



The Ages & Stages of Positive Youth Development

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Active Learning

- Be open, honest and candid
- Be respectful
- Be on time
- Stay on task
- Place cell phones on vibrate
- Have one conversation at a time
- Have fun!



Objectives

- To understand what the 5 C's of Youth Development are
- To identify certain students that exemplify the 5 C's
- To learn the different stages of youth development
- To illustrate how you identify with each age groups pros and deltas



Strength-Based Approach

A significant part of our job as a YDP is to IDENTIFY, AMPLIFY, and ACTIVATE our youth's strengths.



The 5 C's of Youth Development

1. Competence
2. Confidence
3. Connection
4. Character
5. Caring



The 5 C's Model

- The **Five C's** model of emphasizes the strengths of youth.
- These **Five C's** over time, lead to a life course marked by positive contributions to self, family, community, and civil society.



Competence

- **Social Competence** = *Interpersonal Skills*
(e.g., conflict resolution)
- **Cognitive Competence** = *Cognitive Abilities*
(e.g., decision making)
- **Academic Competence** = *Skills, Attitudes, & Behaviors of a Learner*
- **Vocational Competence** = *Work Habits & Career Choice Explorations*



Confidence



An internal sense of overall

POSITIVE SELF-WORTH & SELF-EFFICACY.



Connection



Positive bonds that are reflected in exchanges
between the individual and peers, family,
school, and community



Character



Respect for societal and cultural rules,
possession of standards for correct behaviors,
a sense of right and wrong, and integrity.



Caring



A sense of sympathy and empathy for others.



Developmental Characteristics of Youth

Physical

- Body Size
- Proportions
- Appearance
- Functioning of Body systems
- Perceptual and motor capacities
- Physical Health
- Maturation Indicators

Cognitive

- Intellectual Abilities
- Attention
- Memory
- Academic Knowledge
- Problem Solving
- Imagination
- Creativity
- Language

Emotional

- Emotional Communication
- Self-understanding
- Recognize, reflect, and appropriately Express Emotions
- Coping with situations

Social

- Knowledge about others
- Interpersonal Skills
- Friendships
- Intimate Relationships

DEVELOPMENTAL CHARACTERISTICS ASSESSMENT

This exercise provides an opportunity for you to test your knowledge about the developmental characteristics of youth.

Directions:

1. Draw the silhouette of a boy or girl in that age group
2. Design the outfit and face of that age group
3. List the Pros and Deltas of this age group



6-9 Years of Age



Physical Development

- ❑ Boys and girls experience steady growth in size, strength, and coordination.
- ❑ Large muscles are well-developed; small muscles growth has begun.
- ❑ Generally, gender differences are not yet noticeable; however, some girls may begin puberty as young as 5 years old.

Cognitive Development

- ❑ Children are learning rapidly, with advances in memory, attention span, logic, and creative thinking.
- ❑ Children become better able to think about others, understand cause and effect and cooperate with adults and peers.
- ❑ Children develop a “sense of industry”.



Emotional Development

- ❑ Children demonstrates a desire to do more by and for themselves
- ❑ Youth continue to need love, attention and approval from adults, but are less willing to ask for it.
- ❑ Children have a strong sense of self and know right from wrong.

Social Development

- ❑ Children increasingly want to be liked and accepted by friends.
- ❑ Children want to play more with friends who are similar to themselves.
- ❑ As children develop sympathy and empathy, they are anxious to please and show consideration of others.



Implications:

- Learn without being compared to other children
- Control their own learning
- Be respected
- Involvement with social and emotional support programs
- Explore independence, peer relationships and leadership
- Establish lasting relationships



10-12 Years of Age



Physical Development

- ❑ There is wide variation in the onset of puberty, creating early and late maturers. Girls begin puberty, on average, two years earlier than boys.
- ❑ The physical changes of puberty become outwardly apparent, and children are more aware of their changing bodies.
- ❑ Rapid growth and physical changes cause fidgeting, squirming, and difficulty being still.

