

Youth Development Institute Courses

Adolescent Development

1. Defining Adolescence
2. Physical Development
3. Cognitive Development
4. Emotional Development
5. Social Development

Age Appropriate Discipline

1. Understand "typical" behavior
2. Challenging Behavior, Provider Response
3. Prevention and discipline techniques

Building Assets for Youth

1. Introduction and History
2. The Power of Assets
3. The 40 Developmental Asset Framework
4. The Asset Difference
5. Your Attitudes toward Youth
6. Assets in Action
7. To Build Assets with Youth
8. Summary

Bullying Prevention

1. Overview of Bullying
2. The bully, the bullied, and the bystander
3. How to intervene in bullying situations
4. Cyberbullying
5. Working with parents around bullying
6. Creating a safe, caring climate – stopping bullying before it starts

Child Development

1. Physical Development for Elementary School Children
2. Cognitive Development of Elementary Children
3. Social and Emotional Development of Elementary Children
4. Creating Developmentally Appropriate Programming for Elementary Children

Civic Engagement: Engaging Young People in Civic Life

1. What is Civic Engagement?
2. Why It Is Important to Engage Youth
3. Civic Education
4. Service Learning
5. Other types of Civic Engagement

Conflict Resolution

1. Understanding Conflict
2. Elements of Conflict
3. Skill Building
4. Conflict Resolution Process
5. Summary/Conclusion

Cultural Competency for Youth Workers

1. What is Cultural Competency?
2. Why is Cultural Competency Important to My Work?
3. Personal Cultural Competency
4. Communication
5. Getting to Know Your Youth and Families
6. Creating Culturally Competent Programs

Engaging Parents

1. Benefits and Barriers to Parent Involvement
2. Types of Parent Involvement
3. Strategies for Involving Parents

Health and Academic Achievement

1. The Impacts of Health Related Risk Factors for Academic Achievement
2. Preschool Gap
3. Built Environment
4. How You Can Help Improve Youth Health by Working with Youth & Parents & How Schools and Youth Programs Can Contribute to Work
5. Building Partnerships with Existing Health Service Providers
6. Institutionalizing Health Promotion in Your Organization
7. Prevention and Education Programs At Youth Serving Organizations
8. Conclusion

Maltreatment of Children

1. Physical Abuse
2. Emotional Abuse
3. Sexual Abuse
4. Neglect
5. Statistics
6. Reporting Suspected Child Abuse and/or Neglect
7. Module Summary and Conclusion

Overview of Positive Youth Development Approach

1. History and Evolution of Positive Youth Development
2. Positive Youth Development in Theory
3. Positive Youth Development in Practice

Unhealthy Coping Behaviors in Youth

1. Depression: An Underlying Factor
2. Substance and Alcohol Abuse
3. Physical Self-Injury/Self-Harm
4. Suicide
5. Eating Disorders

Working with Culturally Diverse Youth

1. Culture and Identity Development
2. Constructing an Identity
3. How We Learn and Unlearn Bias and Prejudice
4. Sexual Orientation as a Cultural Identity Element
5. The Culture of Poverty
6. Building Cultural Competency

Working with Girls

1. Overview of American Culture: The Male, The Female and Feminism
2. Gender Socialization: How it effects our Youth
3. Developmental Stages of Girls
4. Girl World
5. Gender Specific Programming: Building Programs that Work with Girls