

## District of Columbia One City Youth Goals\*



Goal		Example Activities	Youth Development Outcomes	Younger Youth Outcomes <sup>1</sup> (5-12 years)	Older Youth Outcomes <sup>1</sup> (13-18 years)	Young Adult Outcomes <sup>1</sup> (19-24 years)	Youth Impact Outcome	
1	<b>Workforce Development</b>	Young people will gain meaningful work and career exposure, experience, and skills <sup>2</sup> .	<ul style="list-style-type: none"> <li>• Exposure to career paths</li> <li>• Meaningful interaction with professionals</li> <li>• Informal and structured training experiences and opportunities</li> </ul>	Mastery and Future	80% of younger youth will be able to identify their strengths and interests.	80% of older youth will be able to identify future career paths that incorporate their strengths and interests.	80% of young adults will be engaging in activities (ex. internships, training, apprenticeships, post-secondary program) around their career interests and/or path.	<ul style="list-style-type: none"> <li>• Lower unemployment rate for city</li> <li>• Increase in youth employment rates</li> <li>• Retention at job</li> <li>• Increase college graduation rates</li> <li>• Decreased poverty rates</li> </ul>
				Employability	80% of younger youth will have knowledge about different career paths and jobs that can earn money.	80% of older youth will have knowledge of steps needed to reach their identified career goals.		
				Responsibility and Autonomy	80% of younger youth will have knowledge of the different skills needed for employment (ex. resumes, time management).	80% of older youth will have employability skills (ex. resume/cover letter, time management).	66% of young adults will exhibit employability by gaining and retaining work opportunities.	
					80% of younger youth will be able to identify how education and/or training can affect lifetime income.	80% of older youth will set financial goals and plan to achieve them.	85% of young adults will be able to determine the future income needed to maintain a current standard of living.	
2	<b>Educational Achievement</b>	Children and youth will increase their academic knowledge and skills and increase their chance of academic advancement.	<ul style="list-style-type: none"> <li>• Exposure and engagement to reading, writing, and oral skills and math and STEM activities</li> <li>• College awareness and support</li> <li>• Opportunities to learn and practice leadership skills.</li> <li>• Opportunities for creative expression</li> </ul>	Intellectual Ability	80% of younger youth will learn and be able to demonstrate growth and confidence in oral communication, literacy, and critical thinking skills.	80% of older youth will learn and be able to demonstrate growth and confidence in oral communication, literacy, and critical thinking skills.	80% of young adults will learn and be able to demonstrate growth and confidence in oral communication, literacy, and critical thinking skills.	<ul style="list-style-type: none"> <li>• Increase DC CAS reading, writing, and math scores</li> <li>• Increase rates of grade level advancement</li> <li>• Increased rates of high school graduation</li> <li>• Increase college attendance and completion rates</li> <li>• Lower truancy rates</li> <li>• Higher attendance rates</li> </ul>
					80% of younger youth will learn and be able to demonstrate growth and confidence in math and/or STEM skills.	80% of older youth will learn and be able to demonstrate growth and confidence in math and/or STEM skills.	80% of young adults will learn and be able to demonstrate growth and confidence in math and/or STEM skills.	
				Responsibility and Autonomy	80% of younger youth will understand the importance of school and other educational activities.	80% of older youth will complete their school work regularly.	80% of young adults will be motivated to learn new things.	
						80% of older youth will attend school and classes regularly.		

