

# Positive Youth Development: What You Need To Know

**2.08 Housing First, Harm Reduction, and Positive Youth Development**

Josephine Pufpaff, Youth Collaboratory

Director of Systems Improvements and Youth Homelessness

[Josephine@youthcollaboratory.org](mailto:Josephine@youthcollaboratory.org), 612.384.1448

# ABOUT US



**We work with**  
the youth services  
community



**to innovate,**  
evaluate, + drive  
effective strategies



**that assure the**  
safety + well-being of  
youth + young adults,



**unlocking**  
their limitless  
potential.

# Definition of PYD



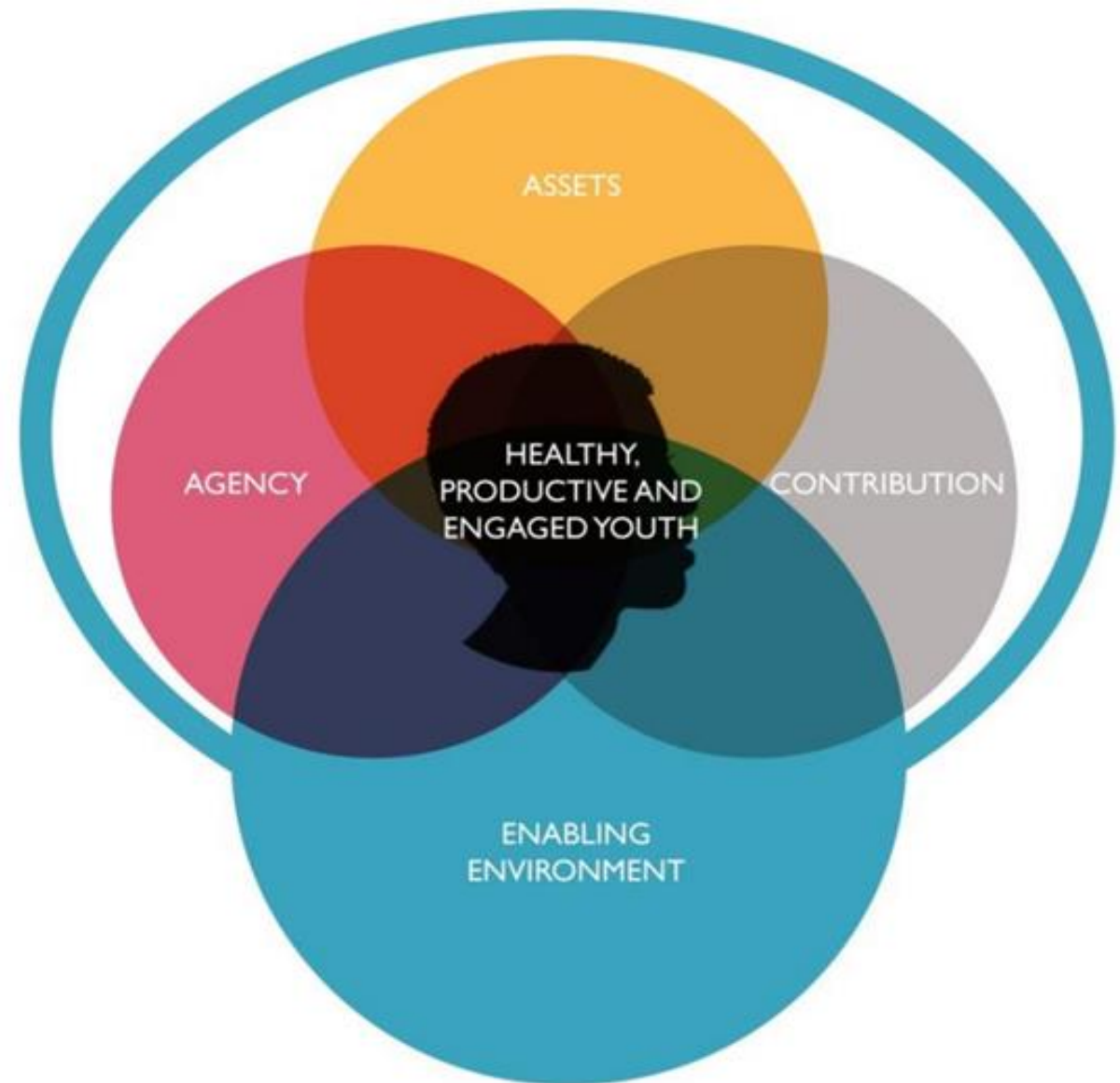
Positive youth development is an **intentional, pro-social approach** that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances youths' strengths; and promotes positive outcomes for young people by providing **opportunities**, fostering **positive relationships**, and furnishing the **support** needed to **build on their leadership strengths**.

