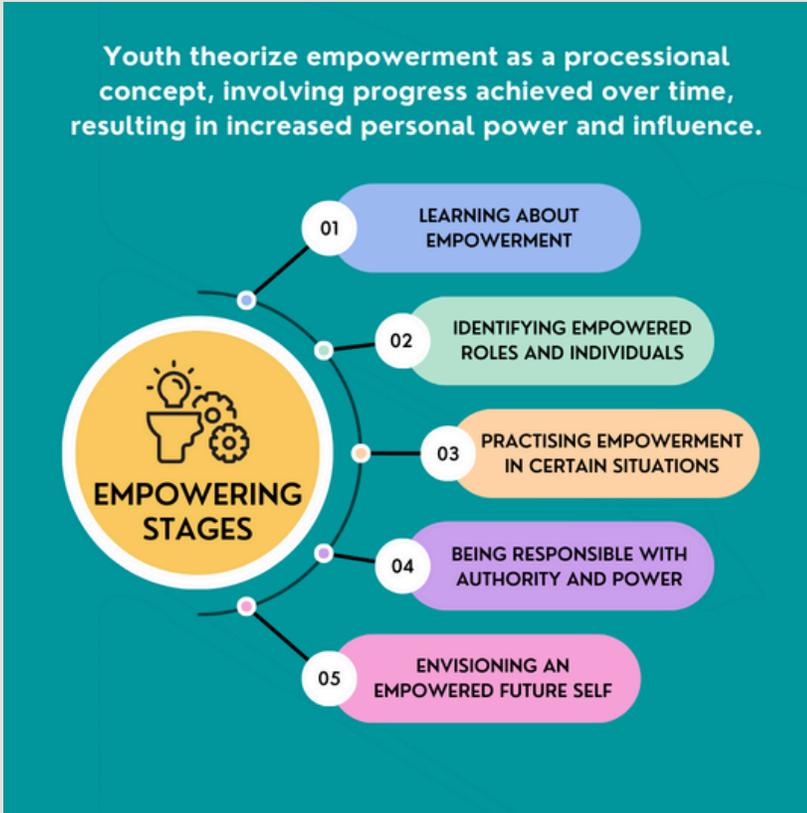


# FACT SHEET: YOUTH EMPOWERMENT

**Youth empowerment** is a phenomenon that involves developing youth capacity to take control of their own development, enabling their inclusion and active participation in all aspects of society with implications for personal well-being and community.

**'It means to have self confidence and to persevere through things and to find inner strength in yourself.'**



Youth who may be experiencing empowerment for the first time are invariably at the beginning of a new life process.

Youth experiencing empowerment for the first time increases their understanding about the world around them and their role in it.

The opportunity to provide empowering experiences may lie in the opportunity to nurture and facilitate vs. construct.

**It may only take a single moment for a young person to feel empowered and that experience can be transformative.**

Youth empowerment is a process with defined stages involving learning and conceptualizing, role identification, practice, adopting authority and visioning.

- Youth empowerment is related to but separate from concepts such as mastery, agency, self-efficacy, self-determination and self-regulation.
- Empowerment for youth may also focus on a subset of goals that are personally meaningful and power-oriented.
- Youth associate empowerment with acceptance, control, freedom, choice, voice and equality.

**'[It means] being brave and being a good role model in front of other people.'**

**'It would mean I feel confident going into a [new] situation.'**

**'You feel more confident, or you feel more happy about who you are as a person.'**

**'[It means] I can do anything with determination and free will to do [it].'**