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2	<b>Educational Achievement</b>	Children and youth will increase their academic knowledge and skills and increase their chance of academic advancement.	<ul style="list-style-type: none"> <li>Exposure and engagement to reading, writing, and oral skills and math and STEM activities</li> <li>College awareness and support</li> <li>Opportunities to learn and practice leadership skills.</li> <li>Opportunities for creative expression</li> </ul>	Responsibility and Autonomy	80% of younger youth will be able to adopt strategies to overcome obstacles that may inhibit educational success.	80% of older youth will be able to adopt strategies to overcome obstacles that may inhibit educational success.	<ul style="list-style-type: none"> <li>Increase DC CAS reading, writing, and math scores</li> <li>Increase rates of grade level advancement</li> <li>Increased rates of high school graduation</li> <li>Increase college attendance and completion rates</li> <li>Lower truancy rates</li> <li>Higher attendance rates</li> </ul>	
				Mastery and Future	80% of younger youth will have knowledge of the importance of post-secondary education.	80% of older youth will have knowledge of the steps needed to go to college (ex. SAT/ACT, admissions, FAFSA).		50% of young adults will enter an apprenticeship program and/or post-secondary program.
3	<b>Healthy Lifestyles</b>	Children and youth will increasingly adopt healthy lifestyles.	<ul style="list-style-type: none"> <li>Opportunities and activities to increase physical activity</li> <li>Development of knowledge and skills in stress management</li> <li>Opportunities for civic engagement</li> <li>Opportunities to engage in activities that promote healthy lifestyles and reduce risky behaviors</li> <li>Providing healthy meals</li> <li>Opportunities for creative expression</li> </ul>	Physical Health	80% of younger youth will have awareness of the importance of healthy eating habits.	80% of older youth will have positive attitudes about healthy eating.	80% of young adults will be able to regulate and control daily consumption of calories, sugars, carbohydrates, and fats.	
					80% of younger youth will be able to identify foods that are healthy, enjoyable, and easily available to them at home or school.	80% of youth will be able to identify healthy foods that are easily available when they hang out with friends and in moments of intense hunger.		
					80% of younger youth will have awareness of the importance of and different ways to engage in physical activity.	80% of older youth will engage in at least 45 minutes of physical activity at least 3 times a week.		85% of young adults will engage in at least 60 minutes of physical activity four times a week.
					80% of younger youth will be able to identify physical activities/sports that are fun and easy to do with friend or family.	80% of older youth will be able to identify activities that promote physical activity.		
				Mastery and Future	85% of younger youth will feel positive about their future.	85% of older youth will feel positive about their future.	85% of young adults will feel positive about their future.	
						85% of older youth will be able to identify future goals and articulate realistic steps to meet those goals.		85% of young adults will be working towards at least two of their future (long-term) goals.

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3	<b>Healthy Lifestyles</b>	Children and youth will increasingly adopt healthy lifestyles.	<ul style="list-style-type: none"> <li>• Opportunities and activities to increase physical activity</li> <li>• Development of knowledge and skills in stress management</li> <li>• Opportunities for civic engagement</li> <li>• Opportunities to engage in activities that promote healthy lifestyles and reduce risky behaviors</li> <li>• Providing healthy meals</li> <li>• Opportunities for creative expression</li> </ul>	Civic and Social Responsibility	80% of younger youth will have awareness of the importance of helping others and their community.	85% of older youth will have positive attitudes towards the community.	85% of young adults will be active, positive members in their community.	<ul style="list-style-type: none"> <li>• Lower obesity rates</li> <li>• Lower rates of substance abuse</li> <li>• Lower rates of mental health disorders</li> <li>• Lower rates of sexually transmitted diseases</li> <li>• Lower teenage pregnancy rates</li> <li>• Lower asthma rates</li> </ul>
				Self-Worth	80% of younger youth will openly share their thoughts and ideas to become active in the community.	85% of older youth will broaden their perspectives of ways and be willing to help others and their community.		
				Belonging and Membership	80% of younger youth will be able to identify at least one adult social support to share questions and/or concerns with.	80% of older youth will be able to identify at least two adult social supports to share questions and/or concerns with.	85% of young adults will be able to identify at least three adult social supports to share questions and/or concerns with.	
				Mental Health	80% of younger youth will develop positive interpersonal skills (ex. listening, communication).	80% of older youth will be able to manage their emotion and feelings in appropriate ways (ex. talking, arts, physical activity).	80% of young adults will be able to positively regulate their emotions.	
					80% of youth will understand the different coping styles/resources to deal with daily challenges and uncontrollable and/or overwhelming stresses.	80% of older youth will develop coping styles and resources to deal with daily challenges and uncontrollable and/or overwhelming stresses.	80% of young adults will utilize their previously learned abilities for dealing with challenges and uncontrollable and/or overwhelming stresses.	
				Responsibility and Autonomy	80% of younger youth will feel confident about not engaging in sexual behaviors.	80% of older youth will be empowered to explore sexuality and express affection in age appropriate ways including delaying engaging in sexual activity.	85% of young adults will practice safe sex behaviors.	
80% of younger youth will be able to identify personal goals that would be negatively affected by becoming a teenage parent or by contracting STIs or HIV.	85% of older youth will be able to identify personal goals that would be negatively affected by becoming a teenage parent or by contracting STIs or HIV.							

