



**SRAETTA**

Sexual Risk Avoidance Education  
Training and Technical Assistance

# Series Three: Positive Youth Development Approach

Building Partnerships and Community Networks  
around SRAE Programs

Public Strategies

July 7, 2021



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**

**FYSB** Family & Youth  
Services Bureau

# Welcome

## Webinar Moderator

- Nanci Coppola, D.P.M., M.S., Public Strategies

## Webinar Panelists

- Jennifer Todd, J.D., R.N., UT Health San Antonio, UT Teen Health
- Archie Kern, M.S., SRAS, Choosing to Excel
- Nahum Munoz, M.S.L., B.R.S., Victorville First Assembly of God

# Jennifer Todd

UT Health San Antonio, UT Teen Health

Jennifer Todd, a registered nurse and attorney, is the Program Manager at UT Teen Health. She has provided oversight for 15 grants over the past 10 years that focused on Teen Pregnancy Prevention initiatives. She serves as the primary link between program components and community partners/schools and clinics, promoting community mobilization and educating program stakeholders in non-legislative policy. She has created various trainings programs and co-authored a curricula designed for teens.



# Archie Kern

## Choosing to Excel

Archie received his Masters in Human Performance with an emphasis in Sports Management from the University of Alabama. Kern's unique way of developing relationships beyond the classroom have resulted in major changes in behavior in the young men he serves. He clearly understands that information coupled with relationships is key to positive growth.



# Nahum Munoz

## Victorville First Assembly of God

Nahum Munoz is the Leadership and Discipleship Pastor at Victorville First Assembly and Program Director for Thrive Youth HD. He holds a Master's in Leadership Studies from Vanguard University and is pursuing an Ed.D. in Organizational Change and Leadership at University of Southern California. Munoz has been a minister with the Assemblies of God since 2012 and is passionate about helping students find academic success, develop healthy relationships, and reach future goals.



# Objectives

**At the end of this webinar, participants will be able to:**

1. Understand the theoretical foundation and research on Positive Youth Development
2. Understand how to actively engage with other community-based organizations to ensure that youth have the networks and support systems needed to reach their potential
3. Understand how to incorporate a Positive Youth Development approach into their SRAE programs

# Required SRAE Components

- Ensure that the unambiguous and primary emphasis and context for each topic (A-F) is a message to youth that normalizes the optimal health behavior of avoiding non-marital sexual activity;
- Be medically accurate and complete;
- Be age-appropriate;
- Be based on adolescent learning and developmental theories for the age group receiving the education; and
- Be culturally appropriate, recognizing the experiences of youth from diverse communities, backgrounds, and experiences.

# Required SRAE A-F Topics

- A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future
- B. The advantage of refraining from non-marital sexual activity in order to improve the future prospects and physical and emotional health of youth
- C. The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity
- D. The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families
- E. How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex
- F. How to resist and avoid, and receive help regarding, sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior



