

# Youth Work Sections

## 5 stages of Youth Development

Relationships	
<p><b>Healthy relationships:</b> Discuss what is acceptable and what is not, within relationships. Talk about how control and power can influence relationships. Use group debates within your discussions.</p>	
<p><b>Friendships:</b>  Explore different types of friendship and examine what makes a true friend. Explain negative friendships.</p>	
<p><b>Parenting:</b> Identify both good parenting and a young person's interpretation of negative parenting. Use games and role reversal. For example: a young person could take the role of a parent for an evening.</p>	
<p><b>Confidence:</b> (on-going)  Praise young people when they've done well. Be a critical friend, explore areas in which the young person can improve. Encourage them to try new things and experiences.</p>	
<p><b>Self-esteem:</b> (on-going) As above, but encourage young people to reflect and celebrate their achievements. Young people should be happy with who they are.</p>	
Health & wellbeing	
<p><b>Drugs:</b>  Educate young people on the different types of drugs and their associated effects. Help them understand the physical and social impact of drug taking. Allow young people to share their views on this subject.</p>	
<p><b>Alcohol:</b> Help young people understand the damage alcohol can cause to their bodies. Discuss other negative effects associated with alcohol.</p>	
<p><b>Smoking:</b>  Encourage young people to identify the implications of long term smoking.</p>	
<p><b>Sexual health:</b> Discuss sex with young people and how they should keep themselves safe. This should be a thorough discussion before you do the C-card. Focus on relationships.</p>	
<p><b>Fitness:</b>  It is important to encourage young people to keep fit and try a variety of different activities. Young people are very conscious of their bodies, which affects their self-esteem and confidence</p>	
<p><b>Outdoor education:</b> Encourage young to interact with nature and the outdoor environment, and to appreciate the value in outdoor pursuits.</p>	



## Healthy eating:



Healthy eating should be a consistent theme within your youth club programme. Discuss longer term health issues associated with poor diet.

## Saying no:

Young people must have the confidence to decline sexual advances within their relationships; they must have the confidence to 'say no'.



## Mental health:



Mental health issues are on the rise. We must enable young people to identify mental health issues and understand the associated risks. We must support others affected by mental ill health.

## Isolation:

Isolation can be very scary. We should ensure that young people feel they are not alone.



## Sport:



Sport improves mental well-being and physical fitness. Encourage young people to take part in sport.

## Managing money:

Young people should know how to manage their money. Discuss bank accounts and loans; discuss how people should live within their financial means; and discuss how to overcome financial difficulty.



## Personal safety

### Internet:



Young people should understand internet safety. Discuss issues of personal safety and other risks associated with the internet.

### Bullying:

Bullies are sometimes the victims of bullying. Discuss all aspects of bullying, from being bullied to being a bully. Develop a strategy to prevent bullying.



### Child protection:



Inform young people of their fundamental rights and ensure they are given sign posting if they need to talk to someone.

## Understanding yourself

### Communication:

Encourage young people to develop their communication skills; these skills will benefit them in all aspects of their lives.



### Teamwork:



Working in a team improves social skills and allows the individual to understand their strengths and weaknesses. Engage in team activities.

### Cognitive development:

Young people understand will experience physical and mental changes as they grow and develop. Help them understand these changes and to be comfortable with who they are.



### **Emotional intelligence:**



Enable young people to explore, understand and develop their own emotional intelligence.

### **Ready for work:**

Young people should understand the basic rules of employment



### **Spirituality:**



Explore spirituality; for instance: what does spirituality mean? Is spirituality a faith or belief? Discuss spirituality and ensure young people feel listened to.

### **Self-awareness:**

Help young people develop self-awareness.



### **Negotiation:**



Teach young people the benefits of negotiation, and the skills needed to do this.

### **Creativity:**

Support creativity in young people. Provide creative opportunities in which their young minds can develop.



## **Participation**

### **Political awareness and democracy:**



Young people should understand political systems. Teach this subject without political bias.

### **Local community and volunteering:**

It is vital that youth clubs encourage young people to engage in their communities. Young people should feel part of the environment in which they live. Volunteering provides work experience and an opportunity for young people to develop personal skills, and enhance their future CV.



### **Equality and Diversity:**



Ensure young people understand equality and diversity. Make it a priority; enable young people to explore their views, values and myths.

### **Environment:**

Educate young people on the consequences of neglecting the environment.



### **Global education:**



Young people should express their views of the world and feel they can make a positive difference.

### **Youth voice:**

Allow club members an opinion on the following:

- How their club is run
- Domestic issues within the UK
- Global Issues



### **Skills for independent living:**

Teach young people the importance of independent living. Young people should have a basic understanding of nutritional cooking and having a clean home; they should also receive guidance on managing money.



**MENDIP YMCA**  
HELPING YOUNG PEOPLE BUILD A FUTURE

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