

Publications

Eisman, A. B., Zimmerman, M. A., Kruger, D., Reischl, T. M., Miller, A. L., Franzen, S. P., & Morrel-Samuels, S. (2016). Psychological Empowerment Among Urban Youth: Measurement Model and Associations with Youth Outcomes. *American Journal of Community Psychology*.



Reischl, T. M., Zimmerman, M. A., Morrel-Samuels, S., Franzen, S. P., Faulk, M., Eisman, A. B., & Roberts, E. (2011). Youth Empowerment Solutions for Violence Prevention. *Adolescent Medicine: State of the Art Reviews*, 22, 581-600.



Zimmerman, M. A., Stewart, S. E., Morrel-Samuels, S., Franzen, S., & Reischl, T. M. (2010). Youth Empowerment Solutions for Peaceful Communities: Combining theory and practice in a community-level violence prevention curriculum. *Health Promotion Practice*, 12(3), 425-439.



Franzen, S., Morrel-Samuels, S., Reischl, T., & Zimmerman, M. (2009). Using process evaluation to strengthen intergenerational partnerships in the Youth Empowerment Solutions program. *Journal of Intervention and Prevention in the Community*, 37(4), 289-301.



Youth Empowerment Solutions
University of Michigan
School of Public Health
1415 Washington Heights
Ann Arbor, MI 48109

Phone: (734) 647-0219
Email: contactYES@umich.edu
yes.sph.umich.edu

Youth Empowerment Solutions

Empowering youth to create positive community change



What is YES?

Youth Empowerment Solutions (YES) was developed and evaluated by researchers at the University of Michigan School of Public Health with a grant from the Centers for Disease Control and Prevention. YES is an evidence-based program that empowers youth to make positive changes in their communities and to work with adults who support their efforts. The goals of the YES program are to:

- 1) provide youth with opportunities for meaningful involvement in preventing youth violence and creating community change;
- 2) enhance the ability of adults to support youth in an empowerment framework; and
- 3) change the social and physical environment to reduce and prevent violence (especially youth violence).

YES includes three essential elements:

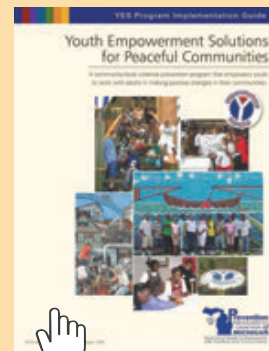
- 1 Youth empowerment activities;
- 2 Training for adult staff and volunteers;
- 3 Community development projects that youth design and implement with support from adults.

The Curriculum

There are two versions of the YES curriculum to accommodate different populations. One has an African American population focus while the other has a multicultural population focus. Both versions consist of 34 sessions divided into six units:

- Unit I. Youth as Leaders
- Unit II. Learning about Our Community
- Unit III. Improving our Community
- Unit IV. Building Intergenerational Partnerships
- Unit V. Planning for Change
- Unit VI. Action and Reflection

The latest versions of the YES curriculum, adaptation guide, and evaluation guide are available for download on our website at yes.sph.umich.edu



YES Project Examples

