

YOUTH AT THE CENTER

Youth Engagement Principles for Adolescent Health Programming



**Youth as experts in
program development,
delivery, and evaluation**



Principle: Value youth experience and expertise by meaningfully engaging them in adolescent health program development, delivery, and evaluation in creative ways that amplify youth voice and choice.

**Trusted and skilled
facilitators and mentors
supporting youth**



Principle: Select individuals who are dependable, respectful, relatable, and confident in delivering adolescent health content. These individuals should be well-prepared, responsive to youth perspectives, and committed to having respectful conversations.

**Supportive and respectful
learning environments**



Principle: Design or select environments that are familiar, comfortable, and supportive of productive discussions. These environments should be accessible to all youth and promote respectful connections and opportunities for discussion on adolescent health.

**Engaging program
formats and materials**



Principle: Use program formats and materials that are relatable and designed to reach a wide range of young people. Ensure materials are developmentally appropriate and presented in ways that promote engagement and understanding.

**Comprehensive, accurate
adolescent health content**



Principle: Provide accurate, age-appropriate information related to adolescent health that includes healthy decision-making, relationships, and overall well-being. Encourage youth to make informed and responsible choices.

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