

# Inoculate Teens Against Risk: How you can Promote Protective Factors Everyday

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# Learning Objectives

- Discuss how positive youth engagement can influence teen health outcomes
- Learn one direct strategy that can increase related teen health indicators
- Learn about three best practice strategies for increasing positive teen health outcomes



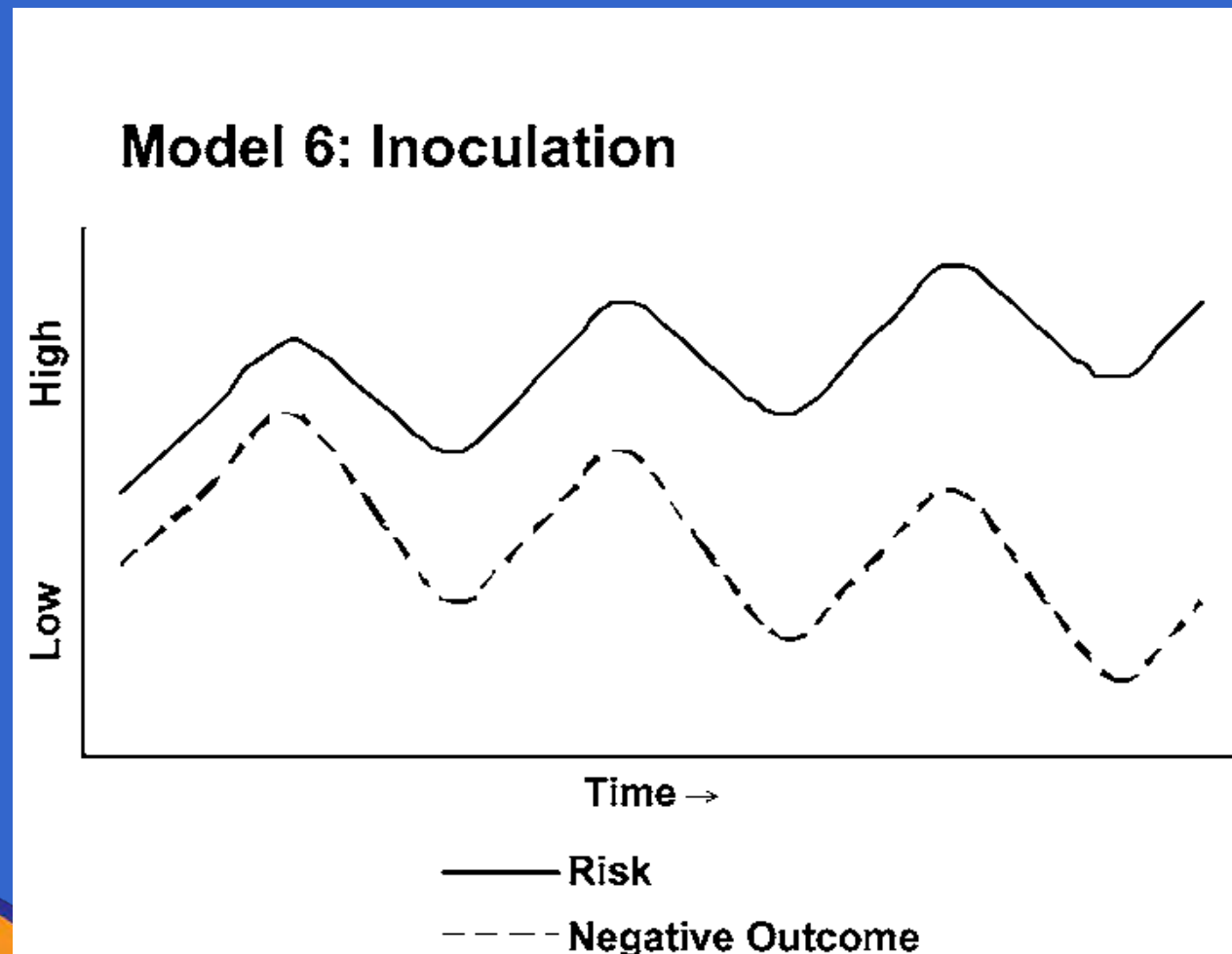
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# ADOLESCENT RESILIENCE:

A Framework for Understanding Healthy Development in the Face of Risk. Stevenson Fergus and Marc A. Zimmerman



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# What Are Risk & Protective Factors?

- Risk Factors: Attributes that hinder (individual, community, family, social group, environment)
- Protective Factors: those things that stave off some of the effects of risk factors
- Assets- internal or external



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# What is Youth Engagement?

- What's our definition?
- Youth want equality, respect and genuine collaboration
- ...“Youth are actively involved in cognitive and social endeavors that promote growth”...



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# Active & Passive Engagement

- Youth will define engagement in the future
- Define active and passive engagement
- When can Passive vs. Active Engagement be used?



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# Connecting Engagement to Health Outcomes

- Youth that engage in risky behaviors are more likely to perform poorly in school
- Connected youth are less likely to engage in risky behavior and are more likely to be successful in school



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# Youth Perspective

- “I don't care that I'm still a teenager - my thoughts matter as well.”
- “they treated with me with respect, like I was an equal. It didn't matter that I was years younger than them; I was their co-worker and they were mine, simple as that.”



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# Ways to Engage

- Group Activity: Positive Youth Engagement Action Plan
- Enlist the community in your efforts
- Share your plans!



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# Questions



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