### Positive Youth Development Questions and Strategies

#### Belonging

**Questions to ask youth:**
- How have you helped a youth understand what it means to belong?
- How have you helped a youth understand the value of their history and culture?
- What have you done when a youth told you that they did not care about belonging anywhere?
- What are your ideas for helping youth think about their future relationships with their family, extended family/friends, and caregivers?
- How would you help a youth understand the value of a Lifebook?
- Are there other adults besides yourself who are very important to the youth you are working with?

**Strategies to assist youth:**
- Ensure youth have the opportunity to bond with peers in structured and unstructured activities.
- Encourage or arrange youth and adult mentoring opportunities.
- Encourage permanent connections with family, siblings, friends, and supportive adults.
- Demonstrate valuing diversity beyond outward appearances (including culture, generational differences, political views/affiliations, religious views/affiliations, sexual preferences, educational goals, etc.).
- Support preserving cultural identity and the youth’s connections with his/her culture and community.
- Encourage youth to create a Lifebook.
- Encourage youth to create a personal vision.

#### Mastery

**Questions to ask youth:**
- How do you help make sure that youth have transportation to classes, activities or events in the community?
- What are two things you have done to role model how to play?
- How have you provided opportunities for youth to pursue their interests?
- Where have you gone for resources in helping youth prepare for education after high school?

**Strategies to assist youth:**
- Create an environment for youth to feel safe in practicing development skills.
- Provide opportunities for hands-on, activities and experiential learning.
- Encourage involvement in competitive and cooperative games and sports.
- Understand that learning is a lifelong process and that failures are part of learning and growing.
- Provide practical opportunities to develop life skills in a variety of ways including involvement in independent living skills groups.

#### Independence

**Questions to ask youth:**
- What does it mean to share power with youth?
- What are things you have done to assure that youth are part of every decision made about their placement, goals, medication, school, family contact, etc.?
- What is your response when a youth disagrees with you?
- What are some things you do to help youth focus on their future?
- What strategies have you used to help youth understand their survival skills?

**Strategies to assist youth:**
- Provide youth the tools and opportunities to make decisions rather than others providing the answers.
- Ensure youth are actively involved in their case planning, placement decisions, court recommendations, etc.
- Provide opportunities for growth.
- Connect responsibilities to life skills youth will need as adults (cleaning the house is not a chore, it is household maintenance).
- Ask instead of tell.
- Encourage youth to seek guidance and advice because independence does not mean isolated or abandoned.
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<tr>
<th>Generosity questions to ask youth:</th>
<th>Generosity strategies to assist youth:</th>
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<tbody>
<tr>
<td>• What are examples of some ways youth have given back in meaningful ways?</td>
<td>• Help youth recognize their unique gifts, talents and interests.</td>
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<td>• What do you do to help motivate youth to give back?</td>
<td>• Provide learning and volunteer opportunities based on their individual interests and goals.</td>
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<td>• How do you or other adults in the youth’s life role model the importance of giving back?</td>
<td>• Discuss the impact of youth’s actions and inactions on themselves, their peers, and their community.</td>
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<td>• Name one skill or interest a youth you are working with has and how might you turn that interest into an opportunity to give back?</td>
<td>• Recognize youth when they select and complete a service learning project.</td>
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<td>• Help youth recognize their unique gifts, talents and interests.</td>
<td>• Provide youth with the tools they need to be successful at the service learning opportunity (do they need tools, books, a class on a specific topic, a supportive adult at the project to talk with, transportation arrangements, etc.)</td>
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