PYD POSITIVE YOUTH DEVELOPMENT

What is PYD?

A Positive Youth Development (PYD) approach strives to positively influence youth by empowering them to use their strengths to reach their full potential and contribute to their community. The PYD Framework focuses on the strengths and potential of youth, rather than viewing them as problems to be solved.

POSITIVE EXPERIENCES + POSITIVE RELATIONSHIPS + POSITIVE ENVIRONMENTS = POSITIVE YOUTH DEVELOPMENT

The 5 Cs of PYD

These core outcomes help youth thrive:

1. **Competence** - Handling challenges and stress
2. **Confidence** - Belief in one's value and ability
3. **Connection** - Healthy relationships with peers and adults
4. **Character** - Moral values and behavior
5. **Compassion** - Empathy and care for others

Together, these lead to a **sixth C: Contribution** to family, school, and community

Key Features of a Successful PYD Model

A PYD approach creates opportunities for young people to grow by ensuring:

- ✔ Physical and psychological safety
- ✔ Supportive relationships with adults & peers
- ✔ Positive social norms and structure
- ✔ Belonging and inclusion
- ✔ Youth voice and leadership
- ✔ Opportunities to build life skills
- ✔ Integration with family, school, & community

Why It Matters: Benefits of PYD

- More likely to graduate college
- $ Better financial outcomes
- Improved overall health
- Development of leadership skills
- Supportive adult relationships
- Sense of belonging

CER health + wellbeing