

## Positive Youth Development Questions and Strategies

<b>Belonging questions to ask youth:</b>	<b>Belonging strategies to assist youth:</b>
<ul style="list-style-type: none"> <li>• How have you helped a youth understand what it means to belong?</li> <li>• How have you helped a youth understand the value of their history and culture?</li> <li>• What have you done when a youth told you that they did not care about belonging anywhere?</li> <li>• What are your ideas for helping youth think about their future relationships with their family, extended family/friends, and caregivers?</li> <li>• How would you help a youth understand the value of a Lifebook?</li> <li>• Are there other adults besides yourself who are very important to the youth you are working with?</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure youth have the opportunity to bond with peers in structured and unstructured activities.</li> <li>• Encourage or arrange youth and adult mentoring opportunities.</li> <li>• Encourage permanent connections with family, siblings, friends, and supportive adults.</li> <li>• Demonstrate valuing diversity beyond outward appearances (including culture, generational differences, political views/ affiliations, religious views/affiliations, sexual preferences, educational goals, etc.</li> <li>• Support preserving cultural identity and the youth's connections with his/her culture and community.</li> <li>• Encourage youth to create a Lifebook.</li> <li>• Encourage youth to create a personal vision.</li> </ul>
<b>Mastery questions to ask youth:</b>	<b>Mastery strategies to assist youth:</b>
<ul style="list-style-type: none"> <li>• How do you help make sure that youth have transportation to classes, activities or events in the community?</li> <li>• What are two things you have done to role model how to play?</li> <li>• How have you provided opportunities for youth to pursue their interests?</li> <li>• Where have you gone for resources in helping youth prepare for education after high school?</li> </ul>	<ul style="list-style-type: none"> <li>• Create an environment for youth to feel safe in practicing development skills.</li> <li>• Provide opportunities for hands-on, activities and experiential learning.</li> <li>• Encourage involvement in competitive and cooperative games and sports</li> <li>• Understand that learning is a lifelong process and that failures are part of learning and growing.</li> <li>• Provide practical opportunities to develop life skills in a variety of ways including involvement in independent living skills groups.</li> </ul>
<b>Independence questions to ask youth:</b>	<b>Independence strategies to assist youth:</b>
<ul style="list-style-type: none"> <li>• What does it mean to share power with youth?</li> <li>• 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?</li> <li>• What is your response when a youth disagrees with you?</li> <li>• What are some things you do to help youth focus on their future?</li> <li>• What strategies have you used to help youth understand their survival skills?</li> </ul>	<ul style="list-style-type: none"> <li>• Provide youth the tools and opportunities to make decisions rather than others providing the answers.</li> <li>• Ensure youth are actively involved in their case planning, placement decisions, court recommendations, etc.</li> <li>• Provide opportunities for growth.</li> <li>• Connect responsibilities to life skills youth will need as adults (cleaning the house is not a chore, it is household maintenance).</li> <li>• Ask instead of tell.</li> <li>• Encourage youth to seek guidance and advice because independence does not mean isolated or abandoned.</li> </ul>

<b>Generosity questions to ask youth:</b>	<b>Generosity strategies to assist youth:</b>
<ul style="list-style-type: none"> <li>• What are examples of some ways youth have given back in meaningful ways?</li> <li>• What do you do to help motivate youth to give back?</li> <li>• How do you or other adults in the youth's life role model the importance of giving back?</li> <li>• 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?</li> </ul>	<ul style="list-style-type: none"> <li>• Help youth recognize their unique gifts, talents and interests.</li> <li>• Provide learning and volunteer opportunities based on their individual interests and goals.</li> <li>• Discuss the impact of youth's actions and inactions on themselves, their peers, and their community.</li> <li>• Recognize youth when they select and complete a service learning project.</li> <li>• 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.)</li> </ul>
<p>Adapted from Brendtro, L., Brokenleg, M., &amp; Van Bockern, S. (1990), Reclaiming Youth at Risk: Our Hope for the Future, National Education Service, Bloomington, Minnesota.</p>	