

# PAClife PYD Presentation Trainer Notes



## Slide 1

Intro

## Slide 2

What are you good at?

If you are taking part in physical and cultural activities you may have a pre-existing ability for these. This is a strength you have that you can develop and refine to provide yourself with further opportunities.

Strengths-based means concentrating on and developing and refining something you are good at.

This means focussing on a positive quality, not looking for deficits. Having an ability helps to build self-esteem and self worth so that we value ourselves more. Having an ability can help to build resilience when we are faced with challenges in life.

## Slide 3

An official definition has been created by a working group comprised of 20 U.S. Federal departments (there is no official European definition available).

*“PYD is an intentional, prosocial 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 young people’s 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”.*

United States Interagency Working Group on Youth Programs.

## Slide 4

1. All young people have strengths that can be developed.
2. Good developmental growth is achieved if young people have the correct environment and support ('ecology' = family, neighbourhood, school, peer group, after-school programmes).
3. Good development is also helped by young people having positive experiences of diverse environments, people, and cultural contexts

4. All young people can benefit from these factors
5. A young person's community environment is an essential factor for a young person's positive development
6. Young people can shape and are at the centre of any development.



Source: Benson, P. L., Scales, P. C., Hamilton, S. F., & Sesma, A. (2006). Positive youth development: Theory, research, and applications. In R. M. Lerner (Ed.), *Theoretical models of human development* (6th ed., Vol. 1 of *Handbook of child psychology*, pp. 894–941). Hoboken, NJ: Wiley.

### Slide 5

Name the 5Cs then move onto the next slide

### Slide 6

1. **Competence** – enabling and having a positive view of a person's actions in specific areas - social, academic, cognitive, health, and vocational.
2. **Confidence** - a sense of self-worth and self-efficacy.
3. **Connection** – having positive bonds with people and institutions – peers, family, school and community.
4. **Character** – a respect for societal and cultural norms, possession of standards for correct behaviour, a sense of right and wrong, and integrity.
5. **Caring** - having sympathy and empathy for others.

A sixth 'C' emerges if the preceding 5Cs are realised:

6. **Contribution** - to self, family, community, and the institutions of society.

M. Lerner, Richard. (2005). *Promoting Positive Youth Development: Theoretical and Empirical Bases*.

### Slide 7

Use 5C activity a. (if time) Competence then show the slide and discuss the examples provided on the slide. Any questions?

5C examples adapted from Lerner, R. M., Brittan, A. S., & Fay, K. E. (2007).

### Slide 8

Use 5C activity b. (if time) Confidence then show the slide and discuss the examples provided on the slide. Any questions?



### **Slide 9**

Use 5C activity c. (if time) Connection then show the slide and discuss the examples provided on the slide. Any questions?

### **Slide 10**

Use 5C activity e. (if time) Character then show the slide and discuss the examples provided on the slide. Any questions?

### **Slide 11**

Use 5C activity d. (if time) Caring then show the slide and discuss the examples provided on the slide. Any questions?

### **Slide 12**

A sixth 'C' emerges if the preceding 5Cs are realised.

Discuss the examples provided. Any questions?

### **Slide 13**

Ask the participants if they know what resilience means.

Definition of resilience by MIND UK. (You may wish to substitute one from your own country if more appropriate).

Ask the participants how do they think Positive Youth Development helps to build resilience?

### **Slide 14**

State that by using the Positive Youth Development framework and the 5Cs we are helping to build a young persons resilience and protective factors to assist them with mental health concerns (e.g a network of supportive friends and being able to talk things through with them can help us through a mental health crisis; equally physical activity or creative groupwork with that same network can help too).

What assets does your young person have – think – be creative!