

YOUTH THRIVE

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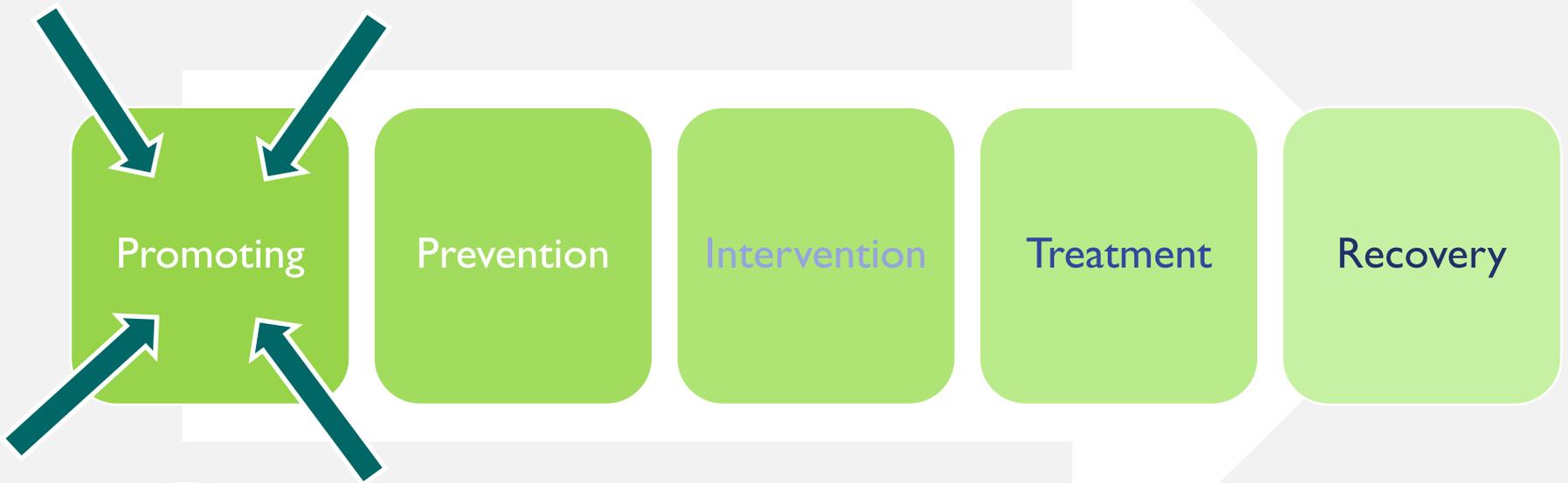
“A child is not a vessel to be filled, but a fire to be ignited.”

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

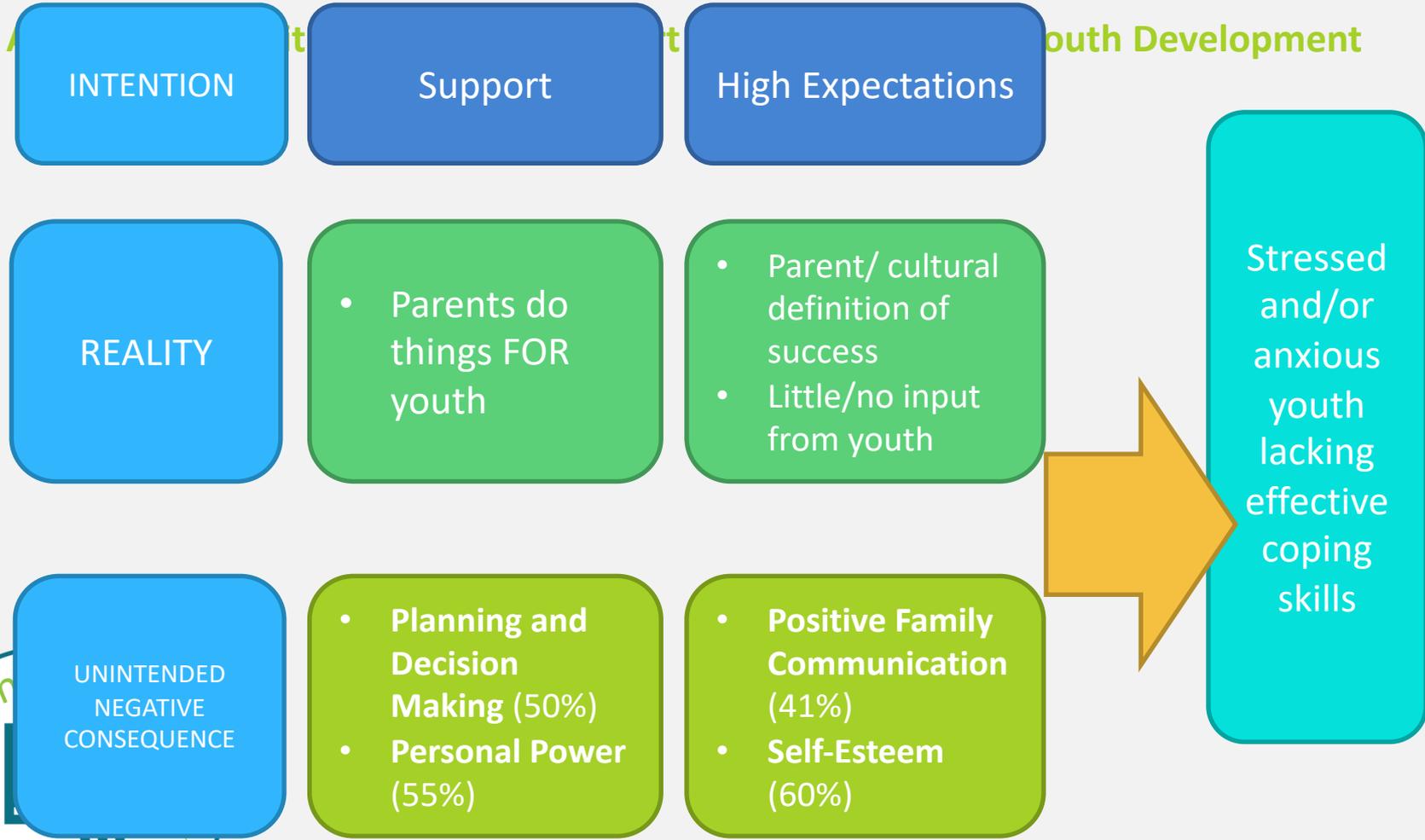
Youth Council Identified Areas

Based on peer feedback & Community Forum on Asset Results

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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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