

## **ADULTHOOD PREPARATION SUBJECTS (APS) BACKGROUND AND REVIEW**

It is requirement of federal PREP funding to cover adulthood preparation subjects during program implementation. CA PREP views adulthood preparation subjects as a natural extension of positive youth development (PYD). PYD is a concept based on the evidence that positive support from within the family, at school, and in the community can help youth build resilience and protect them from negative influences.<sup>1</sup> CA PREP adulthood preparation subjects are meant to help build youth capacity to understand their own development, form healthy relationships, and navigate through adolescence successfully. APS expand the contents of CA PREP's chosen evidence-based program models to emphasize additional skill-building. The six adulthood preparation subjects are:

- **Adolescent Development**
- **Healthy Life Skills**
- **Healthy Relationships**
- Educational and Career Success
- Financial Literacy
- Parent-Child Communication

The first three above (in bold) have been selected by CDPH/MCAH as topic areas that all CA PREP awardees must address. In spring 2014, CDPH/MCAH conducted a review of APS in the most commonly used CA PREP evidence-based program models to evaluate if adolescent development, healthy life skills, and healthy relationships were adequately covered in each model. While federal guidelines were originally provided on which APS were covered in each EBPM, additional reviews at the federal level led to the decision that each state PREP program was responsible for determining its own standards and guidance.

The CDPH/MCAH review evaluated coverage of key skill areas for each APS, as determined by CA PREP (see Table 1). The key skill areas were identified through a review of literature and resources on adolescent development, healthy life skills, and healthy relationships. The results of the review determined which subjects require additional content to meet minimum standards, and helped to identify specific topic areas that need enhancement. Applicants are encouraged to review the following resources for background on the adulthood preparation subjects:

- [Webinar: Adult Preparation Subjects for State and Tribal PREP](#)
- [Adulthood Preparation Subjects Resource Guide](#)

**Table 1: CA PREP Adulthood Preparation Subjects Key Skill Areas**

<b>Adolescent Development</b>	<b>Healthy Life Skills</b>	<b>Healthy Relationships</b>
<p><b>Physical development</b>  <i>Can include: Physical/sexual maturation; body image/accepting body changes.</i></p>	<p><b>Self-management</b>  <i>Can include: Avoidance of unhealthy behaviors, building self-esteem, creating self-awareness including rights and values, setting goals, time management, and self-evaluation.</i></p>	<p><b>Identifying healthy vs. unhealthy relationships</b>  <i>E.g., healthy = respect, trust, open communication; unhealthy = disrespect, dishonesty, physical and emotional violence</i></p>
<p><b>Cognitive development</b>  <i>Can include: Self-efficacy/capacity building, long term thinking/goal-setting, decision-making.</i></p>	<p><b>Healthy coping skills</b>  <i>Can include: Managing emotions, anger management, dealing with grief and anxiety, coping with adversity, positive thinking.</i></p>	<p><b>Developing healthy relationships</b>  <i>Can include: Setting boundaries, discussion of gender stereotypes including sexual double standards, how to show caring and affection without having sex.</i></p>
<p><b>Emotional development</b>  <i>Can include: Self-esteem, perspective taking, developmental changes in relationships (e.g. building close peer relationships and seeking more emotional support from peers instead of family).</i></p>	<p><b>Decision-making / Critical thinking skills</b>  <i>Can include: Making healthy choices, evaluating future consequences of present actions, problem-solving, analyzing peer and media influences, information-gathering and analysis skills.</i></p>	<p><b>Communication and conflict resolution</b>  <i>Can include: Skills to safely end unhealthy relationships, active listening, using "I" statements, speaking up early, compromise</i></p>
<p><b>Social development</b>  <i>Can include: Supportive relationships with adults, identifying positive role models, making connections to the community.</i></p>	<p><b>Interpersonal communication and negotiation skills</b>  <i>Can include: Active listening, expressing feelings, giving and receiving feedback, conflict management, and assertiveness and refusal skills.</i></p>	<p><b>Sexual violence prevention</b>  <i>Can include: Discussion of consent (what is consent, when do you need to ask for/give consent, consent as an ongoing process), bystander intervention skills, personal safety skills, promotion of nonviolent behavior.</i></p>
<p><b>Identity Development</b>  <i>Can include: Identity formation, role in society, sense of self, ethnic identity, sexual identify (sexual orientation, gender identity) spiritual identity.</i></p>	<p><b>Empathy building and cooperation</b>  <i>Can include: Ability to listen, understand another's needs and circumstances, respect others' contributions and differences.</i></p>	<p><b>Interpersonal relationships</b>  <i>Can include: Bullying, cyber bullying, gossip, teasing, altruism, managing peer relationships, communication with parents/ guardians/ teachers/ other adults.</i></p>

<sup>1</sup> Family and Youth Services Bureau: Positive Youth Development. Retrieved August 1, 2014 from <https://www.acf.hhs.gov/fysb/positive-youth-development>