Quality of Life

Positive youth development (PYD)

Positive youth development (PYD) provides a holistic view of the physical, psychological, and social supports for healthy youth development, and is strongly associated with behaviors that promote physical and emotional health, as well as academic achievement. The PYD benchmark is a composite measure of physical, mental and emotional health status, and protective individual environmental factors drawn from PYD theory.

![Figure 1](image-url)
Positive youth development levels among eighth- and 11th-graders have remained relatively stable since 2006, when the measure was first reported. 2013 data show a decrease in the proportion of females who meet the benchmark, compared to males, with the greatest differences among 8th graders. Differences between males and females were statistically significant in 2013.

Additional Resources: Adolescent and School Health Program

About the Data: Data source is the Oregon Healthy Teens Survey (OHT). OHT is a pencil and paper or online survey conducted every two years among Oregon 8th and 11th graders within schools. The Positive Youth Development Benchmark is met when youth answer positively (Excellent/Very good or Very much true/Pretty much true) to 5 out of 6 of the following questions: Physical health status; emotional/mental health status; “I can do most things if I try”; “I can work out my problems”; “There is at least one teacher or other adult at my school who really cares about me”; and “I volunteer to help others in my community.”

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