



Make the Connection: How Positive Youth Development Offers Promise for Teen Health and Pregnancy Prevention

<http://www.hhs.gov/ash/oah/>

Additional Resources

Readings from Webcast Speakers

Karen Pittman

[Forum Focus: What's Health Got to Do with It?](#)

For youth workers and youth-serving organizations, making a commitment to improve adolescent health outcomes can be as complex as making a commitment to improving academic achievement. Health, like education, has an entire system behind it. Given the data on gaps in access to health information and services, however, it is important for youth workers to have some concrete ways to respond.

[Harnessing Collective Impact to Prevent Teen Pregnancy](#)

Collective impact is gaining interest across the country as an innovative strategy to solve complex problems that cannot be addressed by working in isolation. Recently, public and private entities in Georgia have been aligning their work under a common framework to systematically change how they work with young people by increasing access to evidence-based pregnancy prevention programs.

[Preventing Problems, Promoting Development, Encouraging Engagement: Competing Priorities or Inseparable Goals?](#)

This paper summarizes several major shifts that have occurred in the past 15 to 20 years in what researchers, policymakers, and practitioners think about what young people need, what they get, and where they get it.

Richard Catalano

Future Direction for Positive Youth Development as a Strategy to Promote Adolescent Sexual and Reproductive Health

This article synthesizes recommendations from an expert panel convened to review the literature and conceptual framework of using a PYD approach to promote adolescent sexual and reproductive health. The future directions are grouped into four areas: defining PYD programs, dissemination, PYD predictor research, and PYD intervention research. [Click here for abstract.](#)

A Review of Positive Youth Development Programs that Promote Adolescent Sexual and Reproductive Health

Positive youth development may be a promising strategy for promoting adolescent health. A systematic review of the published data was conducted to identify and describe PYD programs that improve adolescent sexual and reproductive health. Researchers found that half of the reviewed programs improved at least one adolescent sexual and reproductive health outcomes. [Click here for abstract.](#)

Gina Wingood

[Efficacy of an HIV Prevention Intervention for African American Adolescent Girls: A Randomized Controlled Trial](#)

This study evaluated the efficacy of an intervention to reduce sexual risk behaviors, sexually transmitted diseases (STDs), and pregnancy as well as enhance mediators of HIV-preventive behaviors.

Understanding Youth Development

[Adolescent Development E-Learning Module \(U.S. Department of Health and Human Services \(HHS\), Office of Adolescent Health \(OAH\)\)](#)

By understanding adolescent development, those working with adolescents can better appreciate how and why young people behave the way they do, and we can help young people make better decisions about their sexual health. This e-learning module focuses on biological and brain development; cognitive development; identity and social development; and promoting healthy youth development.

[Social and Emotional Learning Core Competencies \(CASEL\)](#)

CASEL has identified five interrelated sets of cognitive, affective and behavioral competencies that are critical for social and emotional learning. Each of these competencies are explained in more detail on this webpage.

Putting Positive Youth Development into Practice

[Introduction to Positive Youth Development \(HHS, Administration for Children and Families, National Clearinghouse on Families and Youth\)](#)

This self-paced distance learning course provides youth service providers and other interested groups the basics of positive youth development. It is divided into two modules: the concepts and theories underlying positive development and then putting those ideas into practice.

[Putting Positive Youth Development into Practice: A Resource Guide \(HHS, Administration for Children and Families, National Clearinghouse on Families and Youth\)](#)

This booklet provides those interested in youth development an understanding of the theory behind positive youth development and advice for managing programs that use this approach. The resource guide consists of three chapters: the theoretical evolution of positive youth development; characteristics of programs and promising practices; and potential for collaboration.

[Understanding and Working with Youth \(United States Department of Agriculture, 4-H\)](#)

This brief guide summarizes child development from age five through the teen years and the implications for how programs should design their activities. The guide also includes practice activities for program planners to apply the principles of age-appropriate activities.

[Community Programs to Promote Youth Development \(National Research Council and Institute of Medicine, Committee on Community-Level Programs for Youth\)](#)

The Committee on Community-Level Programs conducted a 2-year project to evaluate and integrate current research on adolescent health programs. The group researched adolescent health program design, implementation, and evaluation. This report includes features of adolescent well-being and development, and recommendations for future policy, practice, and research.

[Finding Out What Matters for Youth: Testing Key Links in a Community Action Framework for Youth Development \(Youth Development Strategies, Inc., and Institute for Research and Reform in Education\)](#)

This IOM publication focuses on those elements that are essential to adolescent well-being and healthy development and discusses features of programs that can contribute to a successful transition to adulthood. It examined the current landscape of youth development programs and how well these programs are meeting needs. It offers recommendations for policy, practice, and research to ensure that programs are well designed to meet young people's developmental needs.

