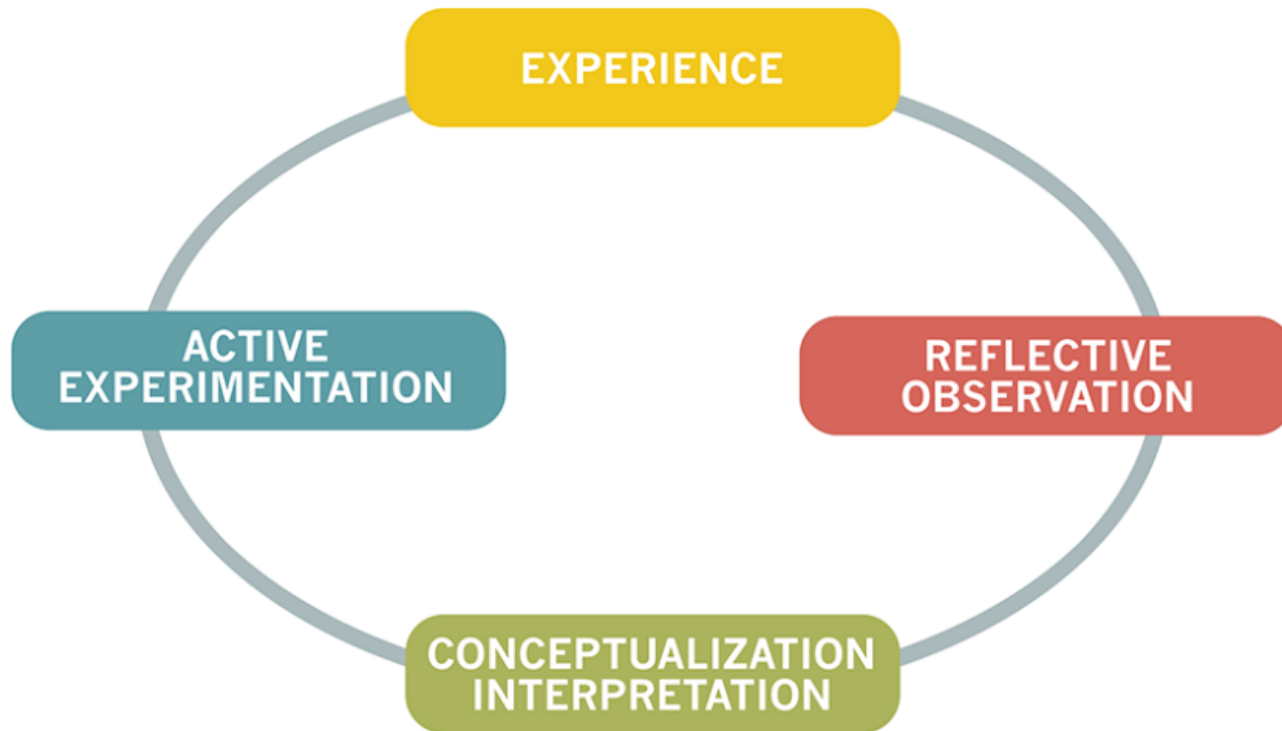
- Physical and psychological safety
- Appropriate structure
- Supportive relationships
- Opportunities to belong
- Positive social norms
- Support for efficacy and mattering
- Opportunities for skill building
- Integration of family, school, and community efforts

Let's look at these elements one by one.

Unit 2	Activities at the A-Zone
Unit 3	Features of Effective Youth Program Settings
Unit 4	Engaging Youth by Building on their Strengths
Unit 5	Scaffolding: A Teaching Strategy for All Ages
Unit 6	Giving Feedback and Praise
Unit 7	Practice Feedback
Unit 8	How Was Your Feedback?

Toolkit

David Kolb's Experiential Learning Cycle



Unit 3	Features of Effective Youth Program Settings
Unit 4	Engaging Youth by Building on their Strengths
Unit 5	Scaffolding: A Teaching Strategy for All Ages
Unit 6	Giving Feedback and Praise
Unit 7	Practice Feedback
Unit 8	How Was Your Feedback?
Unit 9	The Experiential Learning Toolbox



Feature Section

Youth Work Professionals

Professional Development

Positive Youth Development 101

PYD 101 Online Courses

Competencies

Facilitation Tips

Teaching Techniques

Inclusiveness

Self-Care

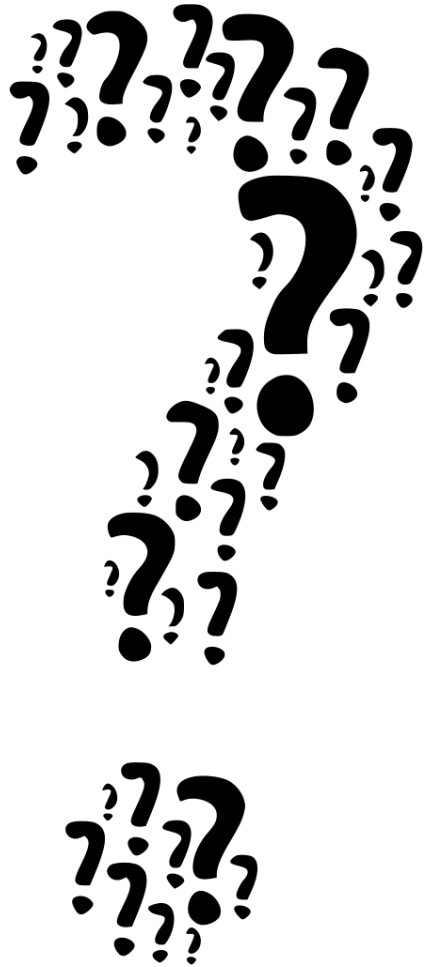
Social and Emotional Learning Toolkit

PYD 101 Online Courses

printer-friendly



Positive Youth Development (PYD) 101 Online is a series of short courses intended to introduce PYD to new youth work professionals, volunteers, and advocates. It is based on, and can be used to



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**Webinar will be available by
Tuesday morning.**

<http://www.dibbleinstitute.org/webinar-archives/>

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Second Wednesday Webinar

September 11, 2019

“Meet them Where They Are”

Building Protective Factors for the
Future

Presenters: Panel from 3 Organizations with different funding streams who will share how they help youth prepare for healthy lives and futures through relationship education.