Cognitive Development

- ❑ Thinking matures as children's attention, memory, and problem solving abilities improve.
- ❑ Children begin to question rules and beliefs they previously accepted at face value; for example, they begin to realize that fairness cannot be measured or quantified.
- ❑ Girls move ahead of boys in terms of cognitive development.



Emotional Development

- ❑ Youth are more self-conscious and worried about what others think of them. However because of the onset of puberty, children are less able to recognize the emotions of others.
- ❑ Children seek independence and test adult authority, but retain a great need for parental support and guidance.
- ❑ Self-esteem issues may develop.

Social Development

- ❑ It becomes more emotionally important for children to have and keep friends, especially of the same sex; although, some opposite-sex interaction begins.
- ❑ Peers' attention and approval is very important. Young people feel peer pressure intensely and may develop "best friend" relationships and cliques.
- ❑ Youth may begin experimentation with sexual behaviors and illicit substances.

Implications

- Get involved in physical activity to keep good relationships with their body
- Play sports or join a group
- Participate in programs that prepare them for adolescence
- Set clear, safe limits, and plans
- Learn about the changes in themselves and others

13-15 Years of Age

Early Adolescence

13-15 Years of Age



Physical Development

- ❑ Both boys and girls show outward, physical signs of maturation. Boys' voices deepen and many girls are menstruating.
- ❑ By age 15, boys have begun their growth spurt and are taller and more muscular than girls. By age 14 or 15, most girls have reached their adult height.
- ❑ Rapid growth may cause clumsiness, acne, and body odors, along with other body changes, are concerns for adolescents.

Cognitive Development

- ❑ Youth develop a greater ability for complex thought
- ❑ Goal-setting, including for long-term goals, becomes important.
- ❑ Young teens often feel all-powerful, all-knowing, and invulnerable.
- ❑ Youth in this age group are the most likely to drop out of school.

Emotional Development

- ❑ Although teens want some distance from their parents, they often want close relationships with other adults outside the family.
- ❑ They may return to childish behaviors, particularly when under stress.
- ❑ Youth are adept at masking their true state of mind; they often give neutral responses about whether they are happy or sad.
- ❑ Tweens have intense desire for privacy.

Social Development

- ❑ Friendship and romance are increasingly important. Teens may feel confusion over emerging sexuality and may worry about sexual orientation.
- ❑ Peer pressure is at its peak; young teens want to spend time with older teens.
- ❑ Relationships deepen and become more mutual and trusting as tweens learn to step outside themselves and see others' points of view.
- ❑ Teens experiment with sexual behaviors and illicit substances.

Implementations

- ❑ Provide a setting where youth can express their individuality and master new skills
- ❑ Offer mixed-age group activities that emphasize effort rather than competition
- ❑ Conduct high-yield activities with expanding leadership opportunities



16-18 Years of Age

Adolescence

16-18 Years of Age



Physical Development

- ❑ Physical changes are leveling off. Most girls have completed puberty and achieved their full height. Boys may still be maturing physically.
- ❑ Most older teens experience strong sexual feelings.

Cognitive Development

- ❑ Most older teens can think about the future and consider many possibilities and logical outcomes of possible events.
- ❑ A teen many not be fully able to connect knowledge and consequences with appropriate actions because the brain continues to develop until about age 24.
- ❑ Older teens develop an increased capacity to understand multiple perspectives

Emotional Development

- ❑ Youth continue to form their own identity and may experiment with different styles, sexuality, friendships, and occupations.
- ❑ Older teens continue to worry about their bodies and physical appearance.
- ❑ All experiences are intense and emotional.

Social Development

- ❑ Friendship with peers remain important, but older teens rely less on their peer group for their sense of identity as they begin to define themselves on their own.
- ❑ Peer pressure levels off and there is an increased ability to view parents as individuals with their own perspectives.
- ❑ The senior year of high school is particularly stressful for teens and his/her relationships with parents or other adults.

Q & A Session



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