[100 Years of Research in Youth Development \(Journal of Youth Development\)](#)

This special issue celebrates 100 years of youth development research and practice. The articles' topics include reviews of previous research in youth development, best program practices, evaluation practices, the outcomes of youth engagement, and the future for youth development research.

[Positive Youth Development in the United States: Research Findings on Evaluation of Positive Youth Development Programs \(Social Development Research Group\)](#)

This report, developed in the late 1990's, examines the existing evaluations of positive youth development programs and summarizes the state of the field at that time. The report reviews the origins of the positive youth development approach, explains the evaluation of current research and related findings from evaluations of positive youth development programs, and discusses challenges and future directions for the field.

Finding Evidence-Based Program Models

[Evidence-Based Programs for Teen Pregnancy Prevention Database \(HHS\)](#)

This is a searchable database of the HHS evidence review of programs models which have shown an impact on teen pregnancies, sexually transmitted diseases, or sexual risk. You can use this database to find programs that were developed and evaluated for certain target populations, settings, and more.

[FindYouthInfo Program Directory \(Interagency Working Group on Youth Programs\)](#)

This directory features evidence-based programs whose purpose is to prevent and/or reduce delinquency or other problem behaviors in young people. In addition to learning about the programs and the research behind these programs, you can nominate programs for inclusion

Building Youth Skills and Increasing Positive Experiences/Education

Tools for Parents and Providers

[College Bound with the What Works Clearinghouse \(United States Department of Education, Institute of Education Sciences, What Works Clearinghouse\)](#)

This website provides a set of tips and best practices that schools can use to help students access college and remain enrolled. It covers topics such as paying for college, determining which colleges to apply to, and what supports can help students stay in college.

[Promotion and Prevention in Mental Health: Strengthening Parenting and Enhancing Child Resilience \(HHS, Substance Abuse and Mental Health Services Administration\)](#)

This report is based on a review of the effectiveness of programs that use a strength-based family approach to promote mental wellness and prevent mental health problems among at-risk children and youth. The report describes the public health context for supporting youth's mental health and opportunities for implementing evidence-based programs to reach families in need. The report also covers the economics of these programs and suggests ways to reach families.

[Registered Apprenticeship—College Consortium \(United States Department of Labor, Employment and Training Administration\)](#)

This network consists of postsecondary institutions, employers, unions, and associations working together to provide college-to-career opportunities. Registered Apprenticeship is an "earn while you learn" model that provides a combination of on-the-job learning and related classroom instruction. This program will allow graduates to turn their training into college credit towards an associate or bachelor degree.

Tools for Youth

Spark Action

This site serves as a one-stop shop for news and tools to make a difference in the lives of children and youth. It is managed by the Forum for Youth Investment.

“Speak Up!” Interactive Tool for Youth (HHS, Administration for Children and Families)

This multimedia tool helps adolescents share their thoughts and ideas in a constructive, pro-social way. It explains how adolescents can be their own advocate.

Youth Engaged 4 Change (Interagency Working Group on Youth Programs)

This microsite encourages youth and young adults to shape programs, policies, and services that affect their lives. It also offers examples of youth who have led change in their community and provides opportunities for youth to get involved in the civic process.

Positive Youth Development and Special Populations

Academic Achievement Trajectories of Homeless and Highly Mobile Students: Resilience in the Context of Chronic and Acute Risk (United States Interagency Council of Homelessness)

This study examined academic achievement data across third through eighth grades, comparing students identified as homeless or highly mobile with other students in the federal free meal program, reduced price meals, and others.

Adolescents with a History of Maltreatment Have Unique Service Needs that May Affect Their Transition to Adulthood (HHS, Administration for Children and Families, Office of Planning, Research and Evaluation)

This report based on the National Survey of Child and Adolescent Well-being looks at how youth who have experienced child abuse or neglect exhibit risk factors that affect future outcomes.

Mentoring Children of Incarcerated Parents (United States Department of Justice, Office of Juvenile Justice and Delinquency Prevention)

This report summarizes a listening session on how to support youth with incarcerated parents. It includes recommendations to help mentor children of incarcerated parents.

For additional federal resources on this topic, see the [Positive Youth Development section](#) of the [OAH Adolescent Health Library](#).

Listings in this resource do not necessarily represent the policies of the Department of Health and Human Services