

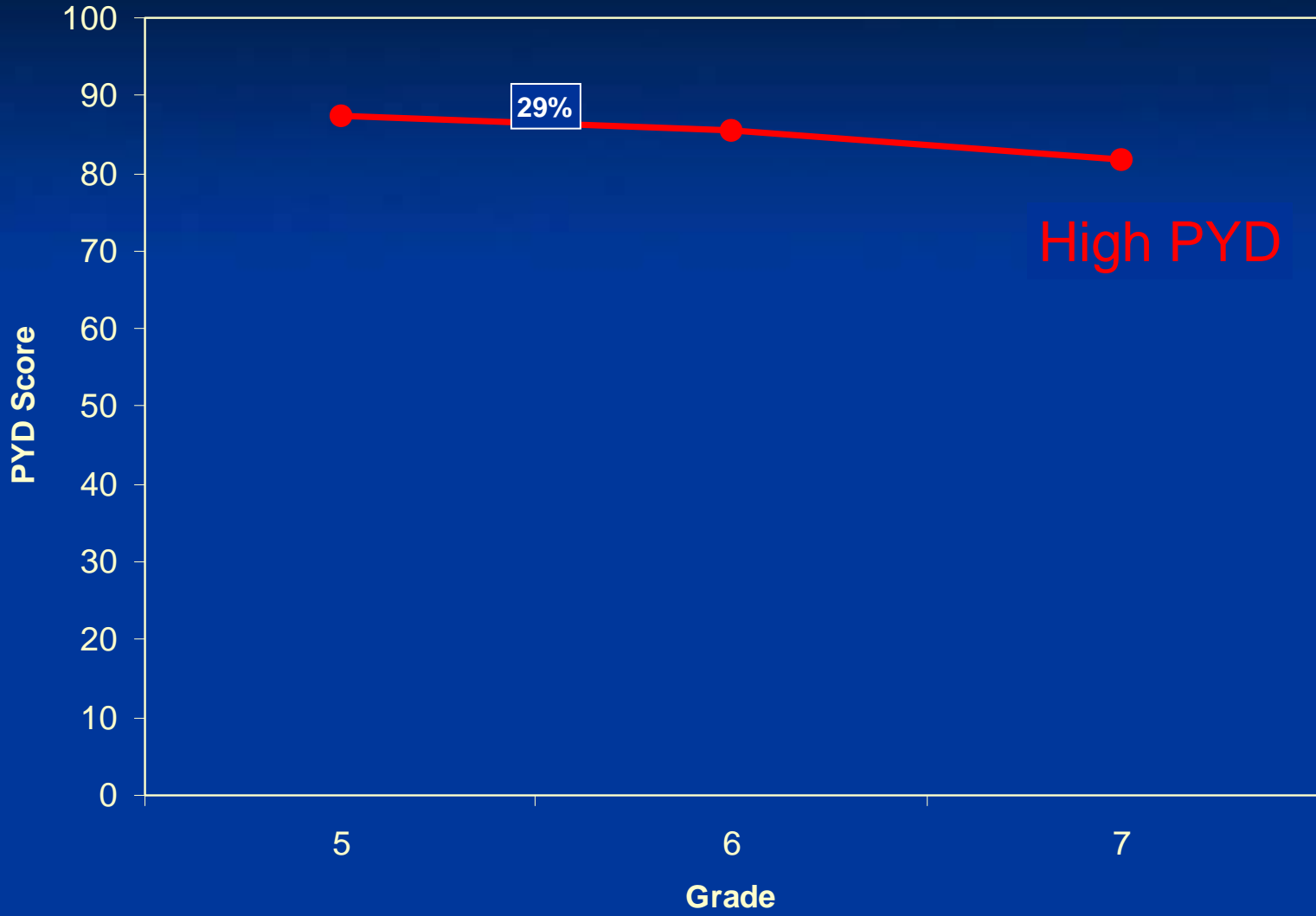
THE 4-H STUDY OF POSITIVE YOUTH DEVELOPMENT:

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BUILDING ON THE INITIAL DISCOVERIES: IMPORTANT, NEW DISCOVERIES OF THE 4-H STUDY

