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**Updated National Youth Work Outcomes**

Outcome 1: Young people build their health and wellbeing

Outcome 2: Young people develop and manage relationships effectively

Outcome 3: Young people create and apply their learning and describe their skills and achievements

Outcome 4: Young people participate safely and effectively in groups and teams

Outcome 5: Young people consider risk, make reasoned decisions and take control

Outcome 6: Young people grow as active citizens, expressing their voice and enabling change

Outcome 7: Young people broaden their perspectives through new experiences and thinking

**Skills with Associated Indicators**

**Confidence**

I can seek out learning opportunities and support

I can participate in new opportunities and experiences

I can identify the new skills and knowledge I’ve developed

I can use my learning and skills in different settings

I can look for new challenges

I can ask for information and support

I can learn from my mistakes

**Resilience**

I can show determination to achieve my goals

I can adapt and be flexible as the facts / situation changes

I can keep going even when I’m finding things difficult

I can show courage to take action even when the outcome is uncertain

I can try again if I don’t succeed the first time

**Looking after myself**

I can identify goals for my physical/mental health and take action to achieve them

I can manage my feelings

I can ask for help if I need it

I can explain the consequences of harmful behaviour on myself

I can understand the role of peer pressure in harmful behaviour

I can understand my human rights, including those set out in UNCRC

**Building Relationships**

I can recognise and seek out positive relationships

I can make new friends

I can manage friendships

I can show respect towards others

I can see things from another person’s perspective

I can engage with people outside my friendship group

I can resolve conflict peacefully within my relationships

I can understand professional relationships and boundaries

**Communication**

I can express my thoughts and feelings to appropriate adults

I can speak in a group and share my opinions

I can listen to other people’s opinions

I can take time to understand what someone is communicating to me

I can recognise and address prejudice and discrimination

I can construct and defend an argument

I can ask for help if I don’t understand

I can communicate effectively using a range of methods

I can use social media responsibly

**Organising and planning**

I can set my own goals

I can take responsibility for tasks

I can break down big objectives into smaller tasks

I can plan and prioritise tasks

I can work to deadlines

I can finish tasks I start

**Decision making**

I can think critically about information

I can ask for more information and support

I can identify risk and explain it to others

I can explain why I made a choice

I can take responsibility for my actions

I can participate in decision making processes

**Problem solving**

I can identify problems

I can break problems down into smaller parts to find a solution

I can contribute to creative solutions

I can challenge and question my own and others’ opinions

**Teamwork**

I can work with others on group tasks

I can support other young people in a group

I can understand the role of power within groups

I can give and receive feedback

I can follow instruction

I can be reliable

**Leadership**

I can identify my strengths

I can share my learning and skills with others

I can be a positive role model through my own behaviour

I can shape the direction or progress of a group

I can motivate others

I can delegate tasks

I can support others in their learning

I can act with integrity

I can bring out the best in others

I can engage and include a wide range of people

**Creating change**

I can identify new ways of working

I can understand the principles of social justice

I can recognise how my actions impact on others locally, nationally and globally

I can take action on issues that are important to me

I can play an active role in delivering change in my community

I can engage in democratic structures

I can represent the views of young people

I can influence decision-making

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| **Confidence**  I can seek out learning opportunities and support  I can participate in new opportunities and experiences  I can identify the new skills and knowledge I’ve developed  I can use my learning and skills in different settings  I can look for new challenges  I can ask for information and support  I can learn from my mistakes | **Resilience**  I can show determination to achieve my goals  I can adapt and be flexible as the facts / situation changes  I can keep going even when I’m finding things difficult  I can show courage to take action even when the outcome is uncertain  I can try again if I don’t succeed the first time | **Looking after myself**  I can identify goals for my physical/mental health and take action to achieve them  I can manage my feelings  I can ask for help if I need it  I can explain the consequences of harmful behaviour on myself  I can understand the role of peer pressure in harmful behaviour  I can understand my human rights, including those set out in UNCRC | **Building Relationships**  I can recognise and seek out positive relationships  I can make new friends  I can manage friendships  I can show respect towards others  I can see things from another person’s perspective  I can engage with people outside my friendship group  I can resolve conflict peacefully within my relationships  I can understand professional relationships and boundaries |
| **Communication**  I can express my thoughts and feelings to appropriate adults  I can speak in a group and share my opinions  I can listen to other people’s opinions  I can take time to understand what someone is communicating to me  I can recognise and address prejudice and discrimination  I can construct and defend an argument  I can ask for help if I don’t understand  I can communicate effectively using a range of methods  I can use social media responsibly | **Organising and planning**  I can set my own goals  I can take responsibility for tasks  I can break down big objectives into smaller tasks  I can plan and prioritise tasks  I can work to deadlines  I can finish tasks I start | **Decision making**  I can think critically about information  I can ask for more information and support  I can identify risk and explain it to others  I can explain why I made a choice  I can take responsibility for my actions  I can participate in decision making processes | **Problem solving**  I can identify problems  I can break problems down into smaller parts to find a solution  I can contribute to creative solutions  I can challenge and question my own and others’ opinions |
| **Teamwork**  I can work with others on group tasks  I can support other young people in a group  I can understand the role of power within groups  I can give and receive feedback  I can follow instruction  I can be reliable | **Leadership**  I can identify my strengths  I can share my learning and skills with others  I can be a positive role model through my own behaviour  I can shape the direction or progress of a group  I can motivate others  I can delegate tasks  I can support others in their learning  I can act with integrity  I can bring out the best in others  I can engage and include a wide range of people | **Creating change**  I can identify new ways of working  I can understand the principles of social justice  I can recognise how my actions impact on others locally, nationally and globally  I can take action on issues that are important to me  I can play an active role in delivering change in my community  I can engage in democratic structures  I can represent the views of young people  I can influence decision-making | **Communication**  media responsibly |