

Youth empowerment

- Youth empowerment is a process where children and young people are encouraged to take charge of their lives.
- They do this by addressing their situation and then take action in order to improve their access to resources and transform their consciousness through their beliefs, values, and attitudes.  
Youth empowerment aims to improve quality of life.
- Youth empowerment is an attitudinal, structural, and cultural process whereby young people gain the ability, authority, and agency to make decisions and implement change in their own lives and the lives of other people, including youth and adults.

- Youth empowerment is often addressed as a gateway to intergenerational equity, civic engagement and democracy building.

- **Empowerment Strategies**

The empowerment strategies may come through the following:

1. Through Education.
2. Through Communication.
3. Through Networking.

Empowering youth means to:

- Include youth in decision-making processes
- Honor the youth voice
- Understand and implement their honest opinions and ideas
- Be willing to share your adult power and privilege in order to make the community a better place for both young people and adults alike

# Reasons why youth empowerment is important

- **Poverty Eradication:** Youth empowerment can curb the rate of poverty to a large level. One of the keys to empowering the youth is with skill development.
- **Improved Standard of Education:** Empowerment can help youth to understand the importance of education that leads to social improvement of the country.
- **Good Governance:** When the youths are empowered, they empower the masses, thereby paving path for a better future. To build a better tomorrow, we need to nurture the youths of

- **Crime reduction and National Security:** Empowerment ensures that youth has the necessary skill to sustain a livelihood, preventing him to adopt the path of crime.
- **Employment Creation:** A youth empowered society will not seriously suffer from the problem of unemployment that many nations are battling with in the current time

# The need for empowering youth arises due to the following reasons:-

- To enable youth to acquire such knowledge, skills and techniques which will help them in their personal and social growth as well as foster in them sensitivity towards problems in the society.
- To promote national integration and international understanding by developing youth leadership and providing a forum for youth from diverse background.
- To promote regional co-operation and exchange between people of various countries.
- Foster initiatives for unfolding the potential of youth through a constant process of self evaluation and self -exploration.

- Promote research in youth work.
- **Training Programs:** Conducting training programs for youth across a wide spectrum of developmental activities.
- **The issues mainly dealt are:** Leadership & Personality Development, Entrepreneurship Development and Awareness, Training program on NGO Management, Fund Raising, Disaster Management, Water Conservation, Women Empowerment, Communication Skills, Prevention of Drug Abuse and Alcoholism and so on.



Youth empowerment examines six interdependent dimensions:

- psychological
- community
- organizational
- economic
- social
- cultural

- **Psychological empowerment**- it enhances individual's consciousness, belief in self-efficacy, awareness and knowledge of problems and solutions and of how individuals can address problems that harm their quality of life.
- This dimension aims to create self-confidence and give youth the skills to acquire knowledge.

- **Community empowerment** focuses on enhancing the community through leadership development, improving communication, and creating a network of support to mobilize the community to address concerns.
- **Organizational empowerment** aims to create a base of resources for a community, including voluntary organizations, unions and associations that aim to protect, promote and advocate for the powerless

- **Economic empowerment** teaches entrepreneurial skills, how to take ownership of their assets and how to have income security.
- **Social empowerment** teaches youth about social inclusion and literacy as well as helping kids find the resources to be proactive in their communities.
- **Cultural empowerment** aims to recreate cultural practices and redefine cultural rules and norms for youth.

- Youth empowerment programs are aimed at creating healthier and higher qualities of life for youth.
- The five competencies of a healthy youth are:
  - (1) positive sense of self
  - (2) self- control
  - (3