



Questions to consider

Autonomy

- How can our program create space for youth to self-determine their gender expression, their ethnic and cultural identity and their sexual orientation?
- How can our program address or work around barriers that may prevent youth from self-determination (e.g., poverty, societal expectations, racism, homophobia, transphobia, ageism, ableism, sexism)?
- How can our program ensure that youth are involved in decision-making from a young age? How will their involvement and types of decisions change as they get older?
- What are ways to find out from youth whether they are overwhelmed with too many decisions due to different life factors (e.g., socioeconomic status, family expectations) or want to be involved in more decisions?

Relatedness

- How can our program be inclusive of all genders, all ethnicities, all sexual orientations and all abilities? How can our program address or work around barriers that may limit belonging (e.g., discrimination, poverty, racism, ableism, sexism, homophobia, transphobia, ageism)?
- How can our program encourage relationships across diversity?
- How can our program support young people's relationships as they change over time (e.g. peer relationships, romantic relationships)? How can our program build strong relationships between adults and youth?
- How can our program provide/encourage positive role models that reflect the diversity of youth in our program?
- How can our program offer opportunities for youth to explore their cultural identity, gender identity and sexual orientation?

Competence

- How can our program encourage youth to feel hopeful about their competence even when they try new and challenging things as they get older?
- How can our program offer opportunities that challenge young people's skills as they get older, but are not overwhelming or too stressful? What are ways to check in with youth about appropriate levels of challenge?
- How can our program build cultural competence, valuing of diversity, and skills to understand the impacts of racism (and homophobia, transphobia, ableism, sexism)?
- How can our program build social competence, especially of young men?