



The Youth Development Model of Prevention

From "A New Vision: Promoting Youth Development", Testimony of Karen Johnson Pittman, before the House Select Committee on Children, Youth and Families, September 30, 1991. Karen Pittman founded the Forum for Youth Investment and in 2010 the "Ready by 21" model.

Meeting Needs	Plus	Building Competencies
<p><i>Young people have basic needs critical to survival and healthy development. They are a sense of:</i></p>		<p><i>To succeed as adults, youth must acquire adequate attitudes, behaviors, and skills in five areas:</i></p>
<p>Safety and structure</p>		<p>Health Good current health status and evidence of knowledge, attitudes, and behaviors that will assure future well-being, For example, exercise, good nutrition and effective contraceptive practices.</p>
<p>Belonging and membership</p>		<p>Personal/Social Intrapersonal skills- an ability to understand emotions and practice self-discipline; and interpersonal skills, such as working with others, developing and sustaining friendships through cooperation, empathy, negotiation and developing judgment skills and a coping system.</p>
<p>Self-worth and ability to contribute</p>		<p>Knowledge, Reasoning, and Creativity A broad base of knowledge and an ability to appreciate and demonstrate creative expression. Good oral, written, problem-solving, and an ability to learn. Interest in life-long learning and achieving.</p>
<p>Independence and control over one's life</p>		<p>Vocational A broad understanding and awareness of life options and the steps to take in making choices. Adequate preparation for work and family life, and an understanding of the value and purpose of family, work and leisure.</p>
<p>Closeness and several good relationships</p>		<p>Citizenship Understanding of their nation's, their community's and their racial, ethnic, or cultural group's history and values. Desire to be ethical and to be involved in efforts that contribute to the broader good.</p>