

INVESTING IN YOUTH

The YMCA's programming — which includes teen night and camp — is designed to help teens be leaders, succeed at school and work, have stronger community ties, develop healthier lifestyles, make a commitment to community service, and adopt a set of positive values on which to build their lives.

Research shows teens and young adults (ages 12-25) whose life-stage needs are supported have positive outcomes related to improved personal physical and mental health, motivation to learn, academic performance, career exploration, self-esteem, self-regulation and social responsibility. They are also less likely to engage in risky behaviours (such as deviance or drug abuse) and report fewer negative health impacts (such as depression or unhealthy levels of stress). Adolescents living in high-risk situations need additional support, but investing in the health of all young people creates healthier communities.

How YMCA programs help grow....

AUTONOMY

Builds self-esteem; confidence; sense of purpose; and shared values (such as caring, responsibility, inclusiveness and respect)



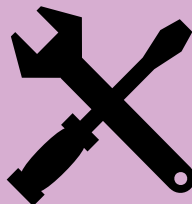
RELATEDNESS

Creates support; adult allies; caring neighbourhoods; connections to the community; and a sense of belonging



COMPETENCE

Teaches interpersonal skills; emotional, social and cultural competence; conflict resolution; analytical thinking and decision-making skills; academic achievement and intellectual development skills; vocational competence; leadership skills; and healthy habits



The ARC model is a reorganization of 3 frameworks to create a youth thriving model: Developmental Assets™, the Five Cs Model, and Self-Determination Theory to create a youth thriving model. For more information on 40 developmental assets children need to grow health and thrive visit The Search Institute and for youth 12-25 the YMCA's recent research review of development assets Critical Factors for Youth Thriving.