Professional Development for adults who work with youth

• Build positive learning environments
• Strengthen students’ Social and Emotional Learning (SEL) skills
• Using **Real Stories by Real Teens**

To learn more, contact: bcohen@youthcomm.org
INTRODUCTION TO SOCIAL AND EMOTIONAL LEARNING (SEL)

• Review the SEL competencies* that contribute to school and life success
• Leverage teen-written stories to deepen understanding and comfort with recognizing SEL skills in practice
• Participate in an experiential activity to apply knowledge and practice in a creative and engaging manner

DEVELOPMENTALLY & CULTURALLY RESPONSIVE TEACHING

• Examine bias and its impact on youth and youth-serving organizations
• Consider beliefs and mindsets that adults bring to work and how these can positively support youth
• Understand how youth develop their identities, including race and ethnicity, gender, and sexual orientation, etc.

SCHOOL CLIMATE & CULTURE

• Read teen-written stories to understand students’ experiences with school policies and structures
• Examine how teachers’ interactions and beliefs impact student learning and self-perception
• Use this knowledge to reflect on your practice

GENDER AWARENESS AND SUPPORTIVE RESPONSIVENESS

• Learn the difference between gender identity, expression, biological sex, and sexual orientation
• Examine the impact of identity, roles, stereotypes, and expectations on young people, and name the ways adults can support them
• Read a teen-written story to deepen understanding of these concepts
• Delve into case studies to apply knowledge and develop positive mindsets to support youth with diverse identities and experiences

HOW TO SUPPORT: (CHOOSE A FOCUS)

YOUTH IN FOSTER CARE OR HOMELESS YOUTH OR LGBTQ YOUTH

• Discuss a trauma-informed approach and trauma’s impact on current relationships (with family, caseworkers, program staff, etc.)
• Identify potential needs and wants of youth and name ways adults can support them
• Read a teen-written story to deepen understanding of these concepts

MENTORING HIGH-NEEDS YOUTH

• Examine roles and responsibilities of mentors and mentees
• Consider pre-conceived notions about the needs and capabilities of mentees
• Read a teen-written story to explore how mentors can help a mentee navigate challenges in school, work, and their personal lives
• Apply a strengths-based approach to the mentor/mentee relationship to build trust and effective communication habits between mentors and mentees

Note: Trainings can be for just mentors, or for mentors and their mentees together

*The competencies as defined by the Collaborative for Academic, Social and Emotional Learning (CASEL) are: Self-Awareness, Social-Awareness, Self-Management, Responsible Decision Making, Relationship Skills.

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