

# **Making Youth Programming Effective through Youth Development**

**Jutta Dotterweich  
ACT for Youth Center of Excellence  
[www.actforyouth.net](http://www.actforyouth.net)**

# Positive Youth Outcomes

**Competencies**

**Confidence**

**Character**

**Connection**

**Contribution**

# National Research Council (2002)

## Features of Positive Developmental Settings

Physical and Psychological Safety

Appropriate Structures

Supportive Relationships

Opportunities to Belong

Positive Social Norms

Support for Efficacy and Mattering

Opportunities for Skill Building

Integration of Family, School and Community Efforts

# Effective Youth Development Programming

## Atmosphere/Climate

supportive  
empowering  
clear expectations &  
boundaries  
positive social norms  
opportunities for  
recognition

## Activities

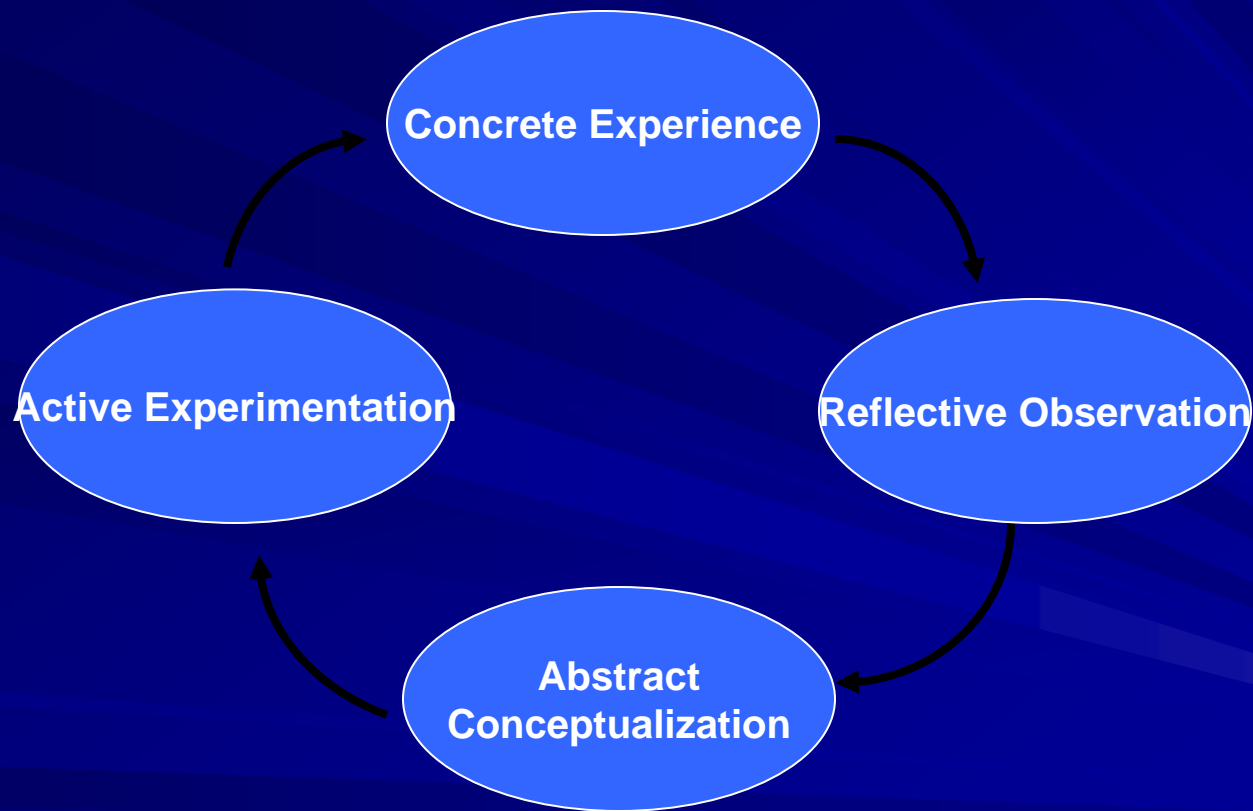
skill building  
authentic  
broaden the horizon  
strengthen supports  
available in families,  
schools & community

