

# Positive Youth Development programs...



improve socio-emotional, communication, and life skills.<sup>1</sup>



improve psychological and social well-being, self-esteem and reduced substance use risk behaviors.<sup>2</sup>



increase positive parenting, confidence in use of nonviolent discipline skills, and lowers the probability of using psychological and verbal intimate-partner violence.<sup>3</sup>



reduce conduct problems, internalization of symptoms and post-traumatic stress symptoms.<sup>4</sup>



improve coping and prosocial behavior.<sup>5</sup>



improve youth self-efficacy to use condoms with their partners.<sup>6</sup>



decrease sexual risk behaviors including number of partners and incidences of unprotected sex.<sup>7</sup>



decrease incidence of coerced sex (as reported by adolescent girls).<sup>8</sup>



decrease HIV-related stigma.<sup>9</sup>



increase knowledge of HIV risk and risk reduction strategies (HIV knowledge, condom use knowledge).<sup>10</sup>



increase use of sexual reproductive health services by youth.<sup>11</sup>



reduce teenage pregnancy.<sup>12</sup>



increase number of youth with high-quality and longer-lasting employment.<sup>13</sup>



increase food security, income, and assets among girls and young women.<sup>14</sup>



improve a sense of belonging and trust, as well as the belief that teachers care.<sup>15</sup>



reduce the probability of child marriage.<sup>16</sup>



reduce dropout rates for girls.<sup>17</sup>



improve gender equitable attitudes among youth.<sup>18</sup>



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To learn more about Positive Youth Development, go to <http://www.youthpower.org/positive-youth-development>

# References

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