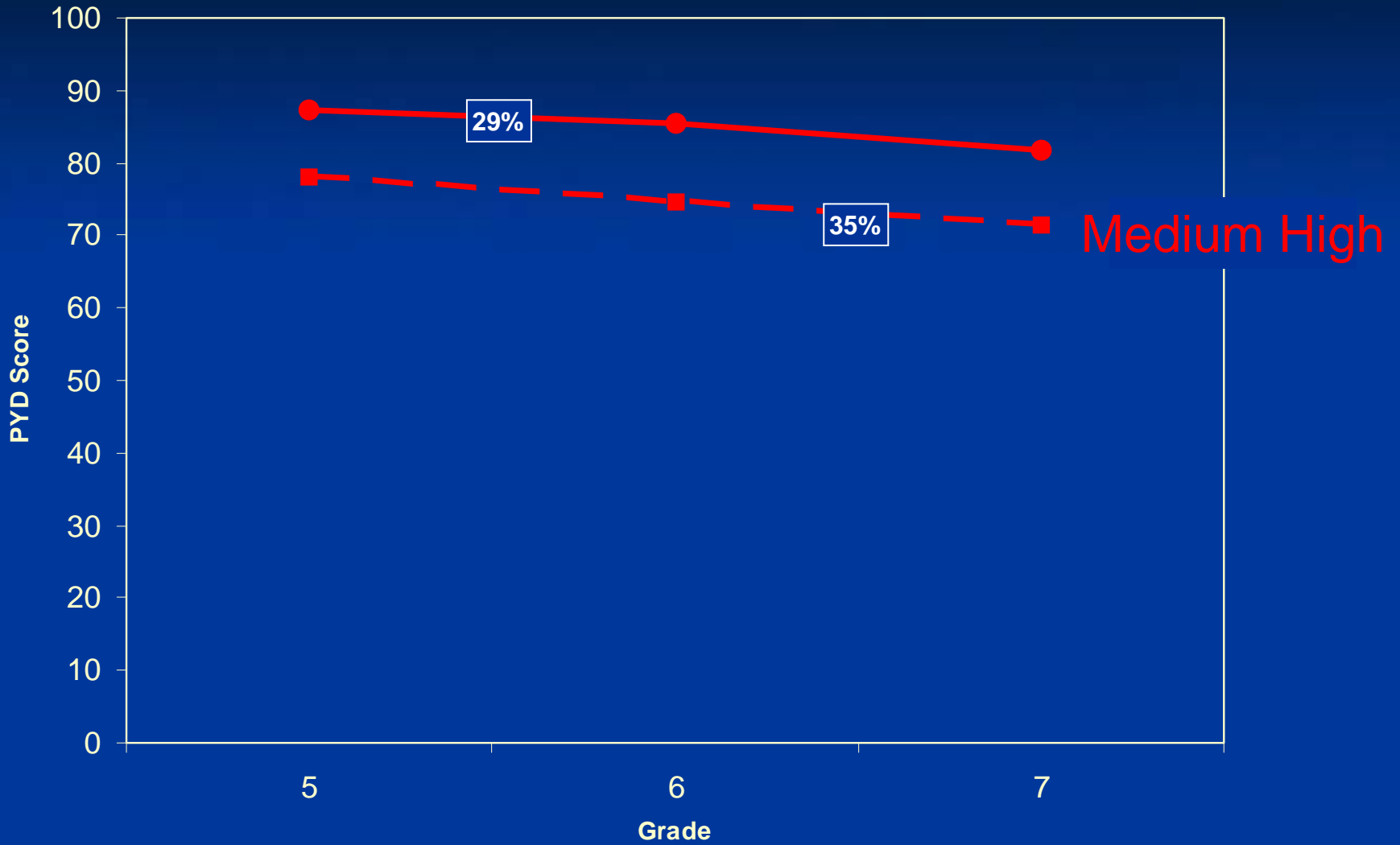
- **Contrary to prior beliefs, there is not only one pathway for PYD**
- **The “mantra,” that the best way to prevent problems is to promote PYD, **MUST** be changed**
- **Using information from Grades 5, 6, and 7, we have identified five (5) distinct patterns of PYD.**

