Three Dynamic Ways to Power Up Your Work with Youth

Susan Ragsdale & Ann Saylor
YMCA Center for Asset Development

Why this book?
Part One: Youth, Strength, and Power

1: A Strength-Based Approach to Positive Youth Development
2: Putting Positive Youth Development to Work
3: Understanding How Young People Are Wired
4: How Young People Think and See the World

Part Two: Activating Power

5: Preparation: The Work before the Work
6: Connect with Them
7: Know Them
8: Engage Them
9: Stretch Them
10: Challenge Them
11: Power Up
Part Three: Sustaining Power

12: The Practice of Self-Mastery
13: The Practice of Gratitude
14: The Practice of Recharging

What is Positive Youth Development?
Youth, Strength & Power: A Peek Into the Brain

Which actions below are brain enhancers?

1. Yodeling, chewing gum and walking

2. Smiling, yawning and deep conversations
Activating Power: A Peek Into Sparks

1. Start your own business

1. Ride a roller coaster 8 times straight
2. Teach in a school in another country
3. Dig in an archaeology site
4. Coach an Olympic team
Activating Power: Challenging Youth

“Young people bring unique skills to solving problems—they bring energy, commitment, idealism, and creativity that adults don’t have.”
- Steve Culbertson, YSA

Challenging Youth: Our Power Tools

• Novelty- brings new solutions to problems.

• Risk—young people take more risks than older people do.

• Peer authority (or peer pressure) - can be a positive thing.
Activating Power: Take a Stand

Will you . . .

1) help the homeless
2) help the environment

Activating Power: Take a Stand

Will you help the animal shelter or a nursing home?

Would you rather speak about childhood obesity or violence in schools?
What do you do with conflict?

How do YOU respond?

1) I don’t jump to conclusions about youth involved in conflict because of their pasts. I look at each situation based on its own merit.

2) I stop myself from cutting people off or interrupting them when they’re explaining what happened to cause the conflict.

3) I look for strengths at play during conflict resolution so that I can try to empower youth with their own resources.

4) I defer power to youth. I ask them what they think they should do to resolve the conflict. I try to encourage them to initiate solutions themselves.
How do YOU respond?

1) don't judge by past
2) don't cut them off as they explain
3) look for strengths
4) defer power

Sustaining Power: Are you on your way to a quick and easy burnout?
Do you . . . .

1) Carefully scrutinize everything and demand perfection?
2) Try to please everybody? Never say no?
3) Think of yourself as a superhero? Do you really think that you can do everything yourself without the help of others?
4) Believe that your self-worth depends on your performance?

Do you . . . .

1) Skip sleep because you have too much to do?
2) Try to impress others by juggling multiple projects?
3) Berate yourself for failures or setbacks saying, “I should have done more?”
4) Eat while you work (assuming you even take time to eat at all)?
5) Fail to take days off?
Questions from You?


Related Workshops

✧ Positive Youth Development
✧ The Way and How of Learning
✧ Connect with Them
✧ Helping Youth Find a Sense of Purpose
✧ Serving from Your Sparks
✧ Stop the Chaos
Other Ragsdale & Saylor Books

Available at Search Institute Press or your favorite online bookseller

Free Resources

✧ Blog for youth workers and educators
✧ Monthly e-newsletter with tips & tricks
✧ Seasons of Service curriculum

Email us & we’ll send you the freebies!
Stay in Touch

www.TheAssetEdge.net
615-262-9676
CAD@TheAssetEdge.net
Twitter @ TheAssetEdge
LinkedIn: Susan Ragsdale or Ann Saylor