PYD in the Canadian Jamat

Topic 1   PYD Fundamentals
1.1   What are PYD and the 40 Assets?

Module Overview

Module

Topic 1 – PYD Fundamentals

1.1   What are PYD and the 40 Assets?

1.2   The Current State of PYD Within Our Jamat

Topic 2 – Building the 40 Assets

2.1   Building Assets in the Canadian Jamat

2.2   Targeting Segments in Asset Building

2.3   Helping Our Youth Find Their Sparks

Topic 3 – Institutional Tools

3.1   Implementing PYD Within the Jamat

3.2   Program Evaluation Toolkit

Positive Youth Development (PYD) is a framework outlining the support young people need to be successful and resilient

What is PYD?

PYD emphasizes building **strengths** and attributes that buffer the impact of the stress young people face to ensure they become **resilient** and **contributing** adults

PYD suggests that helping youth achieve their **full potential** is the best way to prevent them from engaging in **risky** behaviors and to help them grow into **positive, contributing** adults

PYD can prevent youth from using risk-taking behaviours as a coping mechanism during adolescence

Why is PYD important?

During adolescence, young people experience **rapid growth** and profound **physical, psychological** and **social** changes

Developmental changes can result in issues with **personal identity, sense of self,** and **emotional independence**

To cope with complex changes, youth may engage in behaviors considered **experimental** and **risky**

Several public health and social problems either **begin** or **peak** during adolescence including **suicide, substance use** and **abuse**

What is different about asset building?
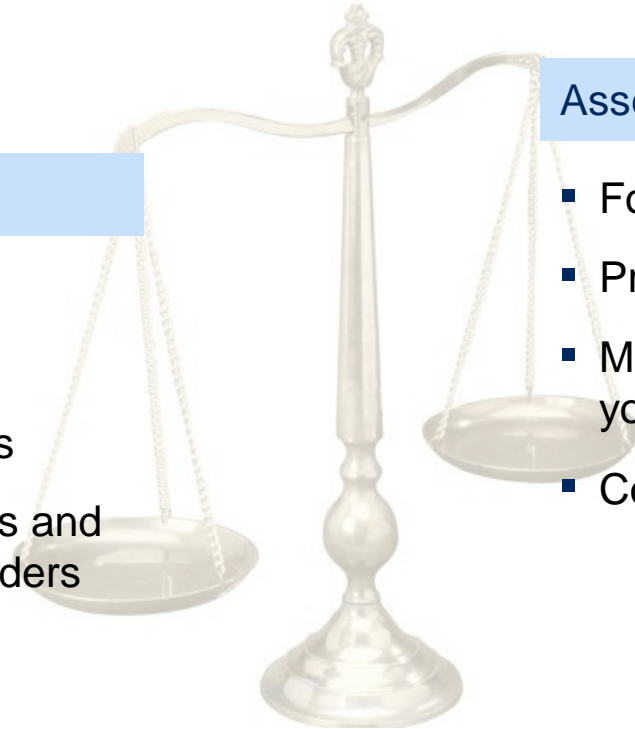
Common approaches

- Focus on problems
- Reactive
- Heavy reliance on volunteers
- Redundancy between boards and portfolios/other service providers

Asset building approach

- Focus on the positive
- Proactive
- Mobilize the public as well as youth-serving organizations
- Cooperation within the community

- Behaviour patterns co-occur, making it difficult to target specific assets
- For sustainable change, several assets should be built at a time
- Collaboration across all community sectors is essential for long-term success

The 40 asset framework lays the foundation for our research

The 40 Developmental Assets are a set of skills, experiences, relationships, and behaviours that enable young people to develop into successful and contributing adults

Internal Assets are attitudes instilled in a young person

- Commitment to learning
- Positive values
- Social competencies
- Positive identity

External Assets are support mechanisms provided to a young person

- Support
- Empowerment
- Boundaries and expectations
- Constructive use of time

The qualities described by the 40 asset framework are consistent with the values of the Ismaili faith (1/2)

Commitment to learning

"Thoughtful individuals who care about their own learning and personal development"