PYD Trajectories

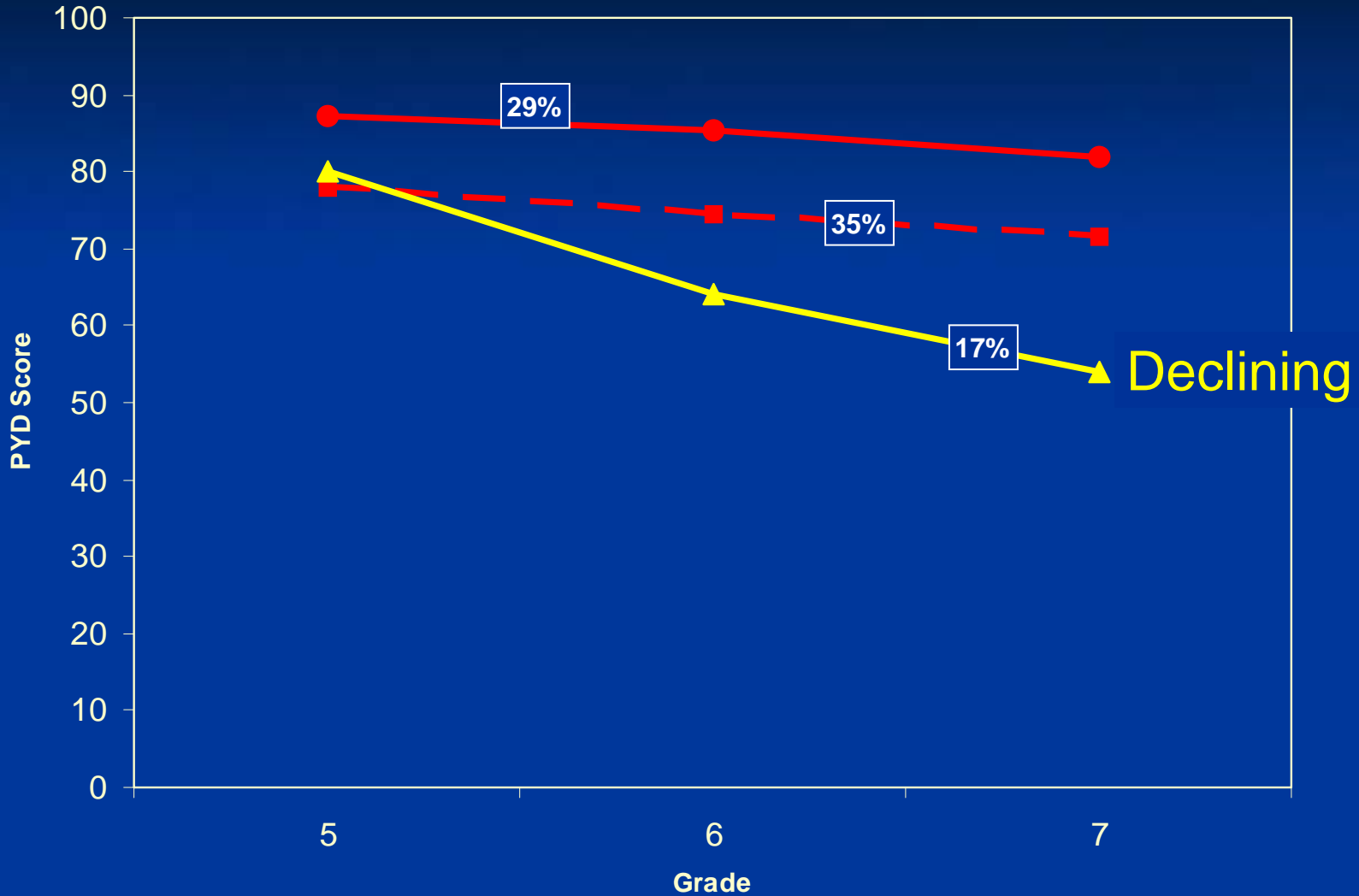


High PYD

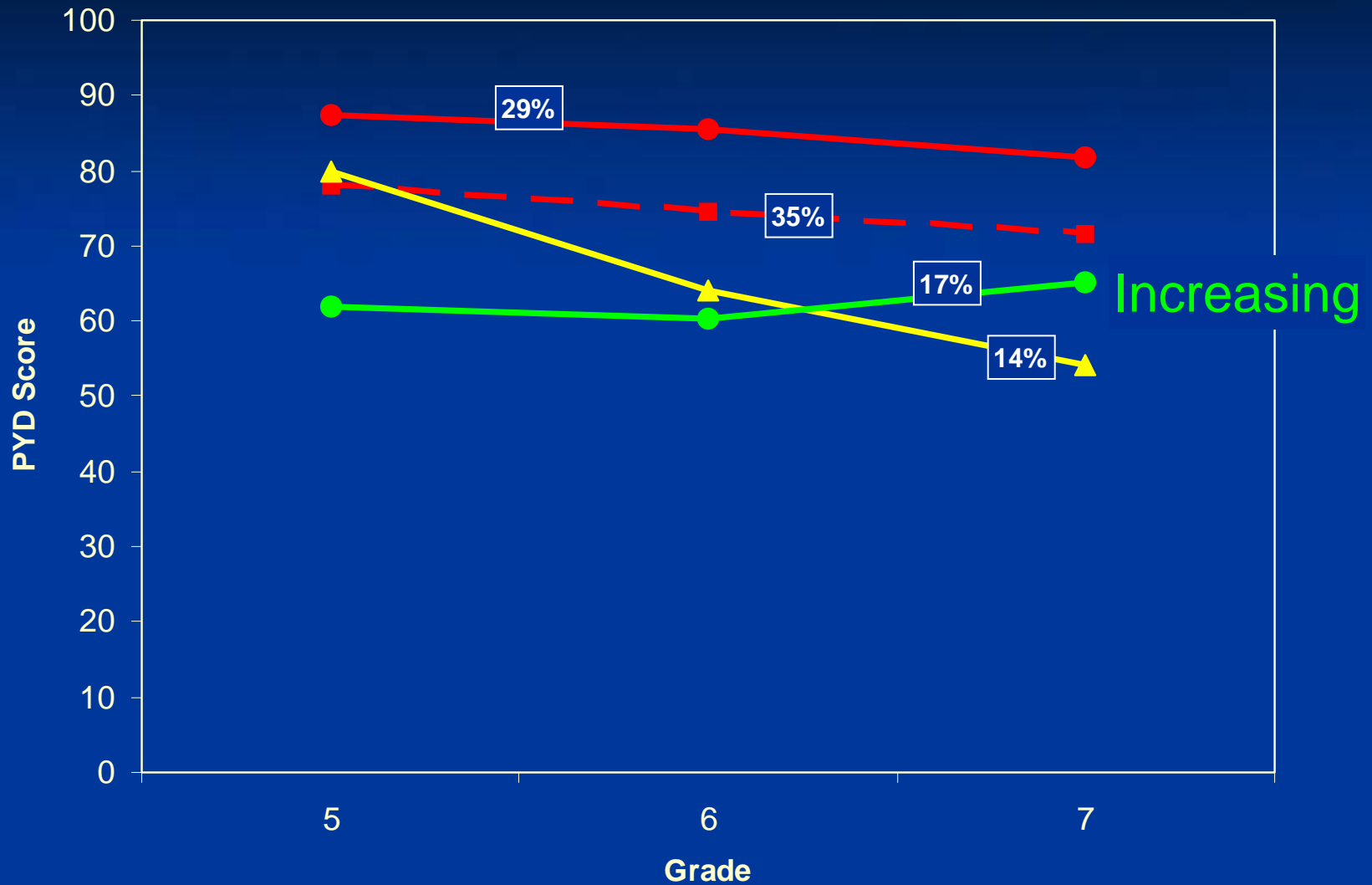
PYD Trajectories



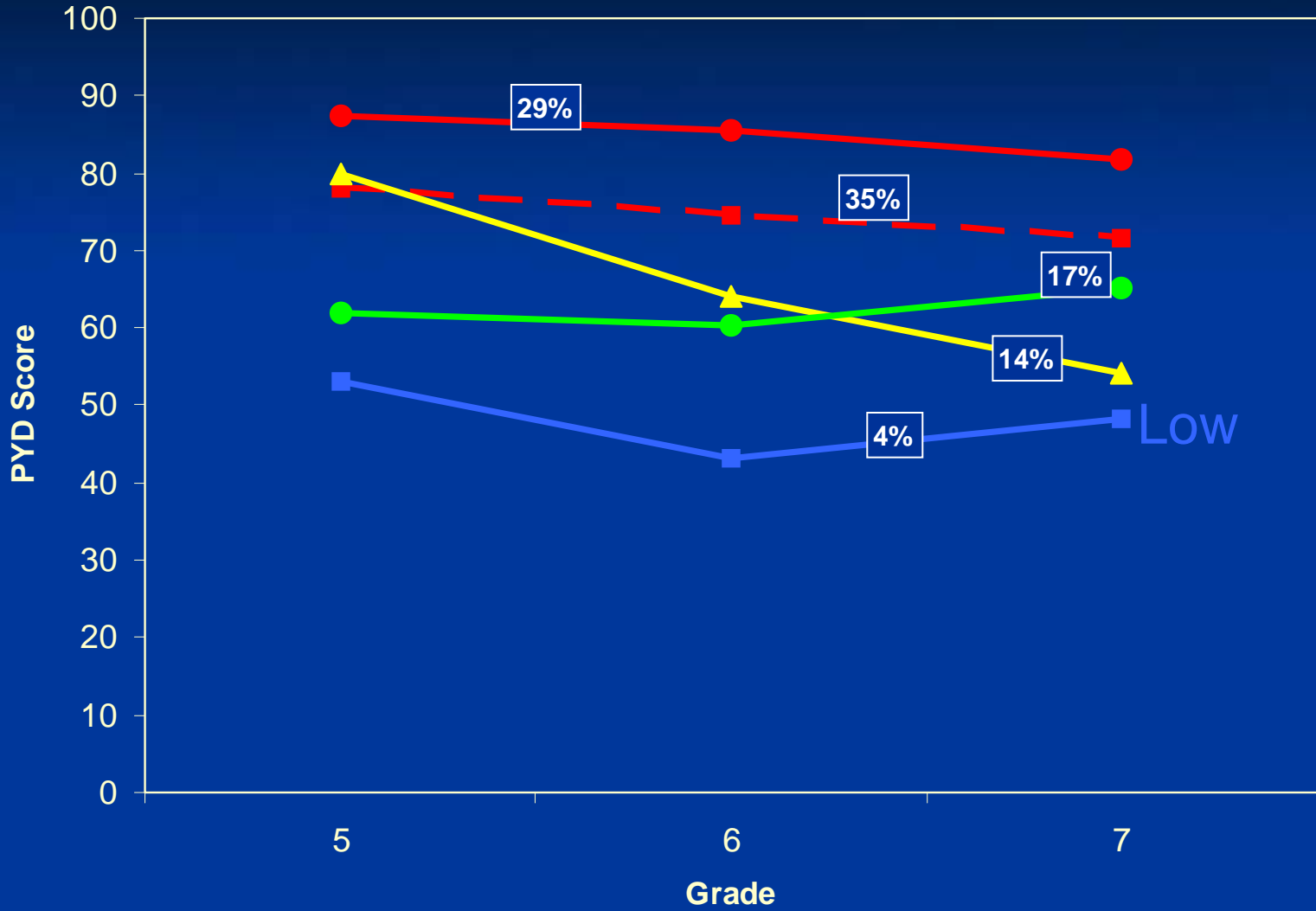
PYD Trajectories



