


Maintaining Youth (Checklist)


(Many of the tips under “Engaging Youth” also apply here.)



“The more adults allow youth to play a truly influential role and make decisions, the more they commit.” (*Engaging Youth Within Our Communities: Mobilization Project, 2010*)

- ☐ Write down the steps clients need to undergo to participate in your program and to complete your program. Check off the each step as it's completed.
- ☐ Continue to reinforce the relevance of the program to youth's goals.
- ☐ Provide food.
- ☐ Be lenient (example - offer an option to make up missed up time).
- ☐ Consider including mentoring in the program.
- ☐ Offer the choice to maintain communication through texting.
- ☐ Make content adaptable to fit the varied interests, learning styles and skill levels of youth.
- ☐ Create targeted programs that include goal setting, self-assessment and self-exploration.
- ☐ Design programs with:
 - Short goal timelines so youth can see progress faster
 - Opportunities for hands-on learning
 - Opportunities for collaboration
 - Input from youth
 - Innovative approaches to program delivery that include an opportunity to use technology and/or creativity
- ☐ Consider introducing Gamification techniques into your programs to maintain youth motivation. Some ideas include:
 - A point system with rewards
 - Competition among individuals or other programs
 - A level system to show progress

- ☐ Supply timely feedback to youth about their progress.
- ☐ Establish a check point during the program where you meet 1:1 with clients to get feedback about their experience to date.
- ☐ Be aware of the skills and knowledge required for youth to successfully move on from your program. This will enable you to help youth transition successfully to their next goal.



“Youth engagement refers to incorporating participatory approaches to program development and implementation. Research demonstrates engaged participants are usually motivated and, as a result, enjoy programs and are more likely to continue. Elements to consider include providing choice, opportunities for capacity building and leadership, encouraging self-reflection, development of social awareness, and incorporation of art and technology.” *(London’s Child and Youth Network - Youth Framework 2014)*

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