

# Our Principles of Practice

Youth Center programming reflects research-based youth development best practices and provides:

- Physical and psychological safety
- Emotional and moral support
- Supportive relationships with caring staff
- Opportunities to develop relationships with peers that support and reinforce healthy behaviors
- Opportunities to feel a sense of belonging and being valued
- Structure that is developmentally appropriate with clear expectations for behavior
- Opportunities to make decisions and provide leadership
- Opportunities to develop positive social values and norms
- Opportunities for skill building and mastery
- Opportunities to develop confidence and a sense of personal efficacy
- Opportunities to contribute to the community and to develop a sense of self importance
- Strong links between families, schools and other community resources