PYD Trajectories



PYD Trajectories

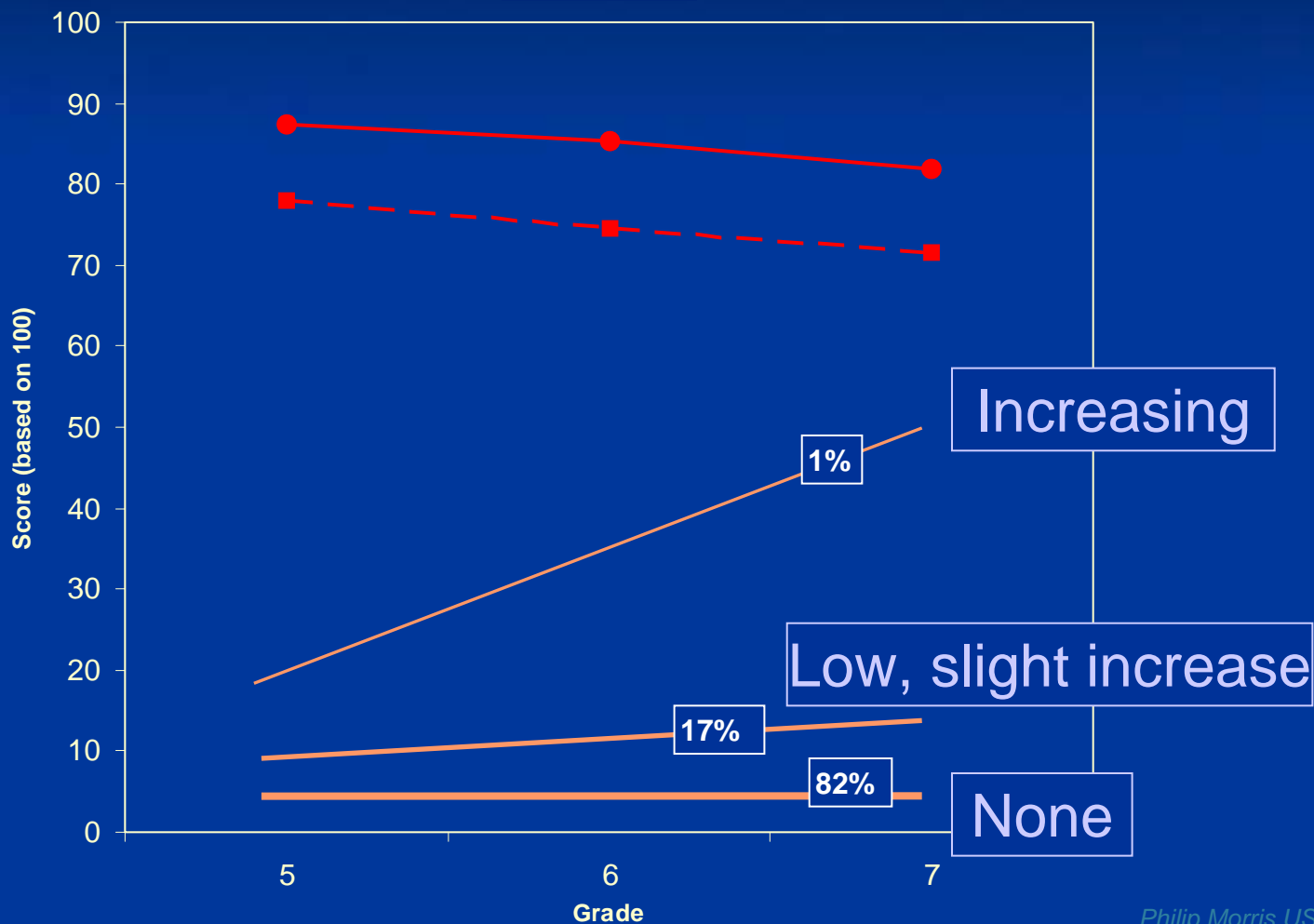


Changing the “Mantra:” Continued

- Prior to the 4-H Study, practitioners, researchers, and policy makers believed that the best way to prevent problems was to promote PYD
- In other words, the belief was that there was an inverse relation between PYD and problems: As one increased the other decreased
- **HOWEVER**, we have discovered that for most adolescents the changes in these two sets of behaviors are more complicated.
- Many youth may show increases or decreases in **BOTH** positive and problematic behaviors

