

## Promoting Factors that Foster Resiliency

*Presented by the Youth Development Institute, January 2014*

### *Caring and Trusting Relationships*

- ✓ Provide opportunities for young adults to develop strong 1:1 relationships with peers and staff.
- ✓ Recognize individual accomplishments of all young adults.
- ✓ Offer services and support with confidentiality.
- ✓ Establish and maintain positive interactions and open communication.

### *Opportunities for Contribution*

- ✓ Ensure young adults have opportunities for input.
- ✓ Develop ways to elicit young adult feedback.
- ✓ Use and respond to young adult ideas.
- ✓ Create leadership opportunities for young adults.

### *High Expectations*

- ✓ Encourage young adults to excel and to achieve their goals.
- ✓ Maintain a firm but respectful structure, guidelines, and rules.
- ✓ Provide opportunities for young adults to develop their capacities to reason, solve problems, and empathize.

### *Engaging Activities*

- ✓ Balance individual and group activities.
- ✓ Instill curiosity to learn from a broad range of experiences.
- ✓ Incorporate fun.
- ✓ Provide developmentally appropriate activities.
- ✓ Foster creativity and flexibility.
- ✓ Provide activities that lead to the creation of young adult work products.
- ✓ Help students see the long-term value of participating in the program.

### *Maintain Continuity of Services*

- ✓ Sustain youth involvement over time with at least one staff person.
- ✓ Provide formal orientation and other activities that create a sense of belonging and continuity for youth when they enter the program.
- ✓ Create closure through formal activities at the program's end.
- ✓ Support young people after they leave the program through alumni or other activities.
- ✓ Train youth to orient new participants.

