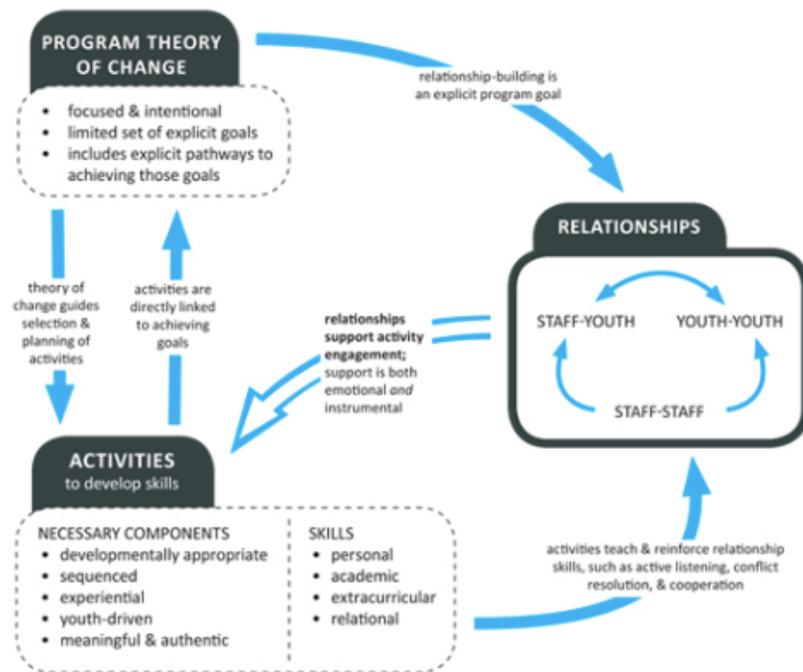


STRENGTHENING QUALITY AFTERSCHOOL PROGRAMMING



ADULT-YOUTH RAPPORT

- ❑ Physical activity-based PYD programs should be well designed and theoretically grounded to enhance positive developmental outcomes. PYD conducted in purposeful environments provides sustained encouraging, and positive relationships with adults and peers.
- ❑ An emphasis on personal and social assets, such as interpersonal skills, positive self-perceptions, and motivation contribute to young people’s physical, intellectual, psychological, emotional, and social development.
- ❑ To be **successful and sustainable**, leaders, parents, and the organization’s staff need to be explicit in their design to teach the skills they wish the youth to acquire. The adults responsible for the PYD program should be deliberate in their actions to create a setting of developmentally intentional learning experiences. The **adult-youth connection is a main contributor to the PYD program dynamics**. A critical factor in determining the benefits of a PYD program is the emotional support provided by the activity leader. When youth work collectively with other peers and adults to achieve a common goal, they also practice problem-solving and goal-setting.