Publications


Youth Empowerment Solutions
Empowering youth to create positive community change

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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

YES Project Examples

Community Gardens

Performance

Community Service

Public Art

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