Looking Out For The Youth: A mixed methods study of Positive Youth Development

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Positive Youth Development

- PYD is a conceptual approach that emphasizes positive assets and strengths that help adolescents to thrive, rather than deficits that cause them to be “at-risk”.
- The ‘5C Model’ is the most empirically supported PYD framework. PYD encompasses 5 attributes youth need to thrive. When youth manifest these 5 Cs over time, they are more likely to contribute to self, community, and civil society.

LOFTY Crew: A youth leadership council

- LOFTY Crew is one component of an adolescent sexual health intervention called the Teen Health Project (THP). Based on demonstrated interest and leadership potential, a subgroup of 12 – 20 THP participants are selected to form the council.
- Heavily youth-driven council
- Meets for 6 months after school
- Support from 2-3 adult health educators
- Plan & implement community-wide activities

Mixed Methods

- Retrospective Qualitative Study: 2 semi-structured focus groups w/ former LOFTY Crew participants
- 3 coders- deductive content analysis using 5C framework
- Positive Youth Development Inventory (Arnold et al., 2012)
- 30 items rated on a scale of 1 - 4. Higher scores signify greater PYD

Participants

<table>
<thead>
<tr>
<th>Study</th>
<th>N</th>
<th>M&lt;sub&gt;age&lt;/sub&gt;</th>
<th>Gender</th>
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<tbody>
<tr>
<td>Focus Group</td>
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<tr>
<td>Survey</td>
<td>11</td>
<td>20.3</td>
<td>100%</td>
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</tr>
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</table>

Results

The figure below includes both quantitative and qualitative findings. The bar graph shows mean scores for each dimension of the 5 C model. Within each bar on the graph, there are sample quotes from the focus group that were coded for the corresponding dimension of the 5 C model.

Conclusions & Discussion

- This study is ongoing. Thus far, it has provided insight on the sustained impact of a youth-driven leadership council.
- PYD has primarily been measured quantitatively. This study is using qualitative data to further illustrate the processes of PYD.

Future Directions

- The ‘5 C Model’, though empirically reliable, may not fully account for culture-specific manifestations of PYD. We will continue to explore this.
- We will include additional time points to better understand the pathways of positive youth development.