

Positive Youth Development...

1. is a process that prepares young people to meet the challenges of adolescence and adulthood through a coordinated, progressive series of *activities and experiences*, which help them to become socially, morally, emotionally, physically, and cognitively competent. It addresses the broader *developmental* needs of youth, in contrast to deficit-based models, which focus solely on youth problems.
2. strives to help young people *develop the inner resources and skills* that they need to cope with pressures that might lead to unhealthy and antisocial behaviors. It aims to promote and prevent, not to treat or remediate. Prevention of undesirable behaviors is one outcome of positive youth development, but there are others including the production of self-reliant, self-confident adults who can become *responsible members of society*.
3. is a strengths-based macro concept that directs the programs and services available in communities to all young people rather than targeting only those with defined problems or in high-risk situations.
4. refers to an ongoing growth process in which all youths endeavor to meet their basic needs for safety, caring relationships, and connections to the larger community, while also striving to build academic, vocational, personal, and social skills.

~ Carnegie Council on Adolescent Development