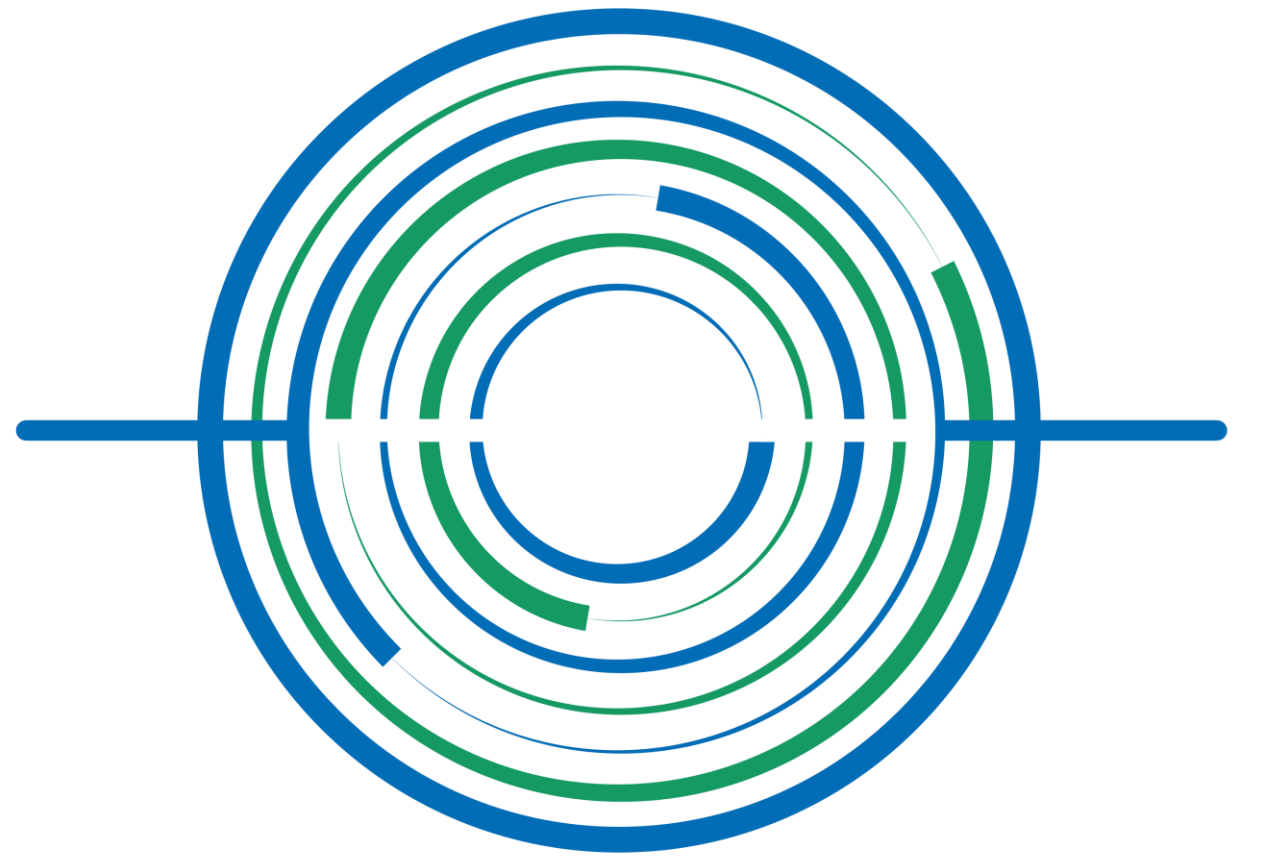


RECHARGING
THROUGH
HUMAN
CONNECTION



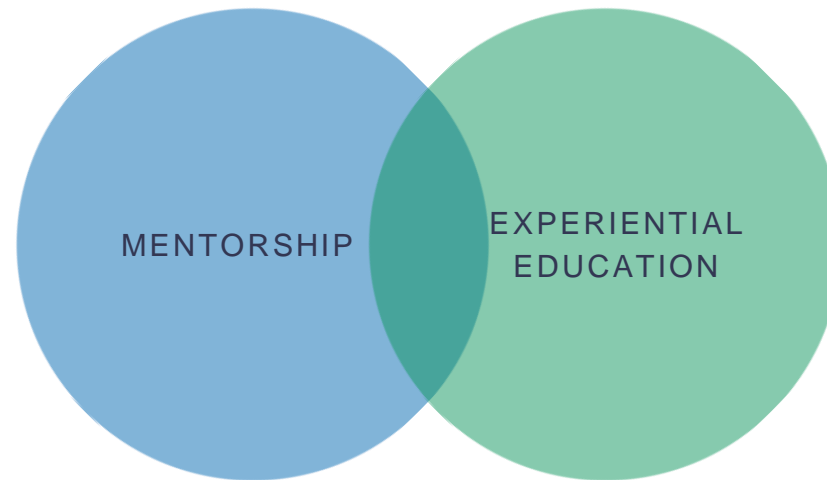
trekkers

Cultivating the inherent strengths of young people through the power of