# Positive Youth Development Model

**Jennifer Todd, J.D., R.N.**

UT Health San Antonio, UT Teen Health



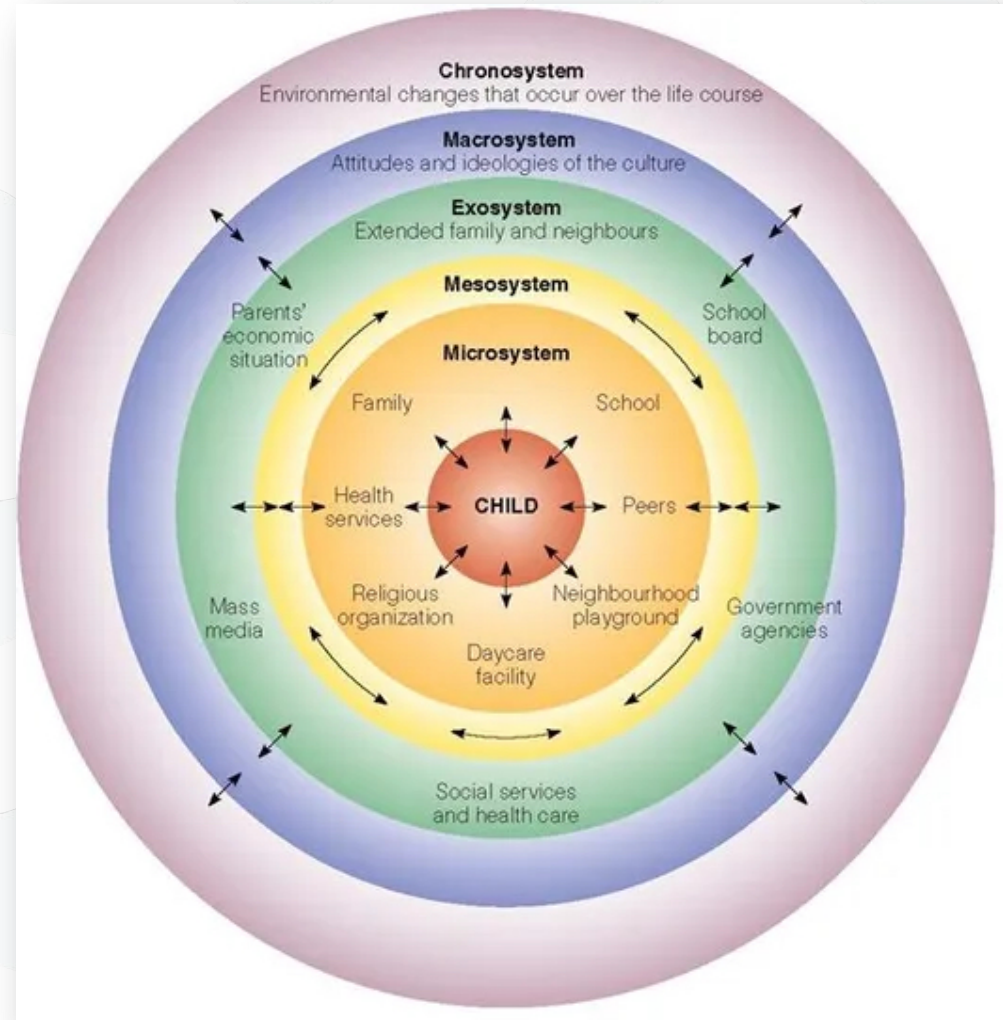
# What is Positive Youth Development (PYD)?

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.

([Youth.gov](https://www.youth.gov) Positive Youth Development)



