

AMERICAN COLLEGE OF PREVENTIVE MEDICINE RESOLUTION

Title: Positive Youth Development Promotion

Introduced by: ACPM Policy Committee and ACPM Adolescent Health Committee

Referred to: ACPM Board of Regents

Date Adopted: June 15, 2009

WHEREAS, the goal of positive youth development (PYD) is to develop multi-faceted programs that help kids grow into mature and successful adults, and, according to a study published in the *Journal of Adolescent Health*, evidence has shown that the more strengths or assets an adolescent has, the less likely it is that the adolescent will be involved in risk behaviors.^{1,2}

WHEREAS, PYD is a strength-based approach that extends beyond traditional prevention, intervention, and treatment of risk behaviors among adolescents. PYD supports practices and programs that promote positive relationships, optimal growth and development, physical and psychological safety, opportunities to belong, positive social norms, support for efficacy and mattering, opportunities for skill building, and integration of family, school, and community efforts. Instead of focusing on high-risk youth, PYD builds competence, involvement, and connections to the larger community for all young people.³

WHEREAS, major successes in health and wellbeing come from building competence, not exclusively by focusing on problems and deficiencies. Cooperation between the strength-based and risk reduction approaches would further progress the field of adolescent health;⁴ therefore be it

RESOLVED that ACPM supports positive youth development as an integral approach to address the overall health and well-being of adolescents, both in clinical and community, and be it further

RESOLVED that ACPM promotes education for physicians on the benefits of PYD and strategies for incorporating them into clinical practice and encourage physicians to incorporate a strength-based approach to clinical interactions with adolescents and families, and be it further

RESOLVED that ACPM actively promotes further research of PYD as a strategy for improving the overall health and wellbeing of adolescents.

¹ Murphey, David, et. al. Relationships of a brief measure of youth assets to health-promoting and risk behaviors. *J of Adolescent Health*. 2004; 34: 184-191.

² Duncan PM, Garcia AC. Inspiring Healthy Adolescent Choices: A rationale for and guide to strength promotion in primary care. *J of Adolescent Health* 41 (2007) 525-535.

³ Pittman and Cahill (1992) <http://www.cdhp.org/Projects/PositiveYouthDevelopment.asp#references> Accessed on September 2, 2008.

⁴ Catalano RF, Hawkins JD, et al. Prevention science and positive youth development competitive or cooperative frameworks. *J Adoles Health* 2002; 31: 230-239.