

# **Trainings Offered by Youth Development Specialist**

## **- Adult Audience**

### **Enhancing Positive Youth Development Outcomes**

*The Community Programs to Promote Youth Development Report* published in 2002 by the National Research Council and the Institute of Medicine identifies the eight features of positive developmental settings. Community programs for youth should be based on a developmental framework that supports the acquisition of personal and social assets through activities that promote both current adolescent well-being and future successful transitions to adulthood. Therefore, the more features a program has, the more likely it is to provide better supports for young people's positive development. This curriculum helps youth service organizations to better understand the eight features of Positive Youth Development and how to incorporate the features into program settings. The eight features include:

1. physical and psychological safety
2. appropriate structure
3. supportive relationships
4. opportunities to belong
5. positive social norms
6. support for efficacy and mattering
7. opportunities for skill building
8. integration of families, schools and communities

Each module can be taught separately to strengthen a program's efficiency in a particular feature, or the curriculum can be taught in its entirety to improve a program's overall efficiency in all features. There are eight modules in this curriculum. The full curriculum is equal to 20 hours of actual training time. Individual features are two to three hours. The workshop can be offered to one organization or a group of organizations with a minimum of 10 participants. This curriculum can also serve as a technical assistance tool to help improve performance on the Program Quality Assessment (PQA), a self assessment that monitors a program's use of the eight features. The PQA was developed by the Weikart Center for Youth Program Quality in consultation with the New York State Office of Children and Family Services.

### **Advancing Youth Development Training of Youth Workers**

The curriculum introduces youth workers to a Youth Development approach and its implications for youth work practice. Participants will learn practical service strategies to integrate with those they currently use, which will enhance their ability to work with young people. Participants will also become stronger resources to their organizations and communities by acquiring the knowledge and skill necessary to teach the applications of a Youth Development approach to colleagues and other constituencies. This training is most appropriate for entry level staff working directly with youth in a programmatic, educational, counseling or referral capacity. The training sessions include; discussion and activities around youth outcomes, cultural assumptions and stereotypes about young people, strategies for youth participation, opportunities and supports, best program practices, and core competencies of youth workers. This is an 18-hour course to be offered at least weekly in three six-hour segments, or shorter segments if necessary. A minimum number of 10 people are required to offer this training.

## **Strengthening Organizations Through Youth Development**

This training will strengthen organizations by integrating Youth Development principles and concepts into organizational practices and procedures. The training session includes; planning for organizational self assessment, youth engagement, increasing knowledge of Youth Development, review of the organization regarding personnel practices, written materials and the physical environment, and implementation of an organizational assessment. This workshop is for organization and agency decision-makers and other key personnel with roles and responsibilities in organizational development and/or program management, and for individuals effecting how young people are perceived and utilized in the organization with regard to policies and procedures. The target audience includes; administration, Youth Development supervisors, board members, and volunteer organizers. This is full day training with a half-day follow up. A minimum number of 10 people are required to offer this training. Multiple agencies are encouraged to be involved so as to offer a variety of perspectives in discussion.

## **Youth Development Basics**

This training presents four fundamental concepts of the Youth Development approach; Youth Development outcomes, services, opportunities and supports, cultural assumptions and adultism, and youth participation/youth voice. The purpose of the training is to build support within programs, organizations, and communities for youth worker training and successful implementation of the Youth Development approach. The target audience includes; adults who work with youth in late childhood and adolescence to include supervisors, directors, funders, and other decision makers interested in understanding the basics of Youth Development. This is a half-day training, approximately four hours. A minimum number of 10 people are required to offer this training.

## **How to Involve Youth in Your Organization**

This workshop defines positive youth development, explains meaningful youth voice and youth engagement, explains how adults and organizations can benefit from involving youth, lists practical considerations for involving youth, and explains different levels of youth engagement. This workshop is one hour. The workshop can be offered to one organization or a group of organizations with a minimum of 10 participants. It is recommended that interested organizations pursue additional Youth Development trainings.

