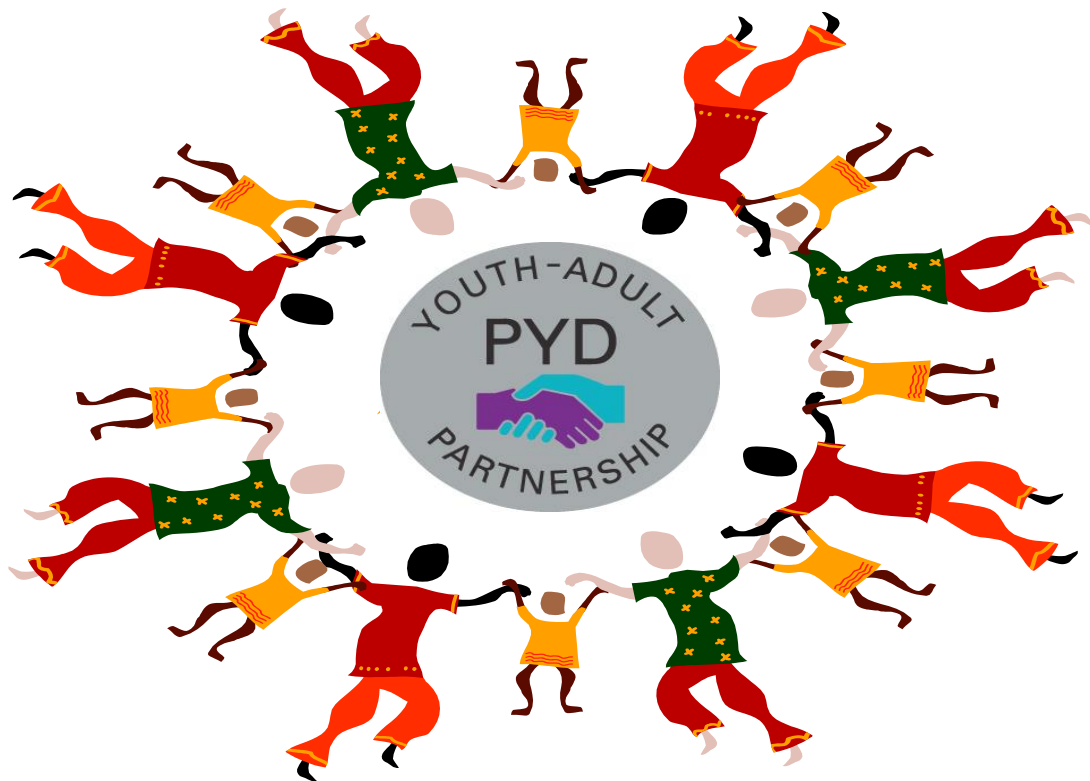


# POSITIVE YOUTH DEVELOPMENT APPROACH AND HEALTH PROMOTION



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FOR MORE RESOURCES GO TO:

[www.YouthHealthLink.org](http://www.YouthHealthLink.org)

# POSITIVE YOUTH DEVELOPMENT APPROACH

**Positive Youth Development (PYD) Approach-** is a way of thinking, living, interacting and working with (not for) young people. It's not a program or a concept of adults doing thing for youth. Youth need to be sitting at the table with us, being engaged in decision making about issues and topics that affect them.

## Principles:

- **Asset Based** (focus on strengths/supports)
- Strategies are **Place-Based** and reflect local cultural assets and needs
- **Holistic** and **Developmentally Appropriate** (heart, mind, body, spirit across ages and stages)
- **Informed by Youth** for children/youth
- Supports **All** children/youth
- Requires **Broad Stakeholder** input and support (i.e. families, schools, faith community, community based organizations businesses, media, government, etc...)

## Outcomes: Young people

- Are provided **Safe & Supportive** environments
- Are **Healthy** physically, emotionally, spiritually, financially, socially and educationally
- Have the skills, motivation & opportunities to **Learn All The Time**
- Are **Ready to Assume Adult Roles** in their families, communities and work environments
- **Fully Participate** as valuable members of their communities.

