

IDENTIFYING HIGH QUALITY YOUTH PROGRAMS

Quality Indicators for Out of School Time Quick Reference Guide

*Stuart, Waits, Borden, Tessman, Lauxman, Strickland, Norquest & Stone
The University of Arizona*

FEATURES OF POSITIVE YOUTH DEVELOPMENT SETTINGS	INDICATORS OF POSITIVE YOUTH DEVELOPMENT FEATURES
1. Physical and Psychological Safety	<ol style="list-style-type: none"> 1. The physical environment is physically and emotionally safe 2. The environment is stress-free (e.g., no evidence of violence, harassment, or bullying.) 3. Policies and procedures are in place to protect the health and safety of youth (e.g., to prevent injury, disease, or child abuse)
2. Appropriate Structure	<ol style="list-style-type: none"> 1. The program offers structured activities on a regular schedule 2. Youth are supervised at all times 3. Expectations and rules of behavior are clear and consistently enforced 4. Program information and policies are regularly communicated to youth, families, and staff
3. Supportive Relationships	<ol style="list-style-type: none"> 1. The program is staffed by adults who care about young people 2. There is evidence of supportive relationships with caring adults and peers 3. Adults are available to provide guidance and support
4. Opportunities to Belong	<ol style="list-style-type: none"> 1. Youth are valued as individuals 2. There are opportunities for youth to feel accepted as important members of a group 3. The program provides opportunities for youth to foster friendships
5. Positive Social Norms	<ol style="list-style-type: none"> 1. The program provides opportunities for youth to explore different life situations, points of view, and diverse cultures. 2. The program offers youth opportunities for service 3. Peer influences are monitored 4. Youth interact with one another in positive ways
6. Support for Efficacy and Mattering	<ol style="list-style-type: none"> 1. The programs are relevant and of interest to youth 2. Youth feel a sense of contribution 3. The program provided youth with opportunities to lead 4. Youth are involved in decisions that affect them 5. Activities are developmentally appropriate (e.g., cognitive, affective, and physical) 6. Youth demonstrate positive social norms as individuals and as group members
7. Opportunities for Skill Building	<ol style="list-style-type: none"> 1. The program provides opportunities for youth to learn and practice new skills, talents, and abilities 3. Youth are motivated and desire to learn 4. The program provides youth with opportunities to practice responsibility 5. Youth assume leadership roles 6. Youth are engaged in their development and set high expectations
8. Integration of Family, School, and Community Efforts	<ol style="list-style-type: none"> 1. The program builds links to community 2. There is evidence of youth and adult partnerships 3. The program builds community collaborations by coordinating its efforts and communicating with parents, schools, and community 4. Parents are involved in the program

Reference:

Eccles, J.T. Gootman, J.A. (2002) Community Programs to Promote Youth Development. Washington D.C: Committee on Community — Level Programs for Youth, Board on Children, Youth, and Families, Commission Behavioral and Social Sciences Education, National Research Council and Institute of Medicine.

THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE AND LIFE SCIENCES
TUCSON, ARIZONA 85721



MARTA ELVA STUART
Associate Extension Agent

JUANITA O'CAMPO WAITS
Extension Area Agent

LYNNE BORDEN
Extension Specialist, Associate Professor

DARCY TESSMAN
Associate Extension Agent

LISA LAUXMAN
Extension Acting Assistant Director

BRENT STRICKLAND
Associate Extension Agent

JAN NORQUEST
Area Associate Extension Agent

MARGARET STONE
Research Associate

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