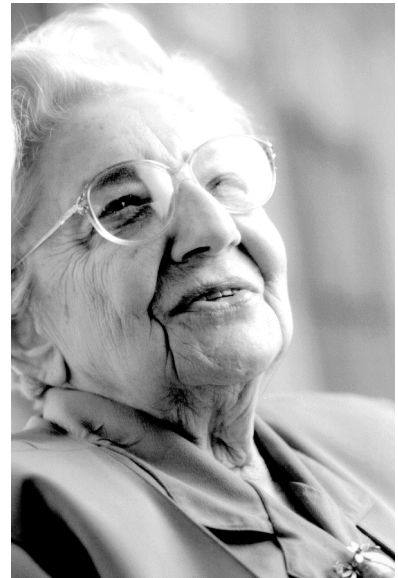


fundamental requirements for healthy youth development

Adapted from a position paper written by Dr. Gisela Konopka in 1973 for the federal Department of Health, Education and Welfare.

Youth need the opportunity to:

- Participate as citizens, as members of a household, as workers, and as responsible members of society.
- Gain experience in decision-making.
- Interact with peers, and acquire a sense of belonging.
- Reflect on self in relation to others, and discover self by looking outward as well as inward.
- Discuss conflicting values and formulate one's own value system.
- Experiment with one's own identity, with relationships; try out various roles without having to commit ones' self irrevocably.
- Develop a feeling of accountability in the context of a relationship among equals.
- Cultivate a capacity to enjoy life.



*Dr. Gisela Konopka
1910 – 2003*

Later, Dr. Konopka added another requirement to the list:

- Participate in the creative arts, to learn self-expression and communicate deep feelings from within.

Learn more about Dr. Konopka and the Konopka Institute at www.konopka.umn.edu

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