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3	Healthy Lifestyles	Children and youth will increasingly adopt healthy lifestyles.	<ul style="list-style-type: none"> <li>Development of knowledge and skills in stress management</li> <li>Opportunities for civic engagement</li> <li>Opportunities to engage in activities that promote healthy lifestyles and reduce risky behaviors</li> <li>Providing healthy meals</li> </ul>	Responsibility and Autonomy	80% of younger youth will understand the consequences of excessive substance and illicit drug use.	80% of older youth will have the capacity to identify and adopt safer and healthier alternatives to substance use when with friends.	<ul style="list-style-type: none"> <li>Lower obesity rates</li> <li>Lower rates of substance abuse</li> <li>Lower rates of mental health disorders</li> <li>Lower rates of sexually transmitted diseases</li> <li>Lower teenage pregnancy rates</li> <li>Lower asthma rates</li> </ul>	
				Responsibility and Autonomy	55% of younger youth will develop skills and will refuse substance and illicit drugs from peers.	80% of older youth will be able to identify and walk away from unsupervised social gatherings and/or parties that involve substance use.		85% of young adults will not engage in drinking under age and illicit drug use.
				Responsibility and Autonomy	80% of younger youth will feel confident not to engage in substance abuse.	80% of older youth will be able to identify highly valued personal behaviors/opportunities negatively affected by substance use.		
4	Safety and Structure	Children and youth will have a safe out-of-school time experience.	<ul style="list-style-type: none"> <li>Exposure to activities and strategies that reduce risky behaviors.</li> <li>Opportunities to practice leadership skills.</li> <li>Development of skills in self-advocacy and conflict resolution.</li> <li>Development of knowledge of the justice and court systems.</li> </ul>	Mental Health	80% of younger youth will be able to identify feelings of anger and other positive or negative feelings and adopt nonviolent strategies/ socially acceptable ways to express these feelings.	80% of older youth will be able to identify causes for feelings of frustration, anger, and jealousy and utilize nonviolent strategies/ socially acceptable ways to express these feelings.	<ul style="list-style-type: none"> <li>Lower youth homicide rates</li> <li>Lower arrest rates</li> <li>Lower rates of reported criminal activity</li> <li>Lower rates of bullying</li> <li>Lower rates of youth victimization</li> <li>Lower rates of reported dating violence</li> </ul>	
				Safety and Structure	80% of younger youth will understand and apply the laws and rules for the environments and/or activities they engage in.	80% of older youth will follow the laws and rules for the environments and/or activities they engage in.		80% of young adults will follow the laws and rules for the environments and/or activities they engage in.
				Responsibility and Autonomy	80% of younger youth will be able to identify personal goals that would be negatively affected by breaking rules and/or laws.	85% of older youth will be able to identify personal goals that would be negatively affected by breaking rules and/or laws.		
				Belonging and Membership and Civic and Social Ability	80% of younger youth will demonstrate respect and acceptance for those whose self-expression are different from the ones traditionally expected of their gender, race, neighborhood, etc.	80% of older youth develop the capacity to critically analyze and apply skills to resist social pressures to use violence as an expression of anger, peer pressure or disappointment.		85% of young adults will exhibit the capacity to critically analyze and apply skills to resist social pressures to use violence as an expression of anger, peer pressure or disappointment.

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<b>5</b>	<b>Strengthening Families</b>	Children, youth and families will have opportunities to strengthen their family.	<ul style="list-style-type: none"> <li>• Outreach activities</li> <li>• Family friendly events</li> <li>• Opportunities for health and wellness information</li> </ul>	Self-Awareness and Spirituality	80% of families will understand the importance of appropriate family engagement.		<ul style="list-style-type: none"> <li>• Lower child poverty rates</li> <li>• Lower rates of child abuse and neglect</li> <li>• Higher immunization rates</li> </ul>
					80% of families will demonstrate the ability to access and evaluate health information, products, and services.		
					80% of families will utilize resources around mental, social, education, and physical health and wellness.		
					85% of children, youth, and family will be an active member in their community.		

\* Although the five goals are compartmentalized on the matrix, it should be noted that many of the outcomes are interrelated in achieving the ultimate goal of increasing the success of youth transitioning positively into adulthood. The goals were developed using a child and youth development framework<sup>3</sup> and reflect an integration of current DC initiative goals as well as blend policy, research, and practice. District agencies providing input for the goals include CFSA, DBH, DCPL, DCHA, DCPS, DIBH, DOES, DOH, DPR, DYRS, MPD, OAG, and OSSE. The goals are pending review from Raise DC, Healthy Schools Act, Workforce Investment Council, and the One City Action Plan initiatives.

<sup>1</sup> Outcomes will be measured annually.

<sup>2</sup> A list of 21<sup>st</sup> century career/employability skills can be found at <http://www.p21.org/overview/skills-framework/266>

<sup>3</sup> PAHO. (2005). Youth: Choices and Change. Promoting Healthy Behaviors in Adolescents. Washington, DC: World Health Organization  
DC Children and Youth Investment Trust Corporation. (2012). Youth Development Outcomes. Accessed from [www.cyitc.org](http://www.cyitc.org).

*To provide comments or suggestions please feel free to contact Nisha Sachdev, Research and Evaluation Manager at the DC Children and Youth Investment Trust Corporation via email at [nsachdev@cyitc.org](mailto:nsachdev@cyitc.org) or phone at 734-358-0151.*