



Youth in Action: Empowering and Building Resilient Youth

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Aim of the Study:

AIM

- Implement a strong youth-oriented project
- Tap into youth's capacity to thrive, maximising their potential
- Foster skills, abilities, strengths and interests
- Focus on contribution and critical consciousness

Theoretical lenses:

Positive youth development (PYD) model and the 4-H framework (Arnold & Gagnon, 2020; Benge & Howard, 2022; Gonzalez et al., 2020; Lerner, 2004, 2005).



The 4-H Framework



HEAD – Problem-solving
 HEART – Emotional development
 HANDS – Skills development
 HEALTH – Physical development

(Lile et al., 2021)

Methodology:

This project is linked to the Africa Long Life Study (ALLS), an ongoing mixed-methods, longitudinal study. This extensive, international research study aims to investigate the psychological development of emerging adults in different African countries.



- Participatory Action Research, in which experiential knowledge is prioritised (Cornish et al., 2023)
- Appreciative inquiry approach (4D framework: discovery, dreaming, designing, destiny (Kung et al., 2013)

Participants: n=8 emerging adults from the Greater Taung District

Data collection: Focus groups using dream weaving path technique (Othman et al., 2020; Santos et al., 2019).

Situational analysis sample questions

Tell me about your dreams/when do you feel most alive?	What is your life like? What makes it successful?	What is your greatest desire? What do you value most?	How can you unleash your potential and become more successful?	What needs to change?
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Data analysis: Reflexive thematic analysis (Braun & Clarke, 2022).

Preliminary Results:

A journey of self improvement: Healthy minds strong futures

- ...try new skills, new ideas... at a time.. and to learn the journey... to understand myself better.
- ...let go... the negative energy and focus on being positive...become a better person.

Nuturing skills and dreams: Harvesting potential

- Create a platform....so we can have a chance to voice out our our ideas.
- Hosting community events can bring more opportunities to young people who have talents.

Health and well-being: Safe spaces bright futures

- Associate myself with people who will always convince... push and motivate me.
- We, as youth, have a lot of potential, and it's dying... we see youth invest in their lives and things like alcohol, drugs and other meaningless things.

Cultivating youth leadership: Unlocking opportunities

- I like to work with my hands... Being practical... invest my time in doing or developing or creating.
- My internal drive is what keeps me going right now. Achieving the dreams...keeps me resilient.

Social and emotional development: Streghtening support structures

- Building supportive relationships through... games, camping and racing.
- Opportunity for social inclusion ...created for ourselves by ourselves.

Community involvement: Rural youth future fruits

- In order to change, you have to change the things around you.
- Volunteering...supporting the more vulnerable.