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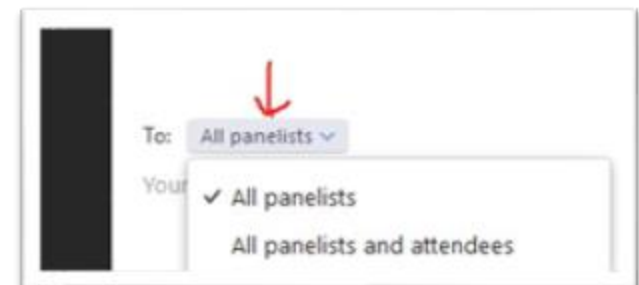
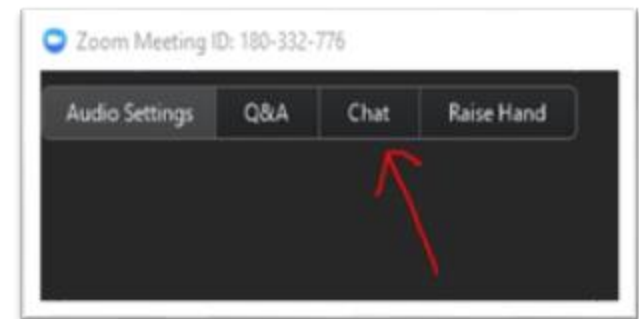
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The Resource Basket



OUR MISSION

The Resource Basket supports Alaska Native communities and service providers as they grow healthy, successful and culturally connected Alaska Native Youth



Healthy People, Sustainable Communities, Vibrant Cultures



We Offer



OUR SERVICES

- Access to a network of youth serving partners and tribal organizations.
- Online training and resources
- Phone/web consultation
- Statewide and regional training
- Community-based training and technical assistance
- Peer-to-peer training and exchanges



Structure and Clear Limits



*David P. Weikart
Center for Youth Program Quality*



Disclaimer: Points of view expressed in this webinar are those of the presenters and do not necessarily represent the official position or policies of OJJDP or the Department of Justice.

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DAVID P. WEIKART
CENTER FOR YOUTH
PROGRAM QUALITY

structure & clear limits

Trainer

Date

Location



Agenda

- Structure and Clear Limits: What? and Why?
- Focusing on Youth Needs
- Structure and Clear Limits in Your Program
- Closing