long-term mentoring relationships



THE MODEL

TREKKERS
YOUTH PROGRAMMING PRINCIPLES



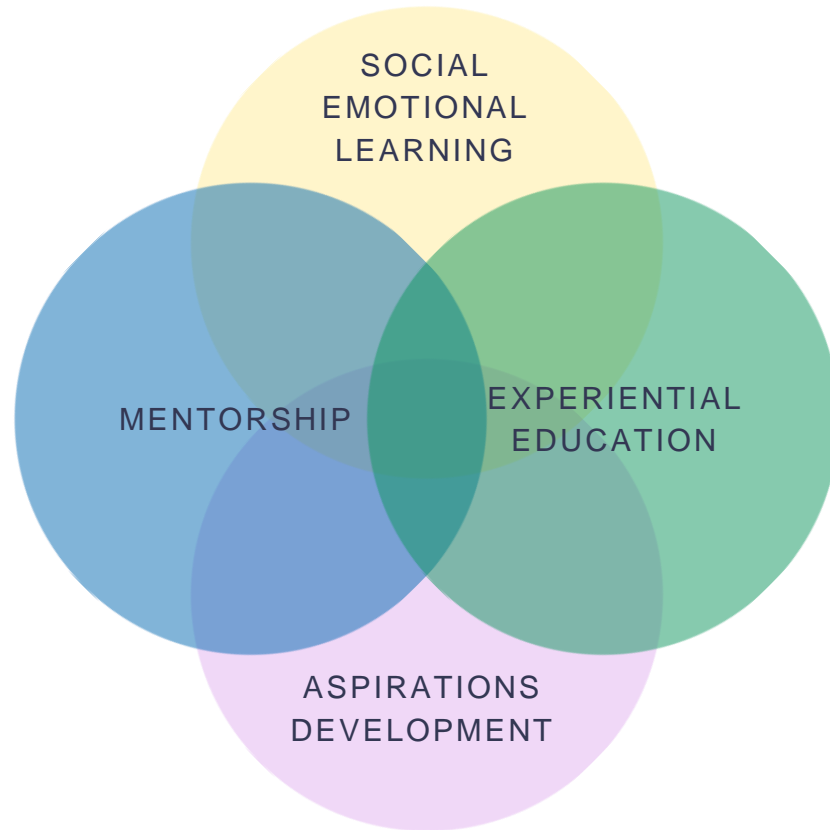
Trekkers' foundations in youth development blends two different approaches.



