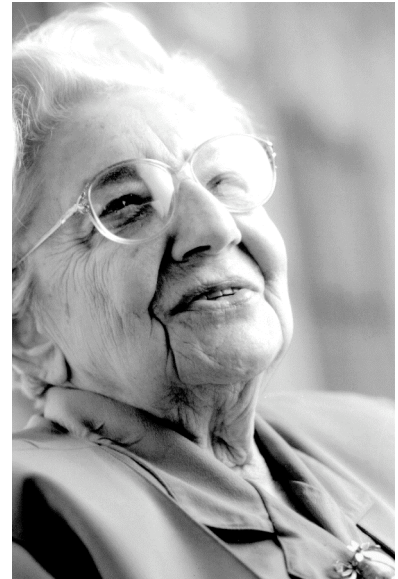


## Fundamental requirements for healthy youth development

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 oneself irrevocably
- Develop a feeling of accountability in the context of a relationship among equals.
- Cultivate a capacity to enjoy life.



*Dr. Gisela Konopka  
1910 – 2005*

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

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