Positive values

"Principled young people with a strong sense of integrity, honesty, fairness and justice"

Social competencies

"Individuals who recognise and value plurality, and actively seek a range of perspectives"

Positive identity

"Individuals who understand and appreciate their own personal histories and cultures"

The qualities described by the 40 asset framework are consistent with the values of the Ismaili faith (2/2)

Support

"Caring people who are empathetic and compassionate and respect others' needs and feelings"

Empowerment

"Young men and women capable of becoming global leaders"

Boundaries and expectations

"People who take responsibility for their own actions and their consequences"

Constructive use of time

"Individuals who can balance personal well-being and physical, intellectual, and emotional balance"

"Internal" assets are attitudes instilled within a young person

Commitment to learning	Positive values	Social competencies	Positive identity
■ Achievement motivation	■ Caring	■ Planning and decision making	■ Personal power
■ School engagement	■ Equality and social justice	■ Interpersonal competence	■ Self-esteem
■ Homework	■ Integrity	■ Cultural competence	■ Sense of purpose
■ Bonding to school	■ Honesty	■ Resistance skills	■ Positive view of personal future
■ Reading for pleasure	■ Responsibility	■ Peaceful conflict resolution	
	■ Restraint		

"External" assets are support mechanisms provided to a young person

Support	Empower-ment	Boundaries & expectations	Constructive use of time
▪ Family support	▪ Community values youth	▪ Family boundaries	▪ Creative activities
▪ Positive family communication	▪ Youth as resources	▪ School boundaries	▪ Youth programs
▪ Other adult relationships	▪ Service to others	▪ Neighbourhood boundaries	▪ Religious community
▪ Caring neighbourhood	▪ Safety	▪ Adult role models	▪ Time at home
▪ Caring school climate		▪ Positive peer influence	
▪ Parent involvement in schooling		▪ High expectations	

Data from the general population suggests asset levels matter in driving thriving or risk-taking behaviours (1/2)

Percentage of 6th to 12th Grade Youth Reporting Selected **High-Risk** Behaviour Patterns, by Level of Development Assets[1]