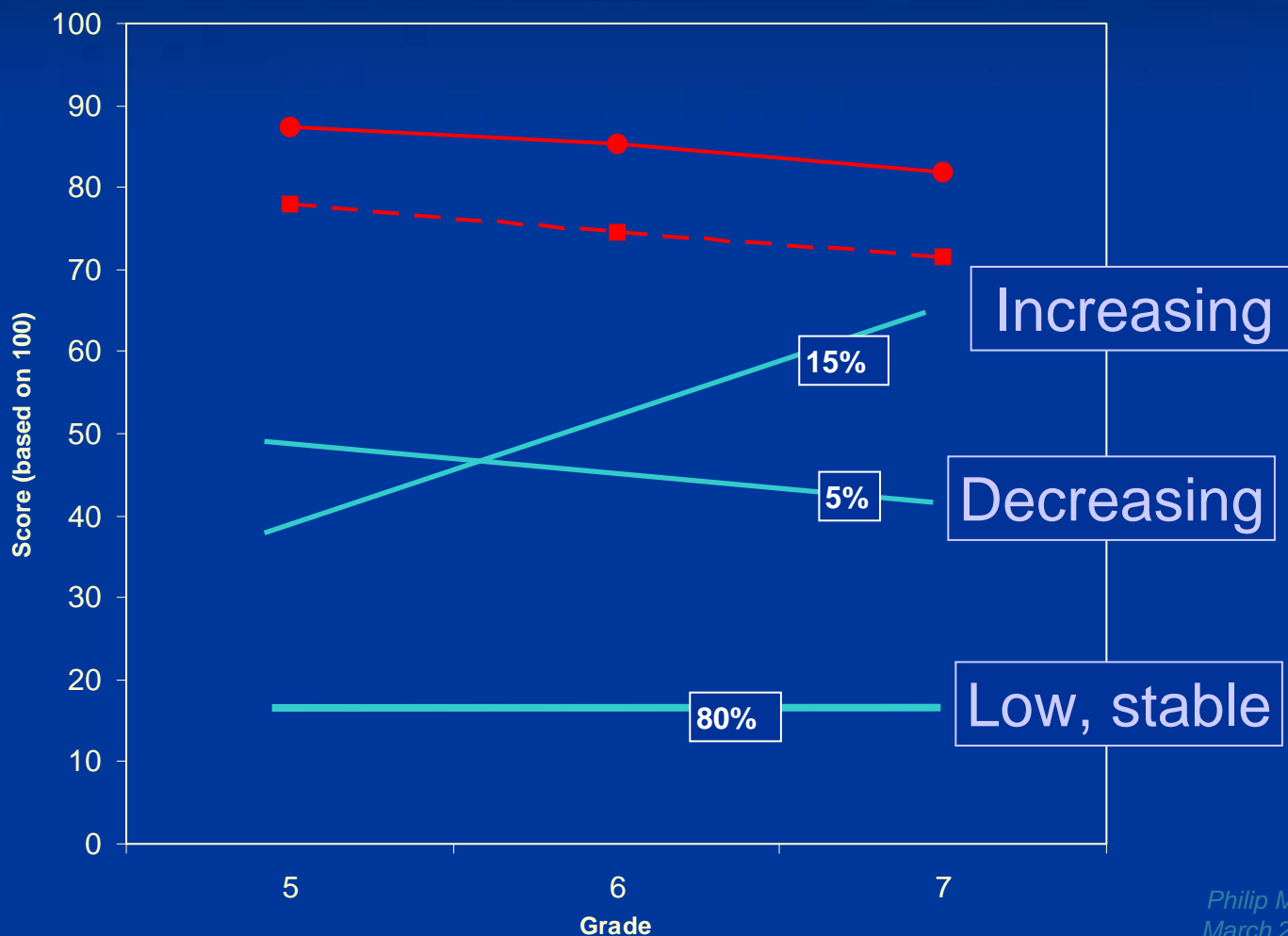
High PYD Trajectory vs. Risk Behaviors

% of Youth in High PYD Trajectories who are in one of Three Risk Trajectories



High PYD Trajectory vs. Depression

% of Youth in High PYD Trajectories who are in one of Three Depression Trajectories



Implications:

