

Positive Youth Development

Program Principles

- Strengths-based
- Youth Voice & Engagement
- Caring Case Manager/Youth Relationship
- Supportive Networks & Community Involvement
- Goal-oriented
- Empowerment & Opportunity
- Culturally Responsive & Inclusive
- Developmentally Appropriate
- Long-term & Sustainable

Statewide Contact Information:

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Maternal, Child and Adolescent Health Division

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www.cdph.ca.gov/programs/MCAH

Who to Contact in Your Area:

Adolescent Family Life Program

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You have dreams. We can help.

A free service for expectant and parenting young Californians



**Adolescent Family Life Program
Positive Youth Development**



Everyone has special gifts, values and dreams. Sometimes, it takes just one person who believes in you to help you reach those dreams.

Adolescent Family Life Program with **Positive Youth Development** gives you the opportunity to partner with a supportive and encouraging case manager who will help you explore your goals and make decisions that are meaningful to you. This program helps you find your strengths and interests so you can reach your goals.

Setting Goals. Reaching Dreams.

The Adolescent Family Life Program (AFLP) focuses on Positive Youth Development (PYD). The program helps you see what is positive in your life. Working with your case manager, you will focus on your strengths, explore your values and set goals for your life. The program offers challenging and interesting activities where you explore what is important to you. As you work through the program, you will increase your knowledge and abilities. And when you are done, you will have the skills to reach your goals.

Program Priorities

- ✓ Family planning
- ✓ Education & work
- ✓ Access to health care
- ✓ Healthy relationships

Living with Purpose.

Living with purpose means thinking about what you want to do in your life and how to do it. Life planning can help you develop and work towards YOUR goals and dreams. It can help you and your family live healthier, happier lives too. It is YOUR life. Your case manager will support you in working on a plan for success. Of course, sometimes plans change. New plans can be made at any time.

- AFLP/PYD program will help you:
- Think about your dreams
 - Build on your personal strengths
 - Manage difficult situations and overwhelming emotions
 - Set goals to help you stay on track towards a healthy, successful future

We believe in you! Let’s make a plan!

Let’s Talk!

Topics that you will explore include:

- Your Goals
- Taking Care of You & Your Baby
- Family Planning & Safer Sex
- Healthy Relationships
- Education & Job/Career



A Team Approach

It’s important to your success that you have a positive relationship with your case manager. Our goal is to offer support through acceptance, compassion and trust. You set you own personal goals and commit to working on your plan. We are there to help you achieve your goals. As you grow in the program, we will celebrate your success!

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Let’s Begin!

Meetings with your case manager are one hour, twice a month. The program is voluntary, but we hope you will work with us for at least 12 months. This will give you the time and attention you deserve in creating a plan for your life. We believe in you and know you are up to the challenge.