(Federal Interagency Working Group on Youth Programs)



# PYD Framework

- Assets
- Agency
- Contribution
- Enabling Environment

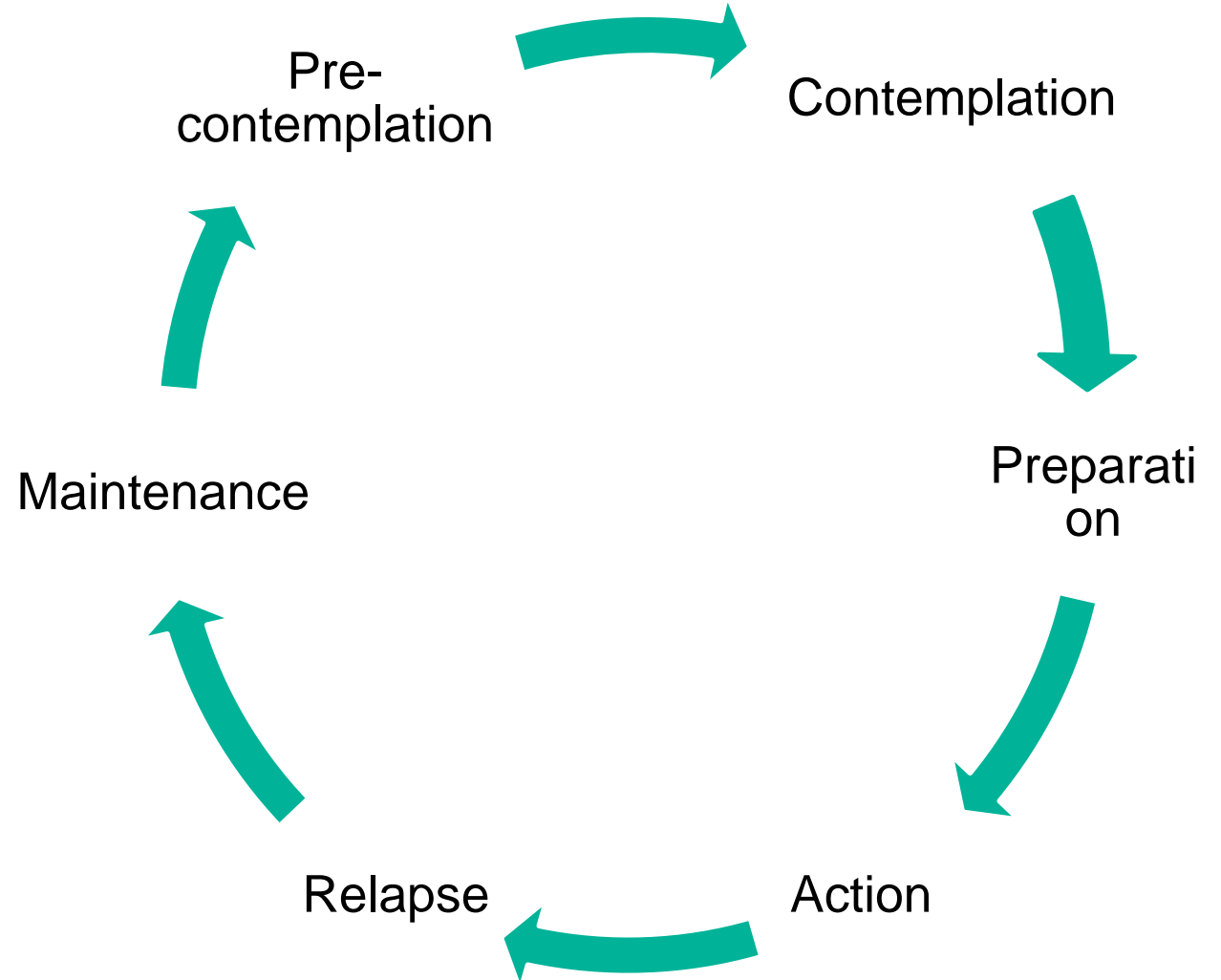


# The 5 Cs of PYD

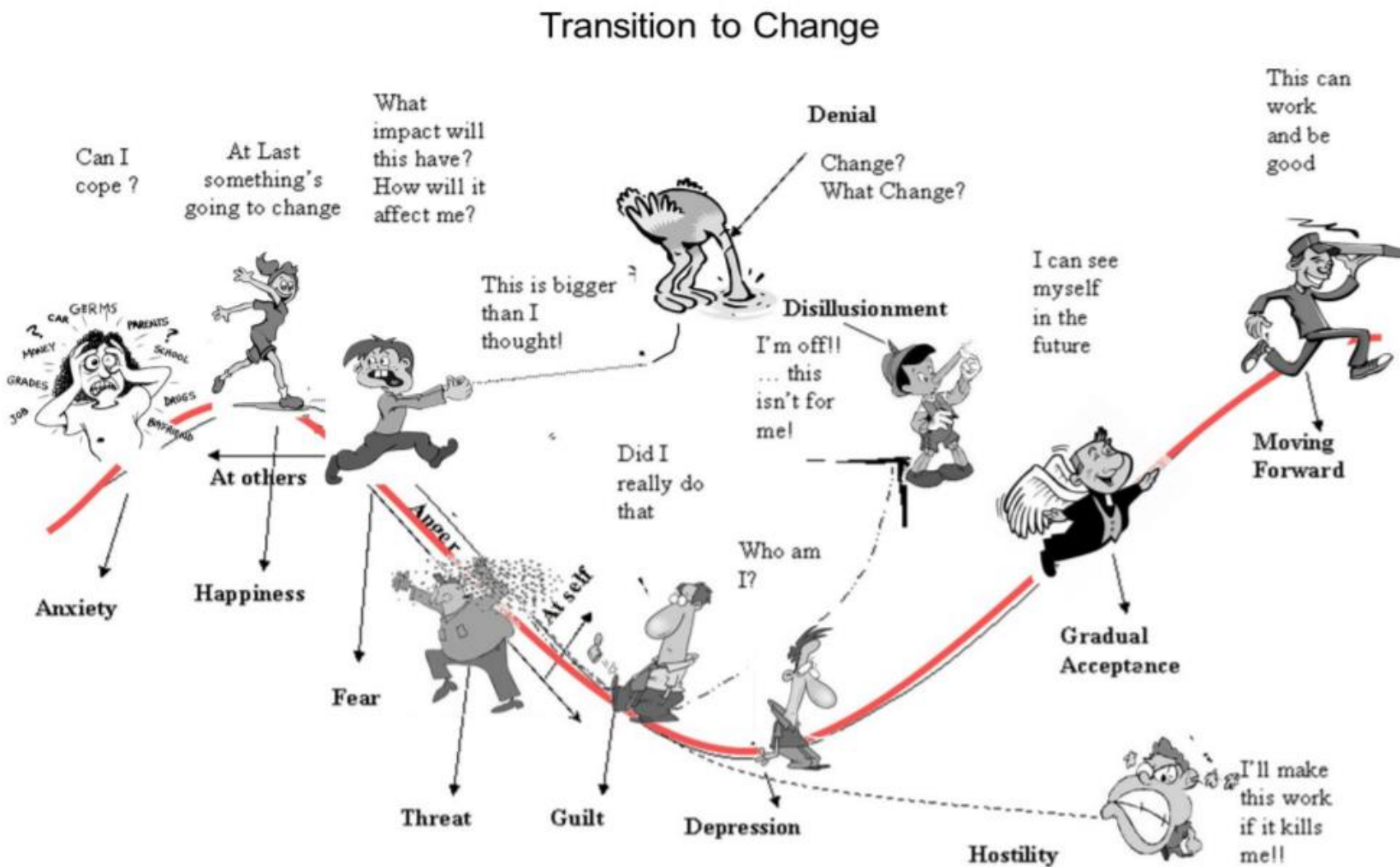
<b>Competence</b> <ul style="list-style-type: none"><li>• intellectual ability and social and behavioral skills.</li></ul>	<b>Connection</b> <ul style="list-style-type: none"><li>• positive bonds with people and institutions.</li></ul>	<b>Character</b> <ul style="list-style-type: none"><li>• integrity and moral centeredness.</li></ul>
<b>Confidence</b> <ul style="list-style-type: none"><li>• positive self-regard, a sense of self-efficacy, and courage.</li></ul>	<b>Caring/Compassion</b> <ul style="list-style-type: none"><li>• Humane values, empathy, and a sense of social justice.</li></ul>	<b>Contribution</b> <ul style="list-style-type: none"><li>• Opportunities to feel value and connection</li></ul>

# Stages of Change

- Motivation to change is about readiness, willingness, and ability.
- A person can exit and re-entry at any stage.
- We can confuse the physical presence in a program as motivation to change.