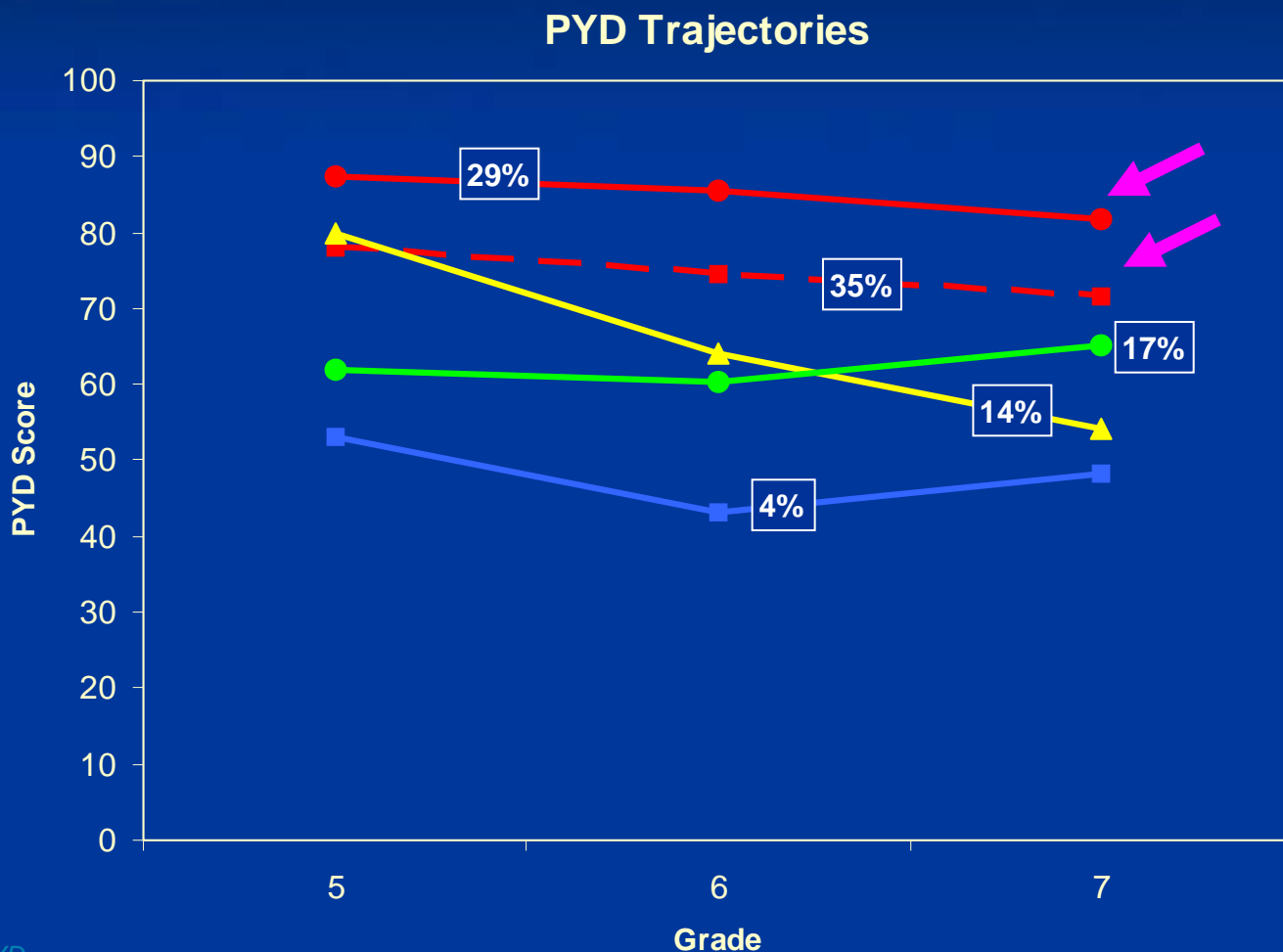
- **Even youth with high PYD may show risk behaviors, AND youth who are engaged in risk may also show high PYD.**
- **Therefore, BOTH prevention and promotion must be pursued.**
- **Research and practice must be more sensitive to the individual characteristics of youth: One “size” does not fit all**
- **Diversity matters!**

Why DIVERSITY Is Critical To Consider In Planning Programs:

The positive and negative changes youth undergo across early adolescence vary in relation to:

- Sex
- Socioeconomic status (SES)
- Race
- Ethnicity
- Rural versus urban location
- Family Structure
- A young person's hopes for the future

The two top groups are where we would like everyone to be. These groups comprise about 2/3 of the sample



Demographics

% of each group in the top PYD trajectories

Gender: Males: 56%
Females: 74%

Race/Ethnicity:

African American: 66%
Asian American: 62%
European American: 70%
Latino/a: 58%
Multi-ethnic/racial: 67%

Residence:

Urban: 67%
Rural: 63%
Suburban: 69%

Percentage of each group in the top PYD trajectories

Single parent family:	59%
Two parent family:	68%
Youth hoping to graduate from college:	71%
Youth not hoping to graduate:	39%
Youth expecting to graduate from college:	73%
Youth not expecting to graduate:	44%