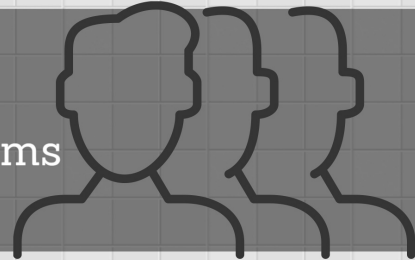


Young people



will benefit from youth engagement because it:

- ↑ Increases self-esteem
- ↑ Builds new relationships
- ↓ Reduces depressive symptoms
- ↓ Decreases risk of suicide



SOURCE: Mahoney et al., 2002; Ramey et al., 2010

Increases coping mechanisms and well-being



SOURCE: Armstrong & Manion, 2007; Bickman et al., 2010; Ramey et al., 2010

Reduces substance use and smoking



SOURCE: Chung & Elias, 1996; Youniss et al., 1999

Strengthens resiliency



SOURCE: Oliver et al., 2006

Increases ownership for one's own care



SOURCE: Schauer et al., 2007

Promotes personal growth and identity development



SOURCE: Dworkin et al., 2003; Finn & Checkoway, 1998; Pancer et al., 2002

Increases critical thinking



SOURCE: Zeldin, 2008

Improves academic performance and reduces drop out rates



SOURCE: Catalano et al., 1999

Broadens and strengthens social networks



SOURCE: Dworkin et al., 2003; McGee et al., 2001; Barber et al., 2001; Ramey et al., 2010

Enhances leadership skills



SOURCE: Gymati et al., 2007

The Centre strives to be evidence-informed in all aspects of its work. To read more about the resources used above, please visit: www.yetoolkit.ca.