

## **Best Practices for using Positive Youth Development (PYD)**

1. Consider making your first questions to a youth a strength-based question, for example, "Hey, tell me what you are good at?" Or.... "What do you like to do?"
2. Provide resources about advocacy and other ways to build their leadership (e.g. California Youth Connection (CYC), community service, mentoring, volunteer groups, public speaking, etc.).
3. Assist and encourage youth to participate in age appropriate extracurricular activities (i.e. transportation, supervision, paper work, approval process, etc.).
4. Use positive and empowering language.
5. Raise the bar of expectations while offering support (with college, employment, paper work, etc).
6. Be optimistic and advocate through difficult times.
7. Ask transition-aged youth (TAY) what they are interested in, that they haven't tried before.
8. Participate in PYD activities yourself! Advocate for TAY rights!
9. Validate and attend milestone events for TAY on your caseload (e.g., graduation, sports events, etc.).
10. Share information, resources, and experiences on how to best support TAY among other social workers.