Legend:
- ■ Problem Alcohol Use
- ◆ Violence (bullying and other)
- ▲ Illicit Drug Use
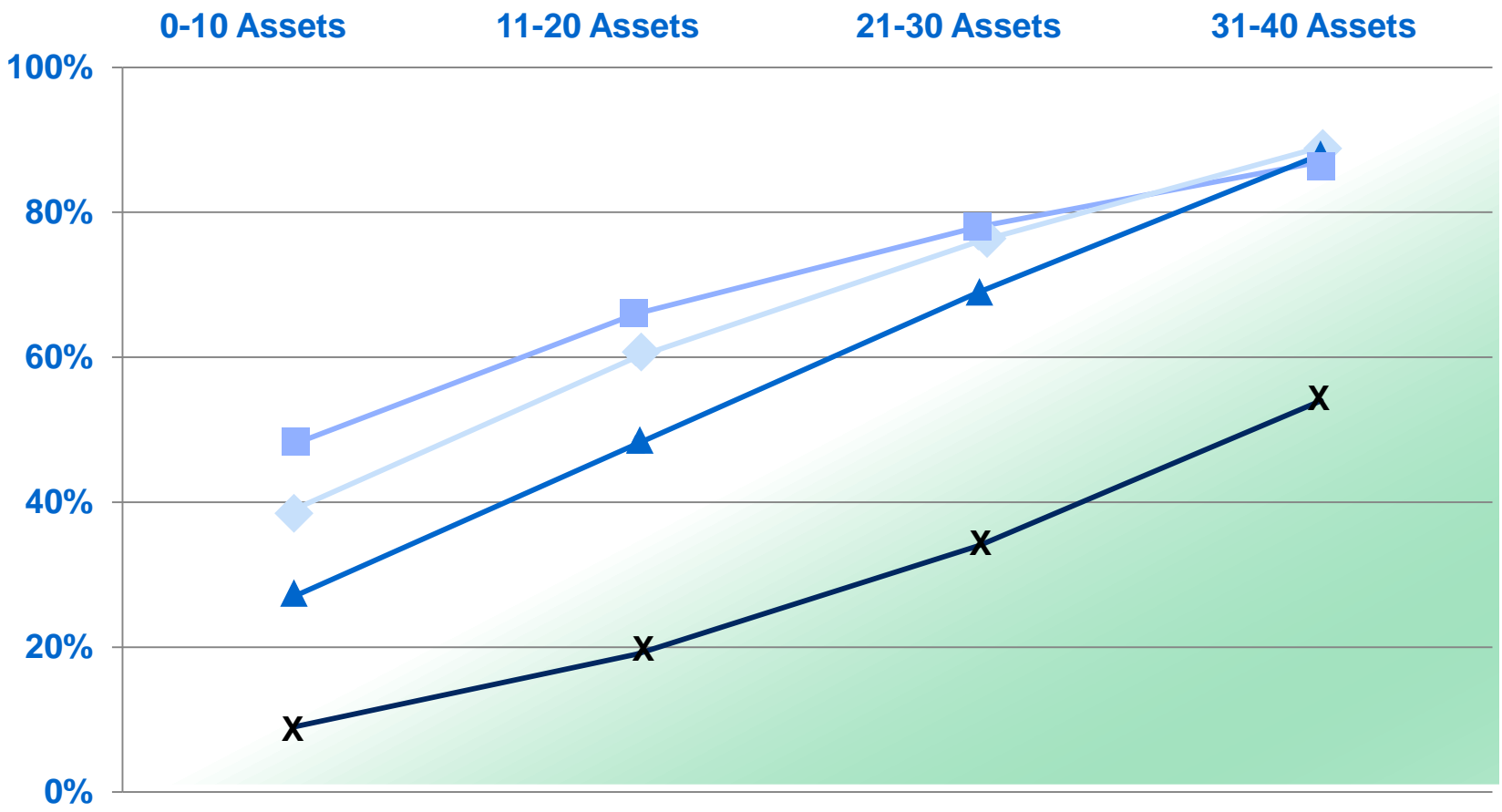- X Sexual Activity
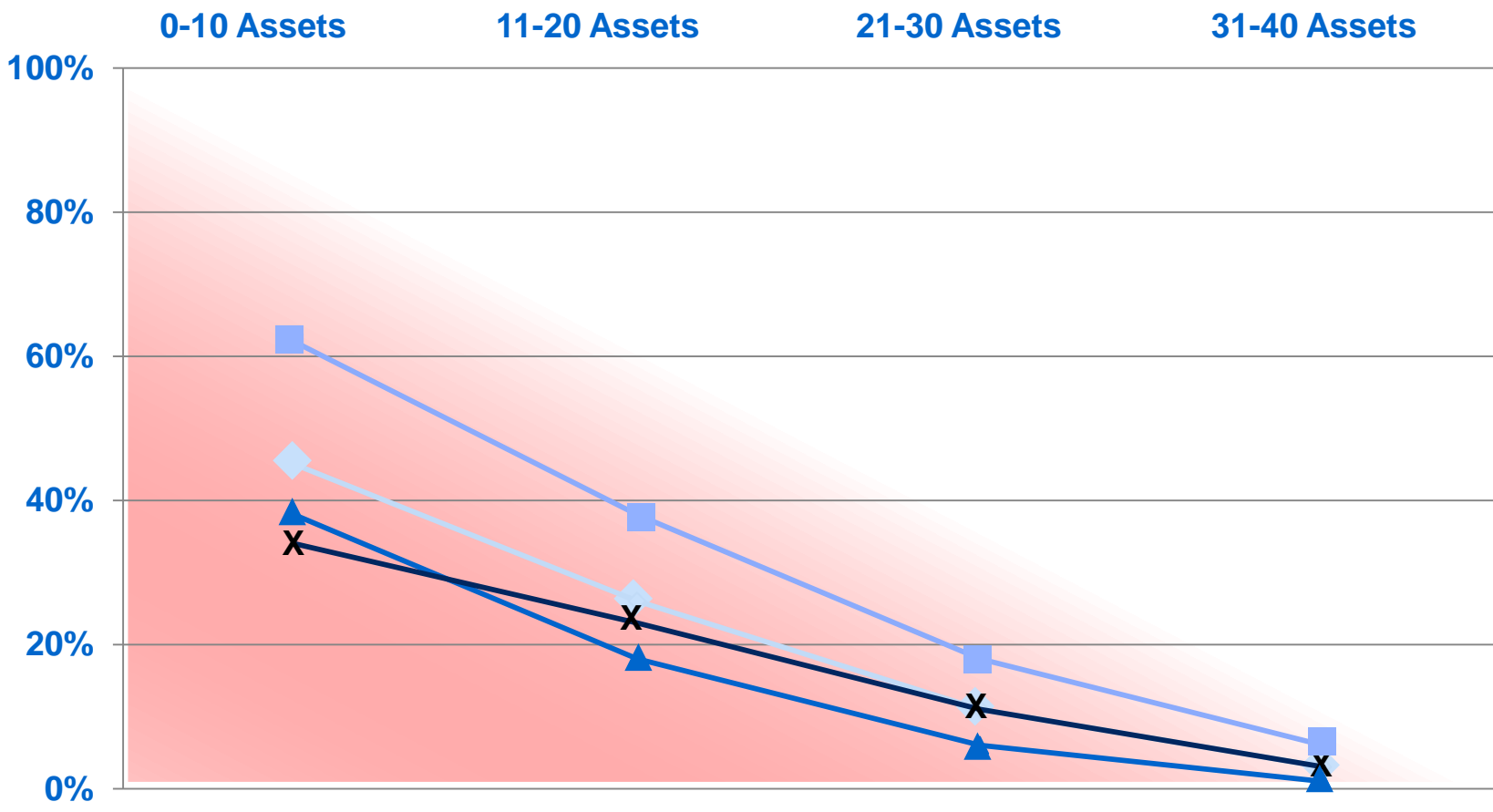
1 Based on surveys of almost 150,000 6th- to 12th-grade youth in 202 communities across the United States in 2003.