4

MODULES

TREKKERS
YOUTH PROGRAMMING PRINCIPLES

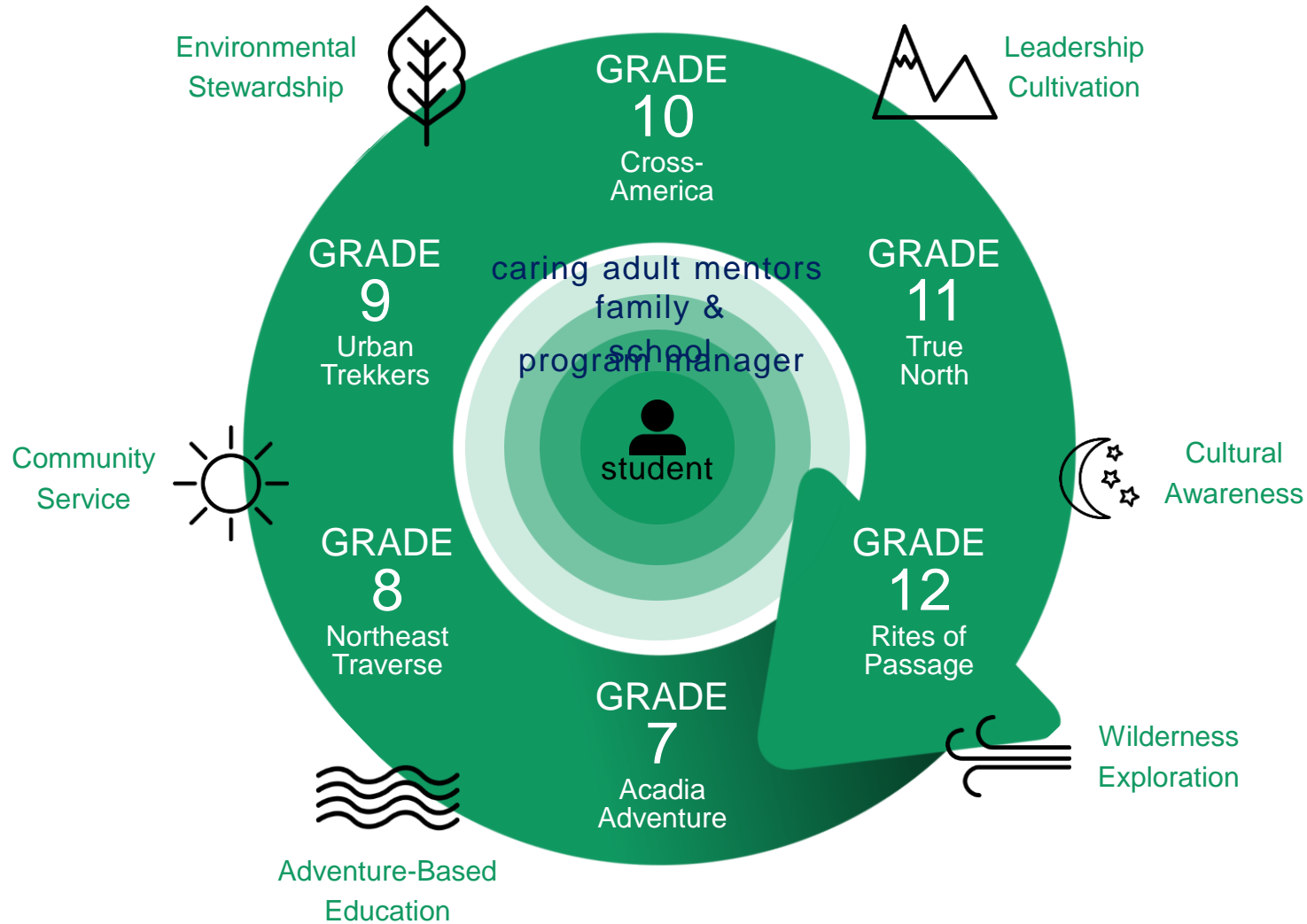


20-40 students per grade, starting in 7th grade and continuing from grade-to-grade until graduation.