## **Helping Youth Make Better Choices Online**

This workshop includes information on cyberbullying, talking to strangers online, comments and their consequences, sexting, and the activity of online predators. The workshop will conclude with a section on what parents can do to increase safety online. This is a NetSmartz workshop and is appropriate for parents and caregivers of youth ages 5 to 17. This is an adult only workshop. A minimum of 10 people are required to offer this workshop.

## **How Youth are Influenced by Media Messages**

This workshop will illustrate how media affects everyone, and how the tactics used by advertisers can affect personal choices and behavior. The workshop will also encourage you to take an active part in educating youth about the power media can have over decision making by learning how to be media literate. Whether you are a parent or an educator, this workshop is an eye-opening look at media and what you can do to be a more critical consumer of media messages for yourself, for your family and for youth in the community. This workshop is two hours. A minimum of 10 people are required to run this workshop. This workshop can be offered for general topic areas, or it can be specific to one topic area, such as body image, alcohol, objectification of women, or violence.

## **Media Literacy – Train the Trainer for Youth Workers**

This highly visual and interactive presentation will help teach people to become critical thinkers and wise consumers of the many forms of programming and advertising that come across the airwaves. Media literacy education helps children and adults understand the motivations and production techniques of media and will result in viewers who are less likely to adopt some of the destructive attitudes and behaviors that are depicted as desirable. This training will provide participants with scientific research showing how media literacy prevention strategies are effective and the tools and information to teach others about media literacy issues including alcohol, body image and violence. This is a six hour training. A certificate for six CASAC, CPP, or CPS hours is available. A minimum number of 15 participants are required to run this training.

***Additional trainings and workshops can be added based on community need and applicability to youth development principles and practices.***

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### **Colorful Personalities: What “Color” Are You and How Does it Affect How You Relate To Others**

This workshop uses three quick activities to categorize participants by color reflective of their personality types to help them learn about themselves and each other. Activities include application of the colors’ categories to teamwork activities. Participants learn to work effectively with others by understanding their own and each other’s values, joys, strengths, frustrations, stressors and needs. This workshop is two hours and requires an open space for teamwork activities. A minimum of 10 youth are required for this training.

### **First Impressions, Lasting Impact**

This visual and interactive workshop relays the importance of making a good first impression. Topics covered include appropriate dress and appearance, appropriate eye contact, learning and practicing to shake hands, avoiding filler words, preparing and delivering an elevator speech, preparing for meetings, and learning presentation skills. Activities offer practical application of topics and interaction with workshop participants. This workshop is 90 minutes, but can be broken down into smaller segments. A minimum of 10 youth are required for this training.

## **How Youth are Influenced by Media Messages**

This workshop is a fun and eye-opening look at media and what you can do to be a more critical consumer of media messages. It illustrates how media affects everyone, and how the tactics used by advertisers can affect personal choices and behavior. This workshop is one hour. A minimum of 10 youth are required to run this workshop. This workshop can be offered for general topic areas, or it can be specific to one topic area, such as body image, alcohol, or violence.

## **Teambuilding Workshop**

Teambuilding can promote connectedness and is valuable to a productive classroom or youth group. This interactive workshop can be catered to the overlying objective or theme of a youth group or school, or used as a workshop within a day-long youth conference. The workshop length can be altered to fit into the timeframe suggested. A minimum of 10 youth are required to run this workshop. Dependent on the size of the group there may be additional staff needed for supervision or assistance. Space requirements are dependent on the activities selected and the size of the group.

## **Media Literacy – Train the Trainer**

This highly visual and interactive presentation will help teach youth to become critical thinkers and wise consumers of the many forms of programming and advertising they encounter. Media literacy education helps youth understand the motivations and production techniques of media and will result in viewers who are less likely to adopt some of the destructive attitudes and behaviors that are depicted as desirable. This training will provide participants with scientific research showing how media literacy prevention strategies are effective and the tools and information to teach others about media literacy issues including alcohol, body image and violence. This is a one day training designed for students involved in an advocacy and education based youth group who will take what they have learned and apply it to their advocacy efforts. A minimum number of 10 participants are required to run this training.

***Additional trainings and workshops can be added based on community need and applicability to youth development principles and practices.***