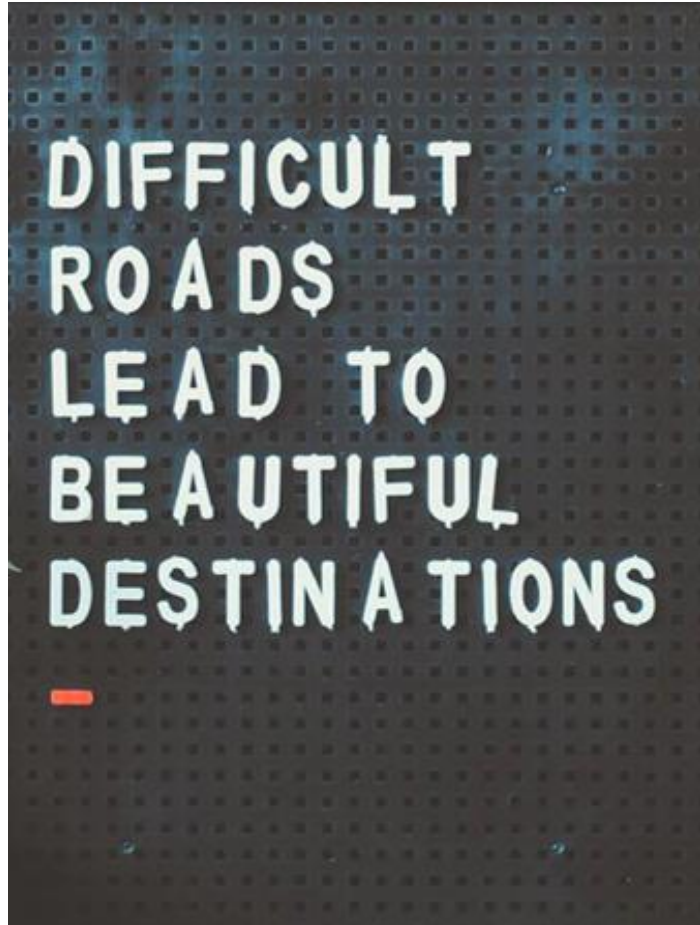


# The Struggle To Change





# Motivational Interviewing



- It is a way of being in relation to another
- Requires authentic rapport and relationship
- Reframes the ideas of failure as a learning experience
- It helps people want to change
- It encourages and celebrates AHA moments
- It provides a “how to” for facilitating change
- Affirms freedom of choice and self direction
- Evokes change talk and action

# PYD in Practice

1. How do you intentionally use physical spaces - aesthetic, access, and availability?
2. What opportunities exist for youth to collaborate and lead on programming and community issues?
3. To what degree does your program provide clear and consistent rules and expectations?
4. How is your program an extension of the community the youth belongs to?
5. To what degree do you foster safe and supportive interactions with peers and with other adults in the youth's life?
6. How does your program provide opportunities for adolescents to learn skills that prepare them to make positive decisions?

# Challenges and Barriers

- Mindsets that young people are problems to be straitened out instead as resources to be developed
- Limited and/or one time education around the impact of risk/protective factors
- Attitude is that young people have little to contribute – they are there at the will of the adults who know what’s best and are in control
- Adulthood and ageism go hand in hand with several other “isms”
- PYD is not a specific curriculum or a particular program

# Value of Partnerships with Young People

## For the Young Person

- Sense of power and control in their life
- Opportunity to represent their own interests and stand for others
- Financial stability/self-sufficiency
- Social-emotional wellbeing
- Skill development
- Partnership increases engagement and connection to supports

## For the Organization

- Increased youth engagement
- Deeper understanding of needs, culture, and local trends
- Strengthen program practices
- Improved outcomes
- Preparation for transition and leadership
- Staff development and org. culture

# Youth Catalyst Team



- National initiative for young leaders, age 16-24 – operate as paid consultants
- Focus on preventing and ending youth trafficking, abuse, exploitation, and homelessness, and to increase positive outcomes for young people
- Using their knowledge, skills, and understanding of systems/services to advance the youth services field

# Tools and Resources

- [An Introduction to the Positive Youth Development \(PYD\) Approach](#)
- [Integrating Positive Youth Development – youth.gov](#)
- [Youth Catalyst Team Information](#)
- [True Colors Youth Collaboration Toolkit](#)
- [Positive Youth Development - youth.gov](#)
- [111 Ways to Engage Youth](#)
- [How Youth Engagement Happens](#)