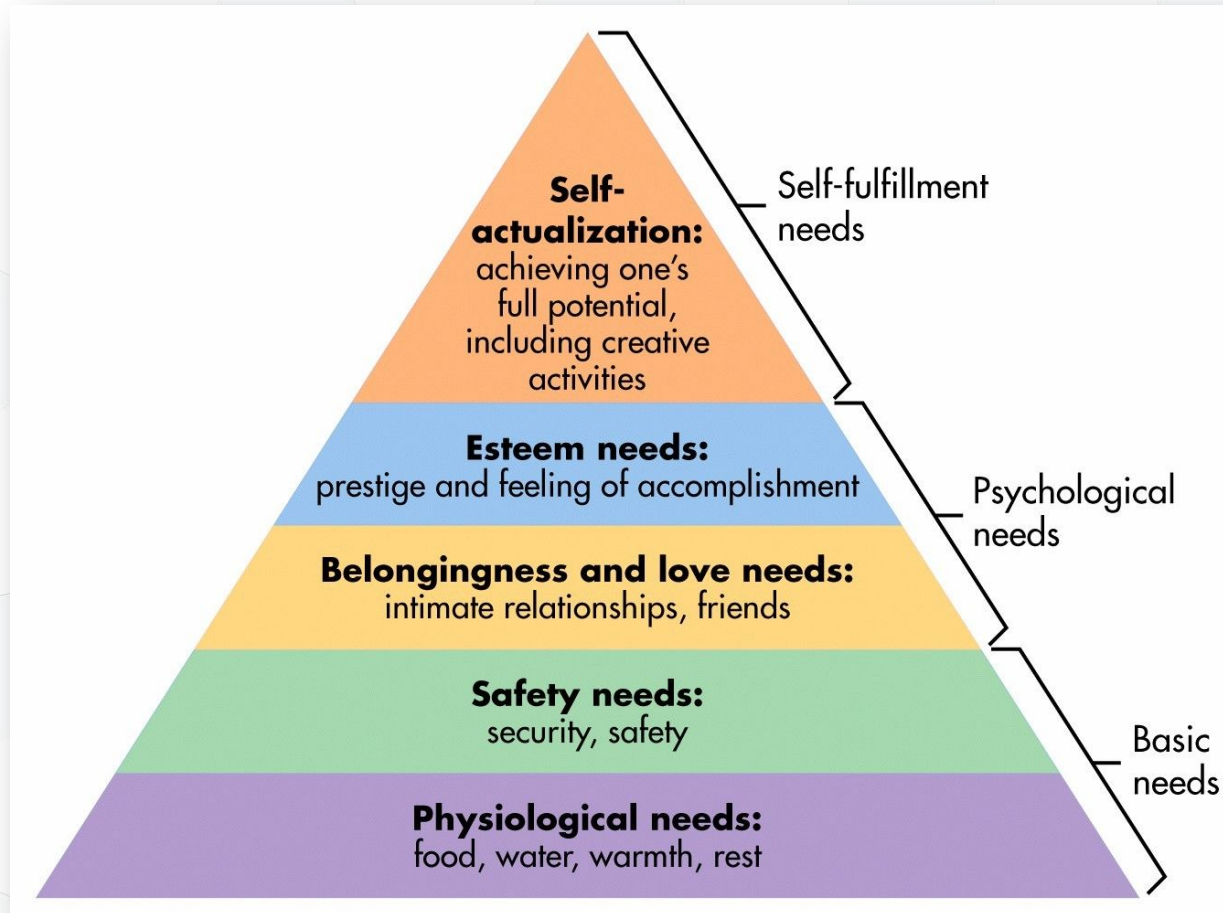
# Ecological Model of Development



(Guy-Evans, O., 2020)



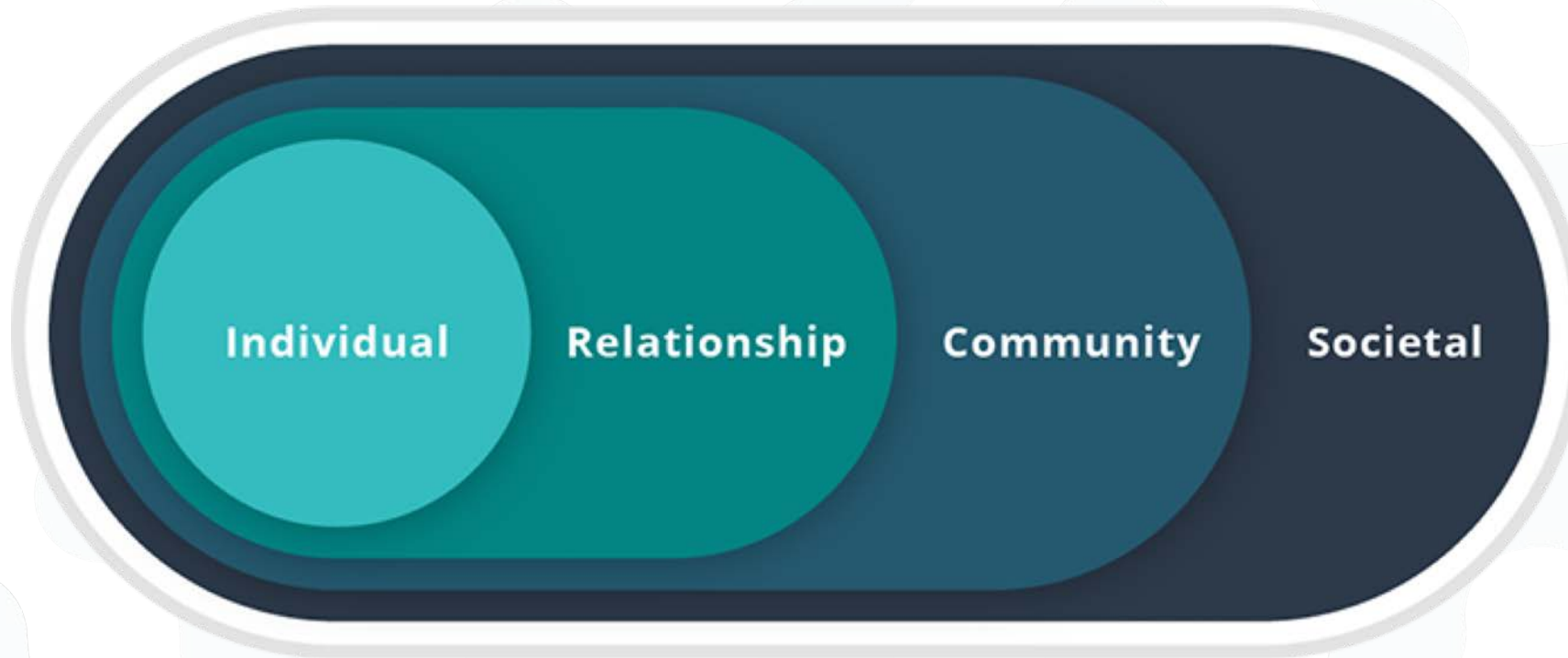
# Maslow's Hierarchy of Needs



(McLeod, S.A., 2020)