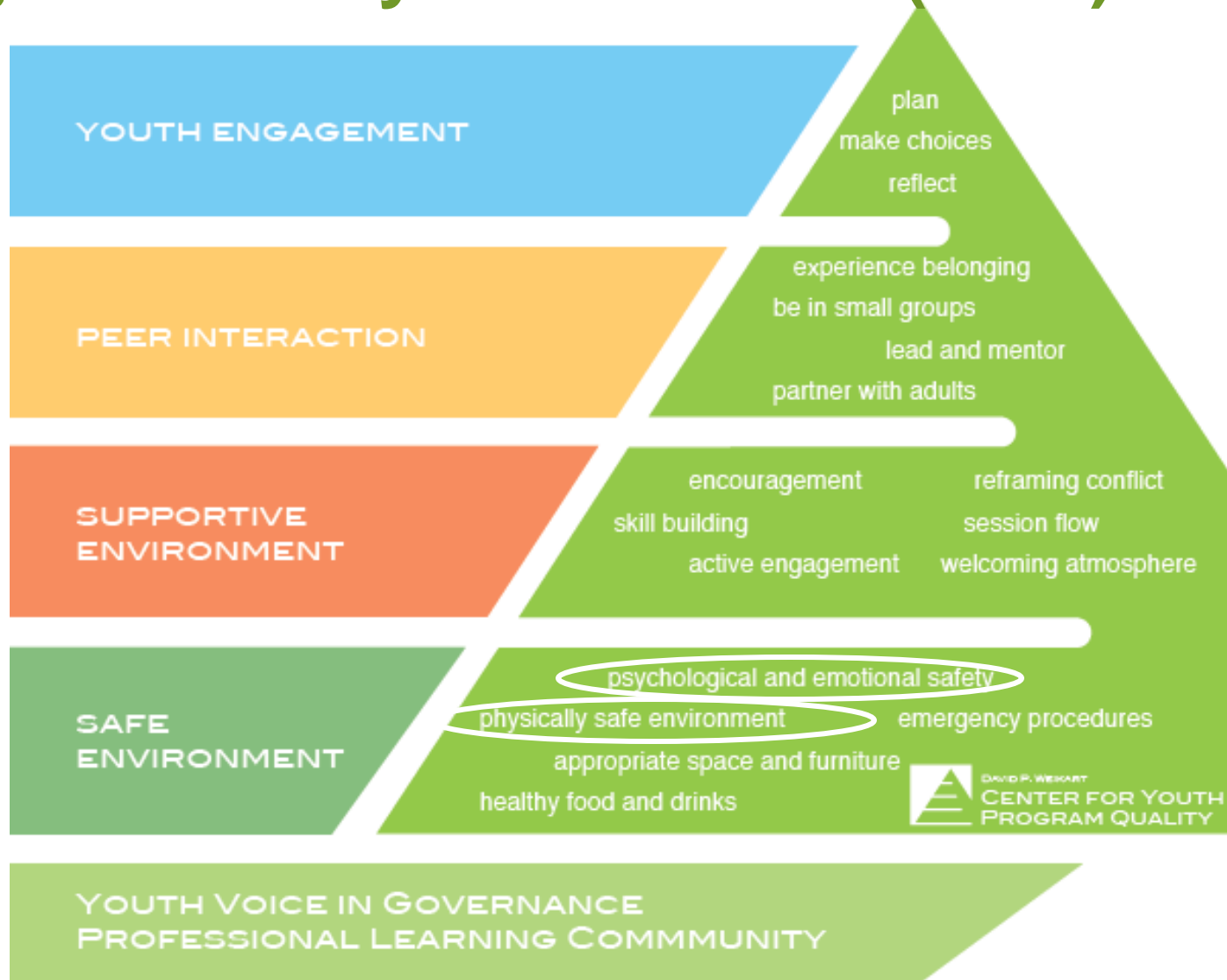
Workshop Objectives

- Participants will understand how Structure and Clear Limits meet the developmental needs of youth.
- Participants will have the opportunity to explore ways to improve their programs' structure.
- Participants will have the opportunity to establish limits for their programs.

Housekeeping

- Materials
- Take care of yourself (eat, drink, stretch, etc.)
- Please silence your cell phone

Structure & Clear Limits and the Youth Program Quality Assessment (PQA)



Sticker Voting

- Use your stickers to vote for the phrase(s) that you think best complete the statement.

Kids need to be quiet and listen when I ask them to, because...

- You may vote for any phrase any number of times, until all of your stickers are exhausted.

What is Structure and Clear Limits?

- **Structure** is the framework for a program and the offerings within it that sets the stage for activities and youth engagement. It includes schedules, staffing, routines, and program space.
- **Clear Limits** are the established boundaries set and reinforced by an adult, youth, or a partnership between the two.

Why structure & clear limits matter for building a productive community

1. S&CL lead to safe environment.
2. S&CL lead to productive use of time.
3. Young people *want* to know what the limits are.
4. Structure can be liberating.
5. Even if safety can't be fully established at home, structure in a program can allow youth to experience higher levels of the pyramid.
6. Research shows that structure is connected to all sorts of positive outcomes, and it may be necessary prerequisite.

Building Structure

page 6

- Establish routines
 - Regular/daily
 - Program schedules
- Define goals or objectives
 - Purpose and focus
 - Keep it manageable
- Create a space that works
 - Safe and free of hazards
 - Comfortable and flexible
- Consistently reinforce the structure

Establishing Clear Limits

page 6

- Set clear, positive guidelines
 - Context specific
 - Get youth input
- Use rules to meet the needs of youth
 - Physical safety
 - Emotional safety
- Have high expectations for behavior
 - You get what you expect.
 - Communicate!
- Communicate limits consistently

