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

<table>
<thead>
<tr>
<th><strong>CONFIDENCE</strong></th>
<th>Self worth and self efficacy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COMPETENCE</strong></td>
<td>Positive view of one’s actions e.g. academically, socially, cognitively</td>
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<tr>
<td><strong>CONNECTION</strong></td>
<td>Positive bonds with people and institutions that go both ways</td>
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<tr>
<td><strong>CARING</strong></td>
<td>A sense of sympathy and empathy for others</td>
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<td><strong>CHARACTER</strong></td>
<td>Respect for societal and cultural norms</td>
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<td><strong>CONTRIBUTION</strong></td>
<td>Young person contributes positively to self, family and community</td>
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</table>
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

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

Community connection

Peer connection

School connection

Character

Confidence

Competence

Caring

Contribution

Competence

Community connection
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