Data from the general population suggests asset levels matter in driving thriving or risk-taking behaviours (2/2)
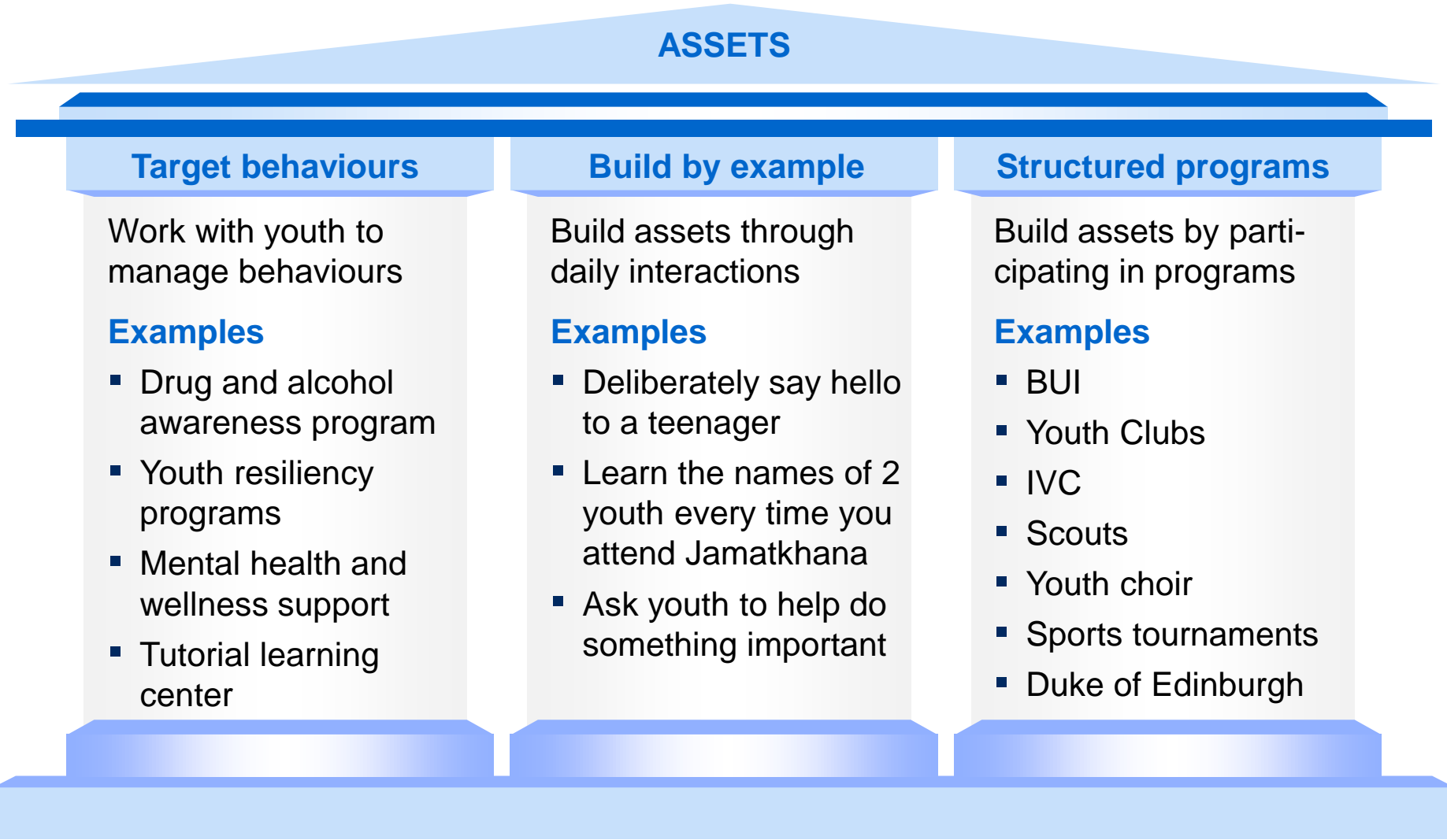
Percentage of 6th to 12th Grade Youth Reporting Selected **Thriving** Behaviour Patterns, by Level of Development Assets[1]

