

Three Dynamic Ways to Power Up Your Work with Youth

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Asset Development



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Why this book?



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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

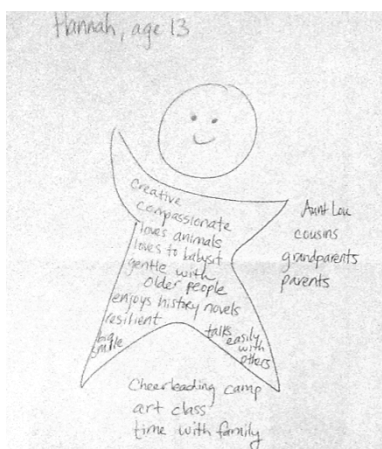
13: The Practice of Gratitude

14: The Practice of Recharging

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What is Positive Youth Development?



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Youth, Strength & Power: A Peek Into the Brain



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Which actions below are brain enhancers?

1. Yodeling, chewing gum and walking
2. Smiling, yawning and deep conversations



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Activating Power: A Peek Into Sparks

1. Start your own business



HOT!



COLD!



Whatever!



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Activating Power: A Peek Into Sparks

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



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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

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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.

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Activating Power: Take a Stand

Will you . . .

- 1) help the homeless
- 2) help the environment

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Activating Power: Take a Stand

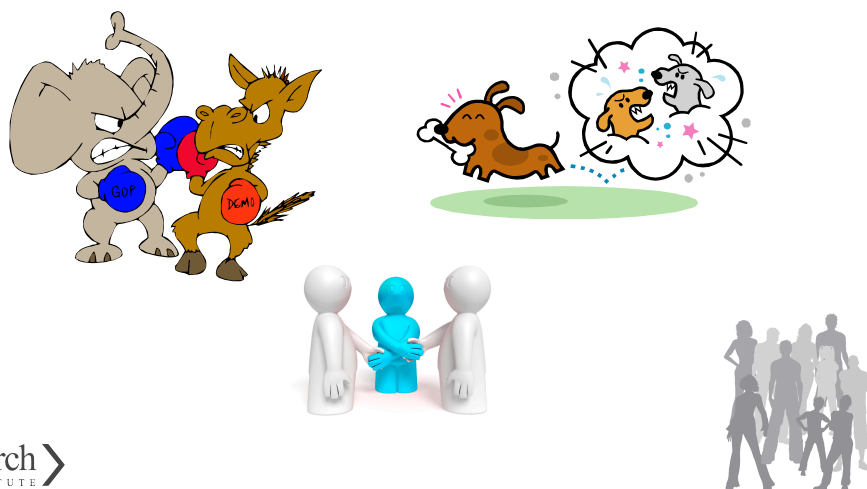
Will you help the animal shelter or a nursing home?

Would you rather speak about childhood obesity or violence in schools?

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What do you do with conflict?



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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.

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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

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



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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?



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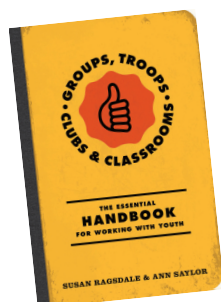
Do you

- 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?



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Questions from You?



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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

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- ✧ Monthly e-newsletter with tips & tricks
- ✧ Seasons of Service curriculum

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