

# YOUTHRIVE

A Community Initiative in Newburyport to Support Positive Youth Development



WHEN YOUTH MATTER... YOUTHRIVE

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## Positive Youth Development

A philosophy/approach to working with young people, developing services and supports, program design and community organizing.



## Principles of PYD

- Youth are seen as a resource to be valued
- Systemic Approach
- Engages all sectors of the community; Focus on Strengths
- Focus is on Positive Outcomes vs Fixing problems
- Encourages Youth Voice and Engagement
- Strategies involve and are for ALL youth

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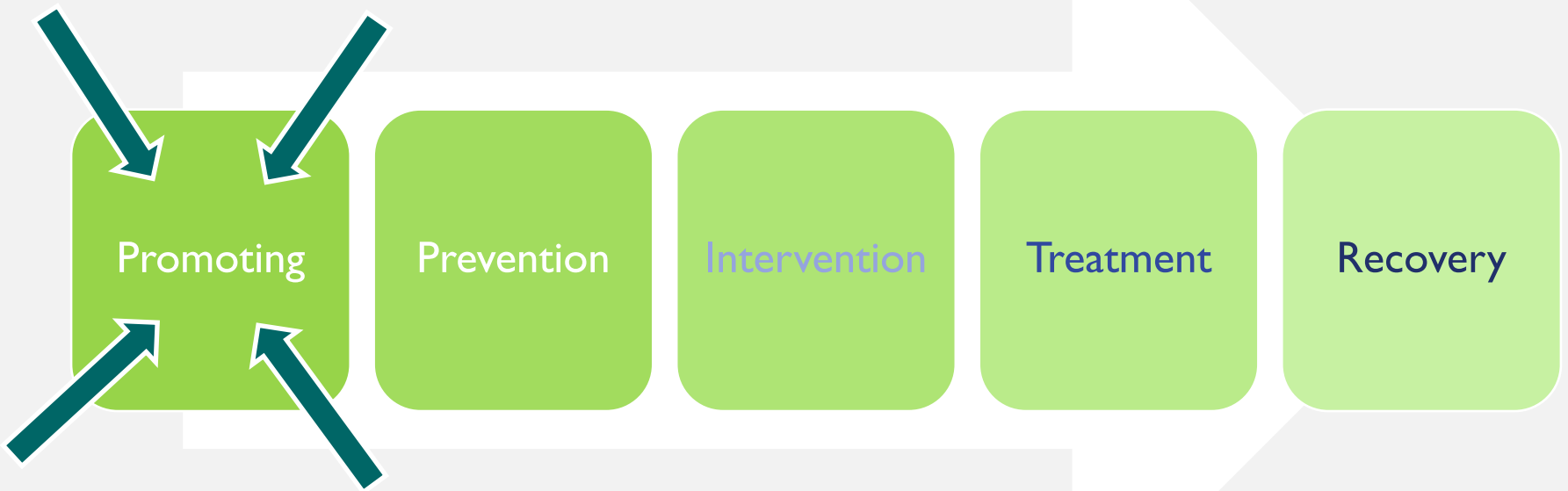
“A child is not a vessel to be filled, but a fire to be ignited.”

Adapted from Plutarch & Hebrew Prophet



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**Empowered**  
**Engaged**  
**Supported**  
**Inspired**  
**Valued**

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By focusing on the  
**5 to Thrive**

we will continue to build  
developmental youth assets in our  
young people!



**YOUTH THRIVE** is a multi-year plan to:

- Help the community as a whole **VALUE** our young people and see them as a resource in our community
- **ENGAGE AND EMPOWER** young people to increase independence and coping skills to take into adulthood
- **SUPPORT** young people and their families to make sure they are able to live their best lives
- And **INSPIRE** young people to find their spark and ignite their own fire!

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## Well Being

Health and Wellness

Mental Health

Self Worth and Identity

## Empowerment

Capable and Prepared Youth

Youth have a Voice

Valued Consumers

Youth have Supports

## Community Connectedness and Safe Spaces

Public Transportation Needs met

Traffic and Safety Concerns Addressed

Safe Spaces Indoors and Outdoors

Relationships with Downtown Businesses and Police

## Creative Expression

Arts and Music are valued

more young people participate in creative activities

Youth Council Identified Areas

Based on peer feedback & Community Forum on Asset Results

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# YOUTH THRIVE

INTENTION

Support

High Expectations

Youth Development

REALITY

- Parents do things FOR youth

- Parent/ cultural definition of success
- Little/no input from youth

UNINTENDED  
NEGATIVE  
CONSEQUENCE

- **Planning and Decision Making** (50%)
- **Personal Power** (55%)

- **Positive Family Communication** (41%)
- **Self-Esteem** (60%)

Stressed and/or anxious youth lacking effective coping skills



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# Results of the 2021 Youth Survey

- 1,013 young people – Grades 6-12
- 14% identified as non-white (8% mixed race)
- 25% of students identified as LGBTQ+
  - 77% identified as straight, 23% other
  - 4% Transgender
- Taken December 2021

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Nbpt Mean=  
12/16 Stress

Nbpt Mean=  
4.25/6 Anxiety



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*“One of the crucial defining characteristics of play is that is directed by the children or players themselves. It’s self-directed. Adult-directed games like sports, or activities in school where a teacher is telling children what to do, is not play by my definition.”*

Peter Grey  
Ted Talk- The Decline of Play



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Play Clubs

Free Play in Camps,  
classrooms

Free Play Meet Ups at  
Playgrounds

Project Let Grow

National Play in School  
Day

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