Legend:
- ■ Exhibits leadership
- ◆ Values Diversity
- ▲ Maintains Good Health
- X Succeeds in School

1 Based on surveys of almost 150,000 6th- to 12th-grade youth in 202 communities across the United States in 2003.

Several different strategies can be used to build assets…

ASSETS

Target behaviours

Work with youth to manage behaviours

Examples

- Drug and alcohol awareness program
- Youth resiliency programs
- Mental health and wellness support
- Tutorial learning center

Build by example

Build assets through daily interactions

Examples

- Deliberately say hello to a teenager
- Learn the names of 2 youth every time you attend Jamatkhana
- Ask youth to help do something important

Structured programs

Build assets by parti-cipating in programs

Examples

- BUI
- Youth Clubs
- IVC
- Scouts
- Youth choir
- Sports tournaments
- Duke of Edinburgh

Key takeaways

- PYD emphasizes building **strengths** and **attributes that buffer stress** young people face

- The 40 Assets are a set of **skills, experiences, relationships, and behaviours** that enable young people to develop into **successful** and **contributing** adults

- A high number of assets can drive **thriving** behaviours in a young person; a low number can drive **high-risk** behaviours

- **Formal** and **informal** strategies can be used to **build assets** in a young person

Additional resources

List of Developmental Assets

List of the 40 Developmental Assets and their definitions for each age group

Ages 3-5	Ages 5-9	Ages 8-12	Ages 12-18
Click here	Click here	Click here	Click here

Developmental Relationships Framework

Overview of the 20 actions that make a relationship developmental and transformative
Click here

Search Institute

The organization that developed the 40 developmental asset model
http://www.search-institute.org

Parent Further

A resource for families describing youth development best practices
http://www.parentfurther.com