

To grow up healthy and strong,
youth need opportunities
to develop....



LEARNING

RELATIONSHIPS

- Build strong ties to family and others
- Talk about feelings (with close adults showing how to do this)
- Develop healthy romantic relationships
 - Do things together and apart
 - Offer love and friendship, NOT control
 - Communicate about feelings
 - Work together to solve problems



- Learn new things: develop a sense of capability
- Try stuff, sometimes fail and learn from it
- Spend time with different kinds of people of different ages (Elders, etc.)

SELF-AWARENESS

HOPE

- Develop positive beliefs about the future
- Have opportunities to do good work for family and/or community
- Believe that their community and family expects positive things from them



THE RIVER OF DEVELOPMENT

- Develop a clear idea of who they are and feel good about themselves
- Have chances to make their own decisions
- Have opportunities to make things happen for themselves
- Develop faith and/or spirituality

AWARENESS OF OTHERS

- Receive fair and consistent consequences for their actions
- Get recognized for positive behavior
- Learn right from wrong from trusted adults



River of Development Discussion Questions

1. What are some ways that families can support youth to develop in these areas: Learning, Relationships, Self-Awareness, Awareness of Others, and Hope?

2. What are some ways that our community can support youth to develop in these areas: Learning, Relationships, Self-Awareness, Awareness of Others, and Hope?

Reference: Catalano, Richard F., M. Lisa Berglund, Jean AM Ryan, Heather S. Lonczak, and J. David Hawkins.

"Positive youth development in the United States: Research findings on evaluations of positive youth development programs." The annals of the American academy of political and social science 591, no. 1 (2004): 98-124.