Youth Needs: Think-Pair-Share

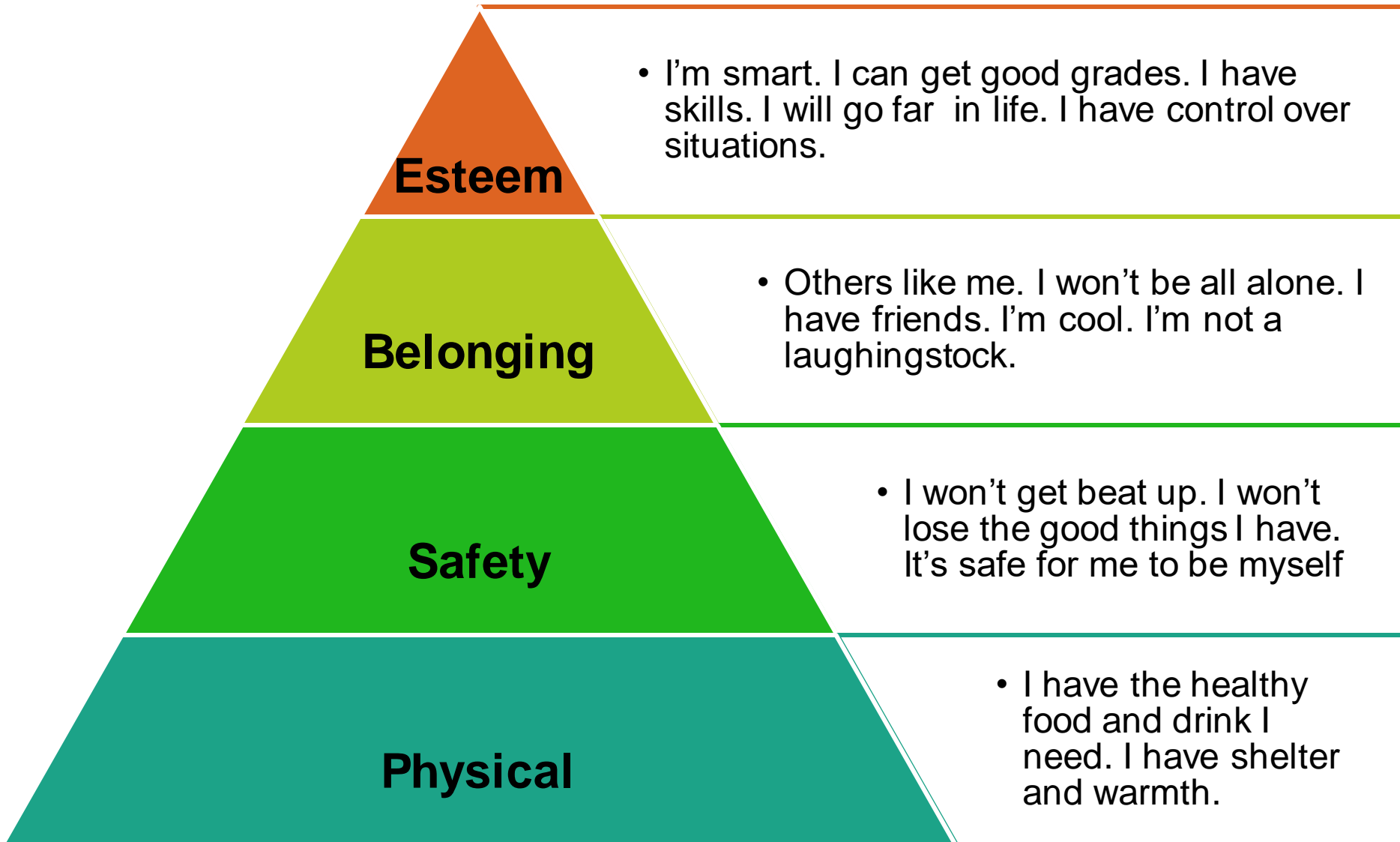
- Consider the following idea:

Youth typically do things to get their needs met, not just to make our lives difficult.

- Answer the questions:
 - In your experience, when has this idea proven to be true?
 - How could this idea affect our approach to implementing structure and clear limits?

Meeting Youth Needs

- Structure and Clear Limits is an effective Method when it is focused on the needs of youth, not on adult convenience.
- How can we know what those needs are?
 - Anticipate based on experience.
 - Pay close attention to youth behavior.



Implementation Stations

You will have 7 minutes at each station. Work on the corresponding page of the guidebook.

- **Station 1:** Establishing a Routine
(Pages 32-35)
- **Station 2:** Objectives and Goals for your Program
(Pages 23-24)
- **Station 3:** Setting Guidelines and Rules
(Page 36-37)

Reflection: How are you feeling about...?

Choose a zone that best represents where you are at for each question:

- I feel comfortable.
- I am still learning.
- I am feeling a little overwhelmed.

Be sure to check out these resources in your guidebook.

- Sharing Structure & Clear Limits With Others (38)
- Youth Needs (14-17)
- Consequences (20-22)
- Across Age Groups and Content Areas (25-28)
- Research Review (44-51)

Thank you!

- Lingerin^g Questions?
- Evaluations
- Contact Us...



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Thank you for joining us!



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