



Principles of Positive Youth Development (PYD)

Based on Youth.gov, Positive Youth Development (PYD) is built on five key principles. These principles provide a foundation for effective youth engagement, prevention, and growth. Below are the five principles with a direct connection to the Puff, Puff, Pass the F.A.C.T.S. (PPP) prevention training as an example of PYD in action.

Strengths-Based

PYD builds on youth's assets, recognizing their potential for positive growth.

PPP affirms youth intelligence and resilience, using humor and storytelling to build confidence and validate their voices.

Intentional Process

PYD is proactive and designed to promote protective factors rather than just reacting to risk.

PPP is structured around the FACTS framework (Family, Age, Cravings, Tolerance, Surroundings), intentionally teaching youth to recognize risks before they encounter them.

Youth as Active Agents

PYD emphasizes meaningful participation in design, delivery, and evaluation.

PPP engages youth through interactive discussions, roleplays, and reflective questions, making them co-creators of the learning process.

Community-Focused

PYD highlights the importance of schools, family, peers, and community systems in youth development.

PPP addresses social norms, correcting false perceptions like 'everyone is doing it,' and builds a community-wide prevention culture.

Leadership and Civic Engagement

PYD encourages leadership development and community contribution.

PPP equips youth with knowledge and skills to make healthy choices and empowers them to Puff Puff Pass the FACTS to peers, siblings, and their communities as prevention leaders.