



Latin American Youth Center

LAYC Training Academy

Positive Youth Development – SIX DAY Course

Workshop Description: Positive Youth Development (PYD) is a strength-based approach that 1) places value on young people regardless of their situation and 2) emphasizes fully preparing young people to succeed and contribute to their futures now, rather than focusing on risky behaviors. In 2012, LAYC developed its own PYD curriculum and began training staff of all levels both within the organization and externally. This curriculum focuses on serving youth of color and is designed to encourage collaboration across departments, strengthen teams, and build a cohesive and comprehensive model of youth development. LAYC provides on-site training regarding best practices in Positive Youth Development, focusing on the application of these practices in our daily work and program design. Topics can be adapted to meet the needs of each organization including documentation and measurement tools, if applicable. ***The training may be offered as an abbreviated course of 3 days (24 hours) or full course of 6 days (48 hours)***

Customized Curriculum: The training curriculum can be adjusted to provide more or less time and depth of instruction based on each organization's needs and capacity. Participants will be asked to provide questions, scenarios, and program information prior to training so discussions can be customized in the most applicable manner. Workshop sessions may occur consecutively or separately, but all sessions must be completed in no more than 3 months. Once scheduled, the workshops will occur during regular business hours (Monday-Friday, 9am – 5pm).

Length of Workshop: 6 days; 8 hours each (including 1 hour lunch)

Group Size: 15-20 participants

Number of Facilitators: 3

Positive Youth Development – SIX DAY Course

DAY 1: WHAT IS PYD?

GOAL: To establish framework for the training curriculum and introduce the basic principles of Positive Youth Development

OBJECTIVES: Participants will be able to

- Define Positive Youth Development and its core principles
- Explain why and how youth development approaches have changed over time
- Understand the characteristics of our youth using a Person in Environment perspective
- Assess Risk and Protective Factors on individual, community, and environmental levels
- Identify and Apply the 5 C's of Youth Development to their Work

DAY 2: WHAT IMPACTS YOUTH DEVELOPMENT?

GOAL: To understand internal and environmental factors that impact youth development and how to respond using a PYD approach

OBJECTIVES: Participants will be able to

- Understand the diversity of youth development through personal reflection
- Identify the levels of Maslow's Hierarchy of Needs

- Understand basic brain architecture and how experiences can shape development
- Identify different types of Trauma and understand basic guidelines for serving youth impacted by trauma
- Understand how positive relationships can build resilience

DAY 3: RELATIONSHIPS & COMMUNICATION

GOAL: To learn how to create and maintain healthy relationships with youth using strong communication and interpersonal skills.

OBJECTIVES: Participants will be able to

- Identify characteristics of a healthy relationship
- Understand the importance of boundaries with youth and identify best practices for setting boundaries
- Discuss and identify different communication styles
- Practice listening and communication skills
- Discuss best practices of using Social Media with youth
- Understand the limits of confidentiality and guidelines regarding disclosure.

DAY 4: STRENGTHS, CHALLENGES, & CHANGE

GOAL: To understand our role in maximizing youths' strengths and preparing youth for change

OBJECTIVES: Participants will be able to

- Understand the differences between a strengths based perspective and problem focused perspective
- Identify strategies for identifying youth strengths
- Avoid the pitfalls of hidden biases and adultism
- Identify areas that are challenging for you to talk about
- Identify a client's stage of readiness for making behavioral changes
- Apply motivational techniques to foster behavioral changes

DAY 5: CULTURAL COMPETENCY

GOAL: To understand how issues of race, culture, and ethnicity affect our work with youth

OBJECTIVES: Participants will be able to

- Define key terms including culture, cultural competence, bias, prejudice, and microaggressions.
- Gain knowledge about the different cultural groups served, and the way those groups relate to the key terms
- Examine how history has impacted the cultural landscape for youth we serve
- Identify beliefs and biases we have about
 - the cultures that our youth come from
 - our own cultures
- Identify culturally appropriate strategies, interventions, and practices recognizing the duality of cultural experience and exchange

DAY 6: YOUTH LEADERSHIP & GOAL SETTING

GOAL: To create more opportunities for youth leadership and promotion of youth driven goals

OBJECTIVES: Participants will be able to

- Understand the importance and role of youth leadership in PYD,
- Identify opportunities to increase youth leadership in programs and activities
- Provide an example of a goal, an objective, a timeline, and a service need
- Identify two ways to initiate a discussion about goals
- Explain the importance of establishing attainable action steps and realistic timelines

Pricing

The above listed services are priced based on the total number of hours of training provided. Primary costs include trainers' time, supplies and materials for a maximum of **20 participants**. Travel and lodging expenses are not included. Training curriculum can be adjusted to provide more or less time and depth of instruction based on each organization's needs and capacity.

Please contact the LAYC Training Academy for specific pricing information. susana@layc-dc.org

Invoicing & Payment

The LAYC is happy to work with organizations to assist in providing payment. Total training costs may be billed on a monthly or quarterly basis to allow organizations the flexibility of lower payments. ***All project costs must be paid in full within 6 months of signed contract date.***