# Current Social Ecological Model of Prevention

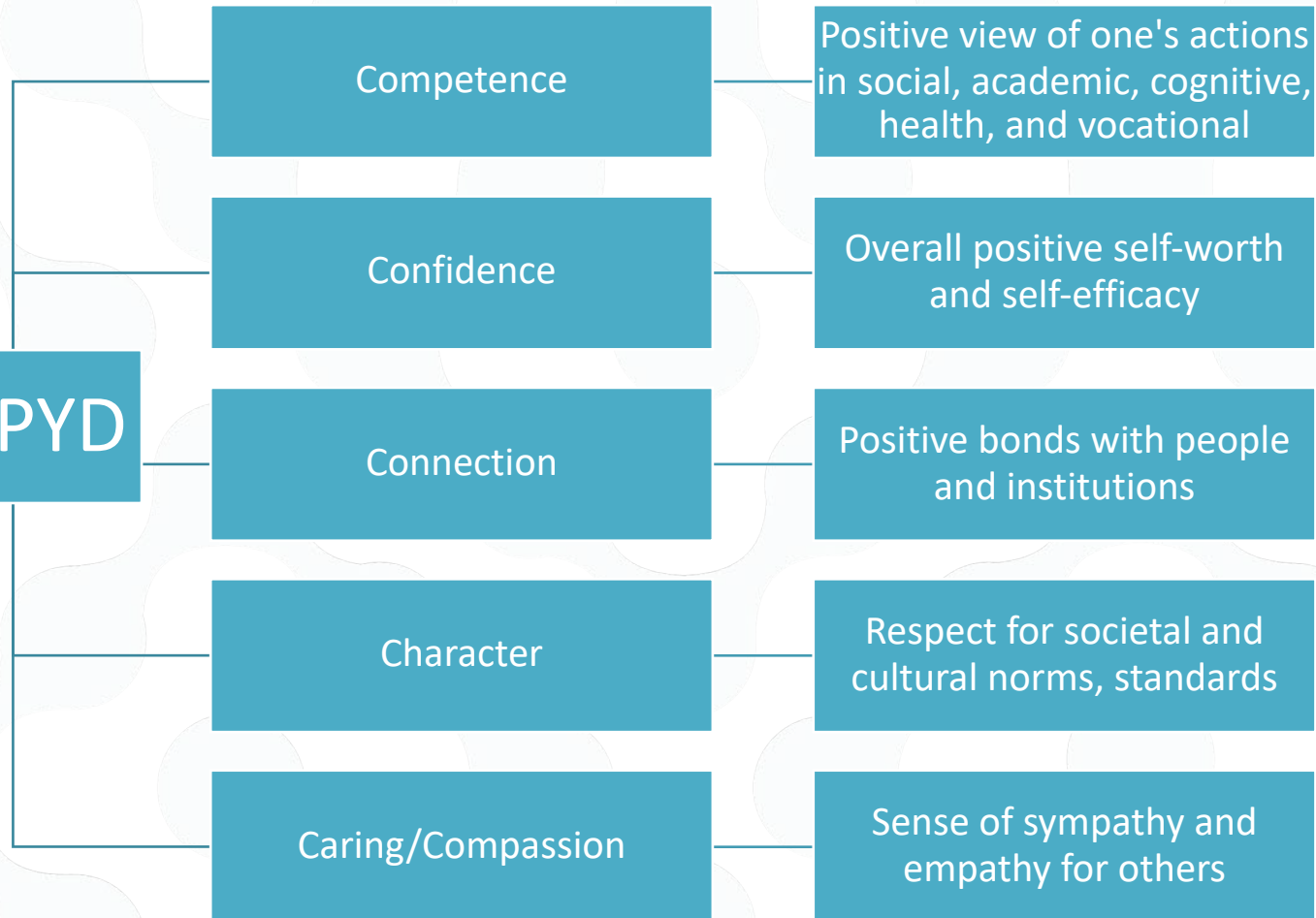


(CDC.gov, 2015)



# The 5 C's of Positive Youth Development

## The 5 C's Model of PYD



(Lerner, R. & Lerner, J., 2013)



# Working to Identify Partnerships for PYD

## Who is missing from your program?

- ✓ Mentors? (Big Brothers Big Sisters, corporate mentors, Mentors in Medicine)
- ✓ Families? (Family Celebrations, Family Fun Nights)
- ✓ Faith organizations? (Churches, national organizations such as YoungLife)
- ✓ Banks? (Provide financial literacy to young people)
- ✓ City Council? (Host opportunities for local elected officials to talk about civic responsibilities or address issues youth are concerned about.)
- ✓ Parks, libraries, nursing homes? (Libraries may provide opportunities for youth to read to other youth, host teen events; nursing homes welcome visits from youth or have them work to beautify the grounds.)



# Key Principles of Positive Youth Development

- PYD is an intentional process.
- PYD complements efforts to prevent risky behaviors and attitudes in youth and supports efforts that work to address negative behaviors.
- PYD acknowledges and further develops (or strengthens) youth assets.
- PYD enables youth to thrive and flourish and prepares them for a healthy, happy, and safe adulthood.
- PYD involves youth as active agents.