Our 6-year model connects students with resources from the community

Increases preventative factors for students

Creates a "Safety Net" of support for each student



- Who's Involved in this Process?
- Community-Based Organizations
 - After School Programs
 - School Staff/Educators
 - School Administrators
 - Suicide Prevention/Intervention
 - Guidance Counselors
 - Social Services
 - Support Groups
 - Special Education
 - Pregnancy Prevention/Counseling
 - Teen Parenting Services
 - Drug Prevention Programs
 - PEAR
 - Teen Homeless Services
 - Mental Health Services
 - Child Protective Services
 - Youth Advocacy Groups
 - Behavior Management
 - Sports/Activities
 - Community-Based Services
 - Youth Serving Organizations
 - Law Enforcement Officers
 - Juvenile Justice/Restorative Justice
 - Arts and Cultural Resources
 - School Psychologist/Psychiatrist
 - Church Groups
 - Youth Groups
 - School Nurses
 - LGBTQ Resources and Support



- What role do relationships play in preparing young people to become thoughtful and engaging adults?



Relationship Building

Positive connection is the key to
successful relationships

Connection supported learning means
connections come first

Transformational change happens
because of relationships, not programs

Youth development can't be scheduled

What does it mean to be present in the lives of young people outside of regular programming time?

Meet

- Meet young people where they are (physically, socially, emotionally) instead of expecting them to meet you where you are

Do

- Do your homework- invest time in learning about them/their life

Affirm

- Affirm name/gender identity- accept them as they are, where they are for who they are.

Challenge

- Challenge them- hold them accountable for decisions and behaviors

Model

- Model healthy, responsible behavior

RELATIONSHIPS

Search Institute's Developmental Framework

- Express Care – show me that I matter to you.
- Challenge Growth – push me to keep getting better.
- Provide Support – help me complete tasks and achieve goals.
- Share Power – treat me with respect and give me a say.
- Expand Possibilities – connect me with people and places that broaden my horizon.

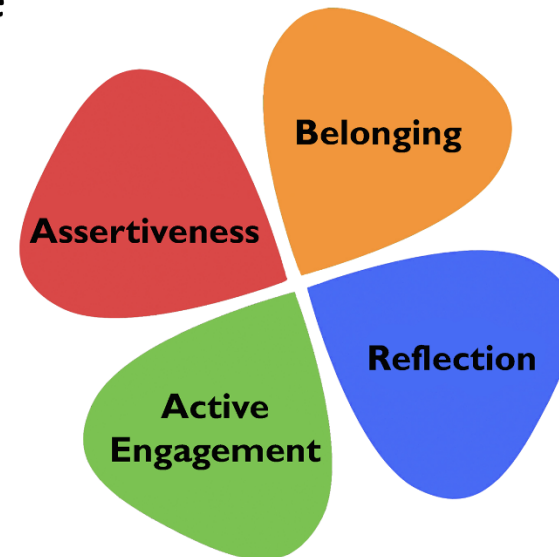
Roehlkepartain E. C., Pekel, K., Syvertsen, A. K., Sethi, J., Sullivan, T.K., & Scales, P. C. (2017). Relationships First: Creating Connections That Help Young People Thrive. Minneapolis, MN: Search Institute.



What Is Clover?

