



# Frequently Asked Questions

## What is Youth Thrive?

Developed by the Center for the Study of Social Policy (CSSP), Youth Thrive™ is an approach that uses the latest science to identify protective and promotive factors that increase the likelihood that adolescents can develop into healthy, thriving adults. Youth Thrive is a framework that functions as a “lens” for assessing current efforts and for making changes to the policies, programs, training, services, partnerships, and systems that impact young people. CSSP reviewed and synthesized extensive research on positive youth development, resilience, neuroscience and brain development, stress, and the impact of trauma to identify and define these five Protective and Promotive factors:

1. Youth Resilience
2. Social Connections
3. Knowledge of Adolescent Development
4. Concrete Support in Times of Need
5. Cognitive and Social-Emotional Competence.

**To learn more about Youth Thrive, please go to:**  
[Youth Thrive Information.](#)

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## **What is Youth Thrive 4 Youth (YT4Y)?**

Youth Thrive 4 Youth is an interactive, accessible, and engaging training curriculum created by and for youth. It was developed by the Center for the Study of Social Policy's Youth Thrive Initiative in collaboration with young professionals who have lived expertise in the child welfare and other youth-serving systems. The goal of Youth Thrive 4 Youth (YT4Y) is to give youth (ages 9-26) an opportunity to better understand what they are going through during adolescence and what helps to promote healing, health, and well-being for all youth. YT4Y provide eight hours of training content that can be completed in one full day or during several shorter workshops. It uses the Youth Thrive Framework as its foundation and is organized around five Protective and Promotive factors:

- Increasing Knowledge of Adolescent Development
- Exploring Social Connections with healthy relationships
- Understanding how we build our Cognitive and Social-Emotional Competence
- Accessing Concrete Supports in times of need
- Building Youth and Young Adult Resilience when faced with adversity

## **Who can participate in YT4Y training? Who and how can people become YT4Y Trainers?**

Any young person can sign up and participate in a YT4Y, although youth involved in the child welfare or juvenile justice systems are targeted participants of this training. To be a YT4Y trainer, youth leaders will have to have completed the training themselves and been approved by CSSP to train others.

## **Do adults or direct service practitioners participate in YT4Y?**

No, the YT4Y training is specifically tailored to be presented to and received by youth. Practitioners and supporters of young people can aid in these trainings by assisting in logistical planning and sponsoring sessions.

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## What do participants get from YT4Y?

The materials and products included in the YT4Y program include the following:

- **Facilitator's Guide:** A detailed, step-by-step curriculum guide for each of the five modules, along with introductory and closing instructions, which includes information on learning goals, elaborations on content, sequencing, timing, activities, and general facilitation information (53 pages total).
- **Participant Manual:** A module-by-module guide to following along with the programming, including activity pages, self-reflection worksheets, and tips and resources (56 pages).
- **PowerPoint Slides** for each module (more than 120 slides).
- **Observation sheet** to evaluate and elicit comments and suggestions from participants for improvement to the program and content.
- **Bibliography and Resource list** at the end of each module with a wealth of additional information for those who want to explore Youth Thrive concepts and research in greater depth.

As a participant, you can expect to learn about the Youth Thrive framework, history, and goals. We will explore Guiding Premises to support continued growth; increase understanding of the Protective and Promotive Factors of the Youth Thrive framework; increase our knowledge of adolescent development; explore social connections with healthy relationships; understand how we build our cognitive and social-emotional competence; learn about accessing concrete supports in times of need; as well as understanding and building skills related to youth and young adult resilience when faced with adversity.

## How long is the YT4Y training and how is it structured?

This training is made to be accessible to youth and can be tailored to fit the time constraints and needs of the group. The YT4Y training is a total of eight hours of material and can be a one-day training or split into one-hour mini-workshops.

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## **When and where is YT4Y training held? How much does it cost?**

We want to ensure that the training will be offered at affordable rates, so that it is accessible to youth and non-profits. YT4Y trainings can be held wherever there is interest and a certified trainer prepared to teach the curriculum.

## **Who can be certified to be an YT4Y trainer? And what are the expectations of trainers?**

Youth leaders and young professionals can be certified by CSSP to facilitate the YT4Y training once they have successfully co-trained with one of the original four trainers and once their name and qualifications have been approved by CSSP. CSSP's goal is to balance quality control with wanting to spread the word about YT4Y.

## **What are the requirements of a trainer?**

From trainers, CSSP requires a list which includes the name of the agency and location where the training is taking place; the numbers trained; and the cost of the training. This information should be sent to CSSP within 30 days of the completed training. To ensure quality control, CSSP requires an evaluation form to assess the usefulness of the training to participants and their assessment of the quality of the training experience. This should be sent to CSSP as a cumulated summary of each training within 30 days of training completion. If CSSP has concerns about any of the above or if we do not believe that you can represent the training, we or Youth Thrive will talk with you to resolve the problem. If we cannot successfully resolve the issue(s) we reserve the right to deny continued authorization to train YT4Y.