(Youth.gov Key Principles)





# Key Principles of Positive Youth Development

- PYD instills leadership qualities in youth.
- PYD includes civic involvement and civic engagement.
- PYD involves and engages every element of the community – schools, homes, community members, and others.
- PYD is an investment that the community makes in young people. Youth and adults work together to frame solutions.

(Youth.gov Key Principles)



# Integrating PYD into Programming

- Physical and psychological safety
- Appropriate structure
- Supportive relationships
- Opportunities to belong
- Positive social norms
- Support for efficacy and mattering
- Opportunities for skill-building
- Integration of family, school, and community efforts

(Youth.gov Integrating)



# Strength-Based Approach – A Paradigm Shift

## Traditional Youth Approach

- Focuses on fixing problems
- Reactive
- Focuses on troubled youth
- Youth as recipients
- All about the programs
- Professional work

## Strength-Based PYD Approach

- Builds on youth's strengths
- Proactive
- All youth
- Youth as participants/resources
- Relationships
- Everyone's Work

(Search Institute, 2015)



# Strength-Based Approach – A Paradigm Shift

## Negative Description

- Bossy
- Clingy
- Conceited
- Mean
- Quiet
- Tattletale
- Too Talkative

## Positive Side of Quality

- Good Director, Natural Leader
- Affectionate
- Values Self
- Power-Seeker
- Thoughtful
- Seeks Justice
- Communicates

(Search Institute, 2015)



# Key Practices and Partnerships for PYD

**Archie Kern, M.S., SRAS**

Choosing to Excel



# Integrating PYD into Programming

- Physical and psychological safety
- Appropriate structure
- Supportive relationships
- Opportunities to belong
- Positive social norms
- Opportunities to make a difference
- Opportunities for skill-building
- Integration of family, school, and community efforts

Checklist for putting positive youth development characteristics into action:  
<https://opa.hhs.gov/sites/default/files/2020-07/pyd-tpp-checklist.pdf>



# Physical and Psychological Safety

1

## Physical and psychological safety

These items assess the degree to which your TPP program provides safe facilities and encourages health-promoting practices that increase safe peer group interaction and decrease unsafe or confrontational peer interactions.<sup>1</sup>



PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
In our TPP program, explicit policies and staff training indicate that physical and sexual harassment, violence, and bullying are not tolerated.				
Staff members make youth feel comfortable, supported, and safe.	X			
Staff members encourage youth to be respectful of the rights and choices of others related to sexuality and sexual health.	X			
Staff members are trained on privacy and confidentiality laws in their state, ensuring that information and feelings youth share are managed appropriately.				
Staff members have been trained in managing group dynamics and creating a safe environment for youth to discuss sensitive topics related to sexual health.	X			
Staff recognize and prevent bullying situations.				
Staff proactively resolve conflicts among youth.				

Provides safe facilities and encourages health-promoting practices that increase safe peer group interaction and decrease unsafe or confrontational peer interactions

(Office of Adolescent Health  
PYD Checklist)



# Appropriate Structure

2

## Appropriate structure

These items assess the degree to which your TPP program provides clear and consistent rules and expectations, and age-appropriate monitoring.



Provides clear and consistent rules and expectations and age-appropriate monitoring

(Office of Adolescent Health  
PYD Checklist)

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
All adolescents are greeted warmly and made to feel welcome the moment they enter our front door.	X			
Our TPP program always has a sufficient number of adults to supervise activities, keep youth safe, and support positive relationships with youth.				
The expectations our program has for adolescents in our program are explicitly stated at the beginning of the program and maintained throughout. These expectations are challenging but achievable.	X			
Our staff members provide a reason or explanation for all requests and rules. For example: "In group discussions, one person speaks at a time so that we can all hear everything that is shared."	X			
Our TPP program provides age-appropriate structure. As adolescents age, we incorporate additional opportunities for them to give input into program governance and rules.				
Staff implement the program as intended (fidelity). Fidelity is assessed by staff, youth, and outside experts at regular intervals.				





# Supportive Relationships

3

## Supportive relationships

These items assess the degree to which your TPP program fosters caring relationships, social support, positive communication, and provides supportive guidance.