# Mentoring

## Quality Criteria:

- Structured activities
- Expectations for frequent contact
- Enduring relationship
- Parent involvement
- Continued mentor training
- Monitoring of matches by staff

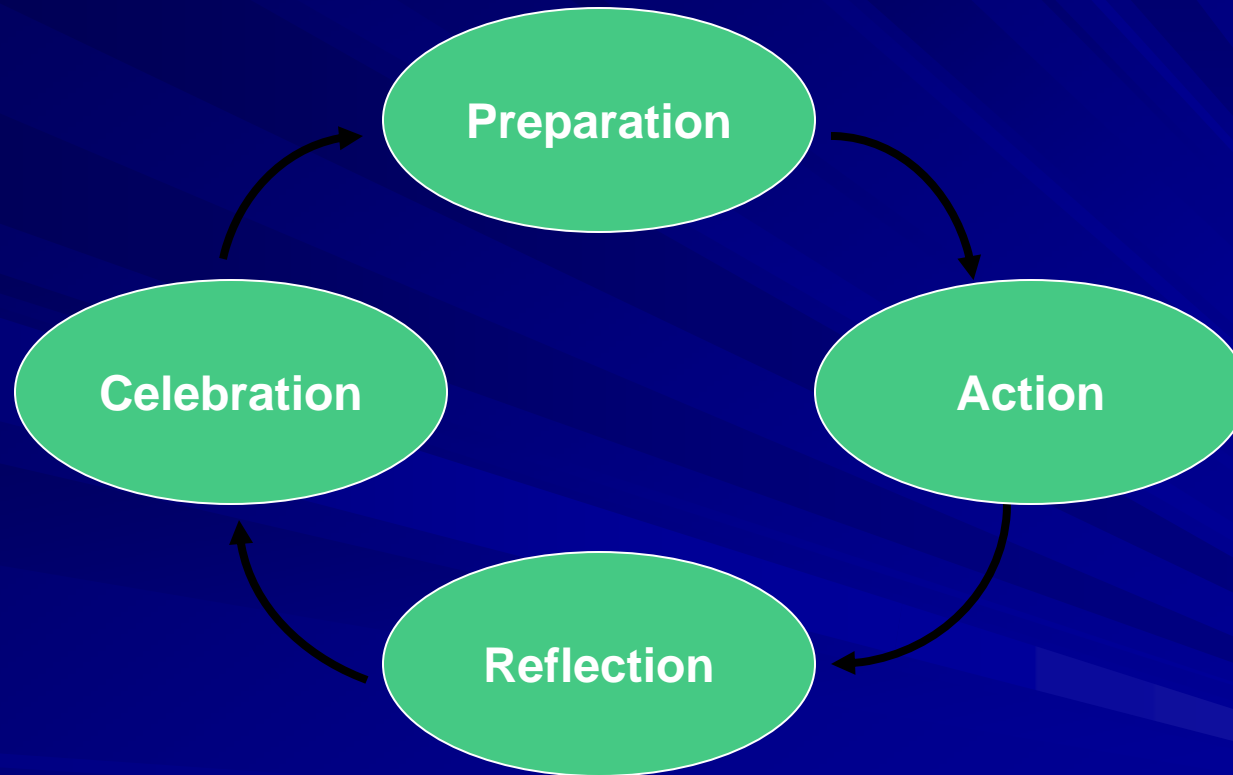
# David Kolb's Experiential Learning Cycle:



# What is Service-Learning?

Service-learning is a form of experiential education where learning occurs through a cycle of action and reflection as students work with others through a process of applying what they are learning to community problems and, at the same time, reflecting upon their experience as they seek to achieve real objectives for the community and deeper understanding and skills for themselves.

# Cycle of Service-Learning





# Youth Civic Engagement in Advocacy Organizations

- Young people engage in identity search in their own culture and background
- They address challenges faced by their own families and communities
- They expand their voice, competencies and responsibilities

# Advocacy Organizations Contribute to Young People's Development

- Quality relationships with adults
- Leadership and decision making opportunities
- Positive identity development – cultural education

# New Models for Working with Youth

- Using a participatory leadership model – focus on social change
- Empowerment model
- Learning through immersion and history
- Political and critical education
- Popular youth culture as a medium
- Real community involvement