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## HOW TO PROMOTE PYD & ENGAGE YOUTH THROUGH HEALTH PROMOTION

**HEALTH PROMOTION** is providing accurate information and awareness of various health topics to better equip people to make healthy choices.

### WHO CAN WE COLLABORATE WITH?

- **School Partners**
  - Youth (Find out who's interested or existing student groups)
  - Councilors and Teachers (Art, Math, Science, PE, Band)
  - School Nurse/School-Based Health Center
  - Food Service Personal and Bus Drivers
  - Other Schools (in or out of district)
  - School Organizations (Parent-Teacher Association, Youth Council, School Health Advisory Council)
- **Community Partners**
  - Grocery Stores
  - Local Business Owners
  - Local Youth Organization (i.e. YMCA, Boys and Girls Club)
  - Public Health Office and Community Health Councils
  - Parents and Extended Family
  - Hospitals, Police and Fire Department

- **State Partners**
  - NM Department of Health
  - NM Public Education Department
  - NM Children Youth & Family
  - NM Forum for Youth in Community
  - NM Alliance for School-Based Health Care

## WHAT ARE SOME HEALTH PROMOTION IDEAS?

- **October 2011**
  - National Family Health Month
  - Health Literacy Month
- **November 2011**
  - America Diabetes Month
  - Flu and Pneumonia Campaign
- **December 2011**
  - National Drunk and Drugged Driving (3D) Prevention Month
  - Hand Washing Awareness Week
- **January 2012**
  - National Blood Donor Month
  - National Mentoring Month "Pass It On. Mentor A Child"
  - Healthy Weight Week
  - NM SBHC or Children & Youth Day(s) at the Legislature (TBA)
- **February 2012**
  - National Children's Dental Health Month
  - Teen Dating Violence Awareness Month
  - National Condom Week
  - Give Kids A Smile Day
- **March 2012**
  - National Nutrition Month
  - National School Breakfast Week
  - National Sleep Awareness Week
- **April 2012**
  - Humor Month
  - National Public Health Week
- **May 2012**
  - National Mental Health Month
  - National Teen Pregnancy Prevention Month
  - National Physical Fitness and Sports Medicine Month
- **June 2012**
  - National Fire Work Safety Month
  - National Safety Month
  - National Headache Awareness Week

These are some ideas that can be used but let the youth and planning team be creative and come up with their own ideas. You'll be AMAZED! However, as adults you need to role model and communicate about realities such as what the budget is, what are the steps in planning, implementing and evaluating activities/events.

## WHERE AND WHEN CAN WE DO HEALTH PROMOTION?

Health promotion can take place at the school-based health center, in the classroom, after school, at another school, during a school event such as a dance, assembly, health fair or at community functions.

## DATA & STATISTICS

- Healthy People 2020 - Adolescent Health
- NM Youth Health Link – Data Resources
- NM Youth Risk & Resiliency Survey 2009 (Statewide and County Data)
- 2011 Kids Count Data Book
- NM Department of Health-State & Strategic Health Plans
- CDC – Data & Statistics

## OTHER RESOURCES

- Calendars: Create, Print & Share Free [http://www.eztocreate.com/download/Home/2011-Calendars?a=11072&f=2011calendars\\_text&adid=7809352214](http://www.eztocreate.com/download/Home/2011-Calendars?a=11072&f=2011calendars_text&adid=7809352214)
- 2012 Calendar- one page <http://www.calendar-365.com/2012-calendar.html>
- Health & Wellness Fair Toolkit – This is for a worksite but it could also be used as a guide for a school health fair. You determine what you can and can't do based on your budget, time and resources. <http://www.athighmark.com/ccToolkitBS/worksiteWellness/healthWellness.shtml>
- Health Promotion Materials <http://pub.etr.org/>