Fosters caring relationships, social support, positive communication, and provides supportive guidance

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Youth report that our staff members are trustworthy and reliable.				
Staff members are comfortable discussing and addressing young people's questions about sexuality and sexual health in a nonjudgmental manner.	X			
Our program provides opportunities for youth to interact positively with one another through structured and unstructured activities.				
Staff members model healthy relationships and support youth in developing positive relationships, including healthy romantic relationships.				
Staff members encourage youth to proactively communicate with their partners to establish boundaries related to sexual health and behavior.				
Staff members work to build on and enhance each youth's unique strengths (for example: artistic, musical, mathematical, interpersonal skills).	X			
Staff are trained and able to proactively engage quiet and withdrawn youth, positively engaged youth, and acting-out youth without singling anybody out.	X			
Our program assists teens in building communication skills, especially around sexual decision-making.				
Staff members interact with all adolescents in a supportive, affirming, and caring manner. Staff are trained and able to connect with youth while maintaining healthy professional boundaries.				

(Office of Adolescent Health PYD Checklist)



# Opportunities to Belong

4

## Opportunities to belong

These items assess the degree to which your TPP program provides opportunities for meaningful inclusion of all youth, opportunities for positive identity formation, and support for cultural and bicultural competence.



Provides opportunities for meaningful inclusion of all youth, opportunities for positive identity formation, and support for cultural and bicultural competence

(Office of Adolescent Health  
PYD Checklist)

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Our program is inclusive of adolescents from a variety of cultures and backgrounds (including LGBTQ youth, youth with disabilities, sexually experienced youth, sexually inexperienced youth, etc.).				
Each of our program sessions have activities that involve opportunities for sharing and listening, such as ice-breakers, scenarios to react to, and/or reflection time.	X			
Our program provides opportunities for youth to work together to accomplish a goal.	X			
Our program is "branded" to help youth feel like they are a part of something special.	X			
When working on activities or projects, our staff members provide all youth with roles, such as time-keeper, note-taker, or spokesperson.				
Our program has activities and materials displayed throughout that are representative of the population we serve (for example: images in posters, etc.).				
Staff members receive training in cultural competence, particularly as it relates to ethnicity and sexuality.				



# Positive Social Norms

5

## Positive social norms

These items assess the degree to which your TPP program encourages behaviors and values that promote respect (including clearly communicated expectations). Research finds that positive social norms can be important to adolescent development.



Encourages behaviors and values that promote respect, including clearly communicated expectations

(Office of Adolescent Health  
PYD Checklist)

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Staff members provide clear messages emphasizing that relationship violence of any kind, in any type of relationship, is not acceptable.	X			
Staff members model positive, respectful interactions, especially when discussing topics related to sexual health and sexuality, and encourage youth to do the same.	X			
When discussing sexual health, our staff members promote positive norms related to healthy decision-making (for example: drawing connections between decisions about sex and contraception and the educational goals youth have for themselves, etc.).				
Our staff members encourage youth to create a positive environment in their schools and community. This includes being intolerant of derogatory attitudes, behaviors, or comments related to gender or sexuality.	X			
Adolescents help create "ground rules" that provide the foundation for all program activities.				
Our program teaches youth to think critically about what influences their lives and decisions, such as peer pressure, the media, cultural norms, and gender norms.				



# Opportunities to Make a Difference

6

## Opportunities to make a difference

These items assess the degree to which your TPP program provides support for youth autonomy, opportunities for youth to take on leadership roles, and encourages youth to achieve meaningful change in their community.



Provides support for youth autonomy, opportunities for youth to take on leadership roles, and encourages youth to achieve meaningful change in their community

(Office of Adolescent Health  
PYD Checklist)

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Our program creates meaningful opportunities for leadership and initiative for adolescents in our program (for example: involving teens in efforts to encourage youth in the community to make informed choices about their sexual health, etc.).	X			
Our staff members help youth see connections between sexual and contraceptive decisions and achieving their educational and career goals.				
Our program has a youth advisory council and the council's recommendations are applied toward meaningful changes in our program and community.				
Our program encourages youth to make a difference in their community by developing or referring teens to community service learning projects, as appropriate.	X			
Our staff members engage youth in achieving their goals related to education and employment, or refer youth to other organizations who can help with these items, as appropriate.	X			
Staff members receive support, through training and supervision, on providing adolescents with leadership opportunities.				



# Opportunities for Skill Development

7

## Opportunities for skill development

These items assess the degree to which your TPP program provides opportunities for adolescents to learn physical, intellectual, psychological, emotional, and social skills that prepare them to make positive decisions about their sexual and reproductive health, as well as educational and career opportunities.



