



How do we know it's Youth Development? An evaluation using the Five Cs model of positive youth development



What we did

- ▶ Evaluation of the PYD outcomes William Pike Challenge Award - using the Five Cs
- ▶ WPCA - year long programme for 11 - 13 year olds in schools involving 5 outdoor activities, 20 hours of community service, 20 hours of 'passion project' or hobby development
- ▶ 17 interviews in six participating schools in the upper North Island
- ▶ Looked at outcomes (Five Cs)
- ▶ Looked at features of the programme that led to the outcomes

The Five C's of Positive Youth Development

- ▶ Indicators that Positive Youth Development is happening
- ▶ The outcomes of Positive Youth Development Programmes
- ▶ The most well researched model of PYD

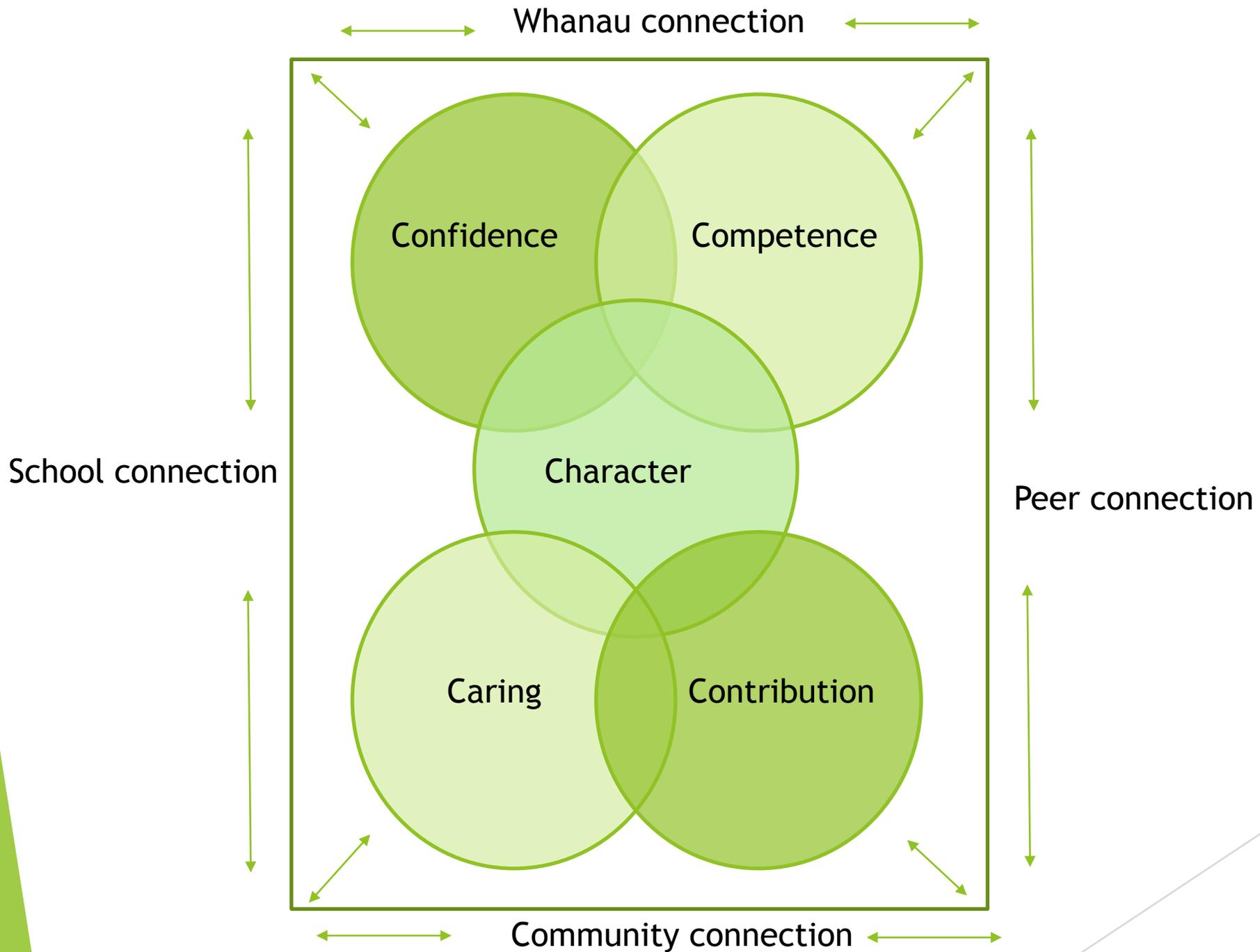
CONFIDENCE	<i>Self worth and self efficacy</i>
COMPETENCE	<i>Positive view of one's actions e.g. academically, socially, cognitively</i>
CONNECTION	<i>Positive bonds with people and institutions that go both ways</i>
CARING	<i>A sense of sympathy and empathy for others</i>
CHARACTER	<i>Respect for societal and cultural norms</i>
CONTRIBUTION	<i>Young person contributes positively to self, family and community</i> (Lerner, Lerner et.al., 2005 p. 23)

What we found - the Five Cs

- ▶ All of the Five Cs and Contribution were present - PYD is happening
- ▶ Confidence and Competence were the strongest Cs followed by connection
- ▶ Overlap between some Cs - confidence and competence, caring and character, connection and all C's

What we found - Programme Features

Programme feature	Outcomes developed by this feature
Feature 1: Activities were fun, unique and involved doing new things	Competence and confidence
Feature 2: Activities were challenging and sometimes scary	Competence, confidence, connection and character
Feature 3: Activities strengthened current relationships and fostered new connections	Confidence, competence, caring, contribution, character and connection
Feature 4: Programme provides a safe and supportive environment for all involved	Confidence, competence, caring, contribution, connection and character
Feature 5: Programme provides adequate tools and process for reflection and time management	Confidence and competence



Using the Five Cs in your setting

- ▶ Five Cs show that PYD is happening
- ▶ Can help to plan programmes - Does your programme design help you cover them all?
- ▶ Can use them as an evaluation tool
- ▶ The Cs are interconnected - how they combine could be different in different programmes
- ▶ The Cs are broad - Each C could look different for different groups of young people in different settings

References

Lerner, R. M., Lerner, J. V., Almerigi, J. B., Theokas, C., Phelps, E., Gestsdottir, S., ... Von Eye, A. (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth-grade adolescents: Findings from the first wave of the 4-H study of positive youth development. *Journal of Early Adolescence*, 25(1). doi:10.1177/0272431604272461