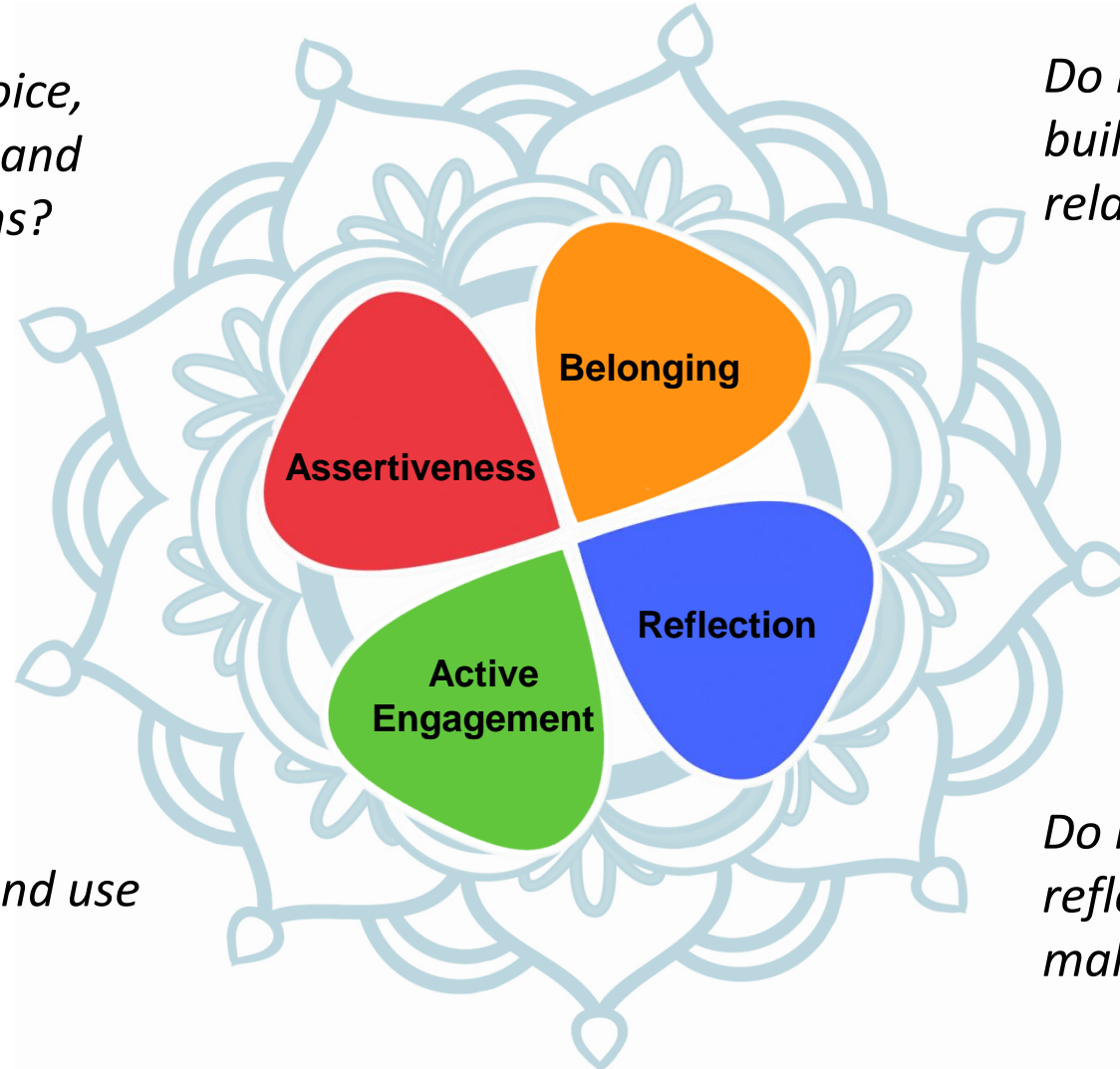
Using four “leaves,” Clover represents four arenas of life.

- The symbol conveys growth, nurturance and balance
- Clover helps to structure and simplify how we work with, teach, and cultivate positive development
- Clover represents four fundamental ingredients that people of all ages need to thrive and learn – but in many different ways!



Incorporating the Clover Model into programming

*Do I use my voice,
have choices, and
make decisions?*



*Do I make time to
build and support
relationships?*

*Do I notice and use
my body?*

*Do I make time to
reflect, learn, and
make meaning?*



THANK YOU!

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