Provides opportunities for adolescents to learn physical, intellectual, psychological, emotional, and social skills that prepare them to make positive decisions about their sexual and reproductive health, as well as educational and career opportunities

(Office of Adolescent Health  
PYD Checklist)

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Our program uses interactive techniques (examples may include role playing and/or practicing refusal skills) to deliver content.				
Staff members help youth make connections between skills they learn related to healthy romantic relationships and success in other settings, such as education and work.				
Our staff members engage youth in determining their goals and in identifying how those goals can be achieved (such as abstinence, practicing safer sex, and use of contraception).	X			
We help youth identify milestones to celebrate as they move toward achieving their goals	X			
We present youth with opportunities that can help them achieve their goals (for example: career fairs, college fairs, assistance with scholarships, etc.).				
Staff members are trained and able to identify opportunities for youth to learn and apply skills to real-life settings, such as visiting a health clinic to request information about relevant health services.	X			



# Integration of Family, School, and Community Efforts

8

## Integration of family, school, and community efforts

These items assess the degree to which your TPP program emphasizes coordination and collaboration with family, school, and community partners.



Emphasizes coordination and collaboration with family, school, and community partners

(Office of Adolescent Health PYD Checklist)

PYD characteristics	Describes us well	Almost there	Just getting started	Does not describe us
Our program links adolescents to sexual and reproductive health services that they need within the community.				
Our program recognizes the importance of linking youth to resources that go beyond sexual and reproductive health to build connections between the youth in our program and other people or resources, as needed (for example: introducing youth to an employer or site in need of a volunteer, connecting youth to mental health services or job training programs, etc.).	X			
Our program engages parents through family activities, newsletters, websites, or other program activities.	X			
Our program equips parents to talk to their adolescents about sexual and reproductive health.				
Our TPP staff members (perhaps with peer leaders) engage members of the community to share information about teen pregnancy prevention.				
Our program provides professional development opportunities for our staff members to increase their abilities to engage with families, schools, and other community partners.	X			
Our TPP program staff members are trained in community mobilization.				



# Partnerships for PYD

- **Financial literacy presentations** – banks, lenders
- **Mentors** – local universities
- **Referrals for parenting** – local hospitals
- **Speakers and referrals** – local health department



# Key Practices and Partnerships for PYD

**Nahum Munoz, M.S.L., B.R.S.**

Victorville First Assembly of God





# Physical and Psychological Safety

**Provides safe facilities and encourages health-promoting practices that increase safe peer group interaction and decrease unsafe or confrontational peer interactions**

- Staff members make youth feel comfortable, supported, and safe.
- Staff members have been trained in managing group dynamics and creating a safe environment for youth to discuss sensitive topics related to sexual health.
- Staff proactively resolve conflicts among youth.

(Office of Adolescent Health PYD Checklist)



# Appropriate Structure

## Provides clear and consistent rules and expectations and age-appropriate monitoring

- Program always has a sufficient number of adults to supervise activities, keep youth safe, and support positive relationships with youth.
- Program provides age-appropriate structure. As adolescents age, we incorporate additional opportunities for them to give input into program governance and rules.
- Staff implement the program as intended (fidelity). Fidelity is assessed by staff, youth, and outside experts at regular intervals.

(Office of Adolescent Health PYD Checklist)



# Supportive Relationships

**Fosters caring relationships, social support, positive communication, and provides supportive guidance**

- Youth report that our staff members are trustworthy and reliable.
- Staff are trained and able to proactively engage quiet and withdrawn youth, positively engaged youth, and acting-out youth without singling anybody out.
- Program assists teens in building communication skills, especially around sexual decision-making.

(Office of Adolescent Health PYD Checklist)



# Opportunities to Belong

**Provides opportunities for meaningful inclusion of all youth, opportunities for positive identity formation, and support for cultural and bicultural competence**

- Program provides opportunities for youth to work together to accomplish a goal.
- Program is “branded” to help youth feel like they are a part of something special.
- When working on activities or projects, our staff members provide all youth with roles, such as time-keeper, note-taker, or spokesperson.

(Office of Adolescent Health PYD Checklist)



# Positive Social Norms

## Encourages behaviors and values that promote respect, including clearly communicated expectations

- Staff provide clear messages emphasizing that relationship violence of any kind, in any type of relationship, is not acceptable.
- Staff model positive, respectful interactions, especially when discussing topics related to sexual health and sexuality, and encourage youth to do the same.
- Program teaches youth to think critically about what influences their lives and decisions, such as peer pressure, the media, cultural norms, and gender norms.

(Office of Adolescent Health PYD Checklist)



# Opportunities to Make a Difference

**Provides support for youth autonomy, opportunities for youth to take on leadership roles, and encourages youth to achieve meaningful change in their community**

- Program creates meaningful opportunities for leadership and initiative for adolescents in our program (e.g., involving teens in efforts to encourage youth in the community to make informed choices about their sexual health, etc.).
- Staff help youth see connections between sexual and contraceptive decisions and achieving their educational and career goals.
- Staff engage youth in achieving their goals related to education and employment or refer youth to other organizations who can help with these activities, as appropriate.

(Office of Adolescent Health PYD Checklist)



# Opportunities for Skill Development

**Provides opportunities for adolescents to learn physical, intellectual, psychological, emotional, and social skills that prepare them to make positive decisions about their sexual and reproductive health, as well as educational and career opportunities**

- Program uses interactive techniques (such as role playing and practicing refusal skills) to deliver content.
- Staff help youth make connections between skills they learn related to healthy romantic relationships and success in other settings, such as education and work.
- Staff are trained and able to identify opportunities for youth to learn and apply skills to real-life settings, such as visiting a health clinic to request information about relevant health services.

(Office of Adolescent Health PYD Checklist)



# Integration of Family, School, and Community Efforts

## Emphasizes coordination and collaboration with family, school, and community partners

- Program engages parents through family activities, newsletters, websites, or other program activities.
- Program equips parents to talk to their adolescents about sexual and reproductive health.
- Staff are trained in community mobilization.

(Office of Adolescent Health PYD Checklist)





# Partnerships for PYD

- **Youth mentors** – Girls and Boys Club, coaches, faith-based organizations
- **Food assistance** – faith-based organizations, food banks, social services
- **Employment services** – workforce development providers, schools
- **Guest speakers and influencers** – local officials and community professionals



**QUESTIONS?**



# Resources

- For infographics, fact sheets on youth development: <https://www.search-institute.org/tools-resources/free-downloads/>
- For a curriculum for youth work professionals: Positive Youth Development 101: [http://actforyouth.net/youth\\_development/professionals/manual.cfm](http://actforyouth.net/youth_development/professionals/manual.cfm)
- For a checklist for putting positive youth development characteristics into action: <https://opa.hhs.gov/sites/default/files/2020-07/pyd-tpd-checklist.pdf>



# References

- Bronfenbrenner, U. (1979). *The ecology of human development: Experiments by nature and design*. Harvard University Press.
- Centers for Disease Control and Prevention. (2015). *The social-ecological model: A framework for prevention*.  
<http://www.cdc.gov/violenceprevention/overview/social-ecologicalmodel.html>
- Guy-Evans, O. (2020, November 9). Bronfenbrenner's ecological systems theory. Simply Psychology.  
<https://www.simplypsychology.org/Bronfenbrenner.html>
- Lerner, R. & Lerner, J. (2013, December). *The positive development of youth: Comprehensive findings from the 4-H study of positive youth development*. National 4-H Council. Tufts University, Institute for Applied Research in Youth Development.



# References

- McLeod, S. A. (2020, March 20). Maslow's hierarchy of needs. Simply Psychology. <https://www.simplypsychology.org/maslow.html>
- Office of Adolescent Health. U.S. Department of Health and Human Services. (n.d.) Child Trends. *A checklist for putting positive youth development characteristics into action in teen pregnancy prevention programs.* <https://opa.hhs.gov/sites/default/files/2020-07/pyd-tpp-checklist.pdf>
- Search Institute (2015). *Essentials of asset building: A curriculum for trainers – Everyone's an asset builder.* Search Institute.
- Youth.gov. <https://youth.gov/youth-topics/positive-youth-development>



# Continued Learning

Watch for the release of a **tip sheet** to extend your learning on innovative strategies for building partnerships and networks within communities to support youth in reaching their full potential.

Additionally, there will be a **Cluster Call on July 14** to facilitate a conversation among SRAE grantees on practical strategies, challenges, and questions related to this topic.

# Resources

Visit [The Exchange](#)

- Resources
- Comment Wall
- Events Calendar
- Training Opportunities

## Technical Assistance

- Contact your Federal Project Officer to request TA



# Online Resources for Youth

## [We Think Twice](#)

- We Think Twice was created by and for youth.
- The site includes numerous resources that encourage youth to avoid sex, drinking, drug use, and other risky behaviors, and to be active participants in [planning for a successful future](#).
- The site is regularly updated with new tools, quizzes, challenges, and inspiration.





# Contacts

**Nanci Coppola D.P.M., M.S.**

Public Strategies

[nanci.coppola@publicstrategies.com](mailto:nanci.coppola@publicstrategies.com)

**Jennifer Todd, J.D., R.N.**

University of Texas

[toddj@uthscsa.edu](mailto:toddj@uthscsa.edu)

**Archie Kern, M.S.**

Choosing to Excel

[kerna@conwayschools.net](mailto:kerna@conwayschools.net)

**Nahum Munoz, M.S.L., B.R.S.**

Victorville First Assembly of God

[pastornahum@vfassembly.org](mailto:pastornahum@vfassembly.org)



**THANK YOU!  
PRESENTED BY**



**SRAETTA**

Sexual Risk Avoidance Education  
**Training and Technical Assistance**



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**

**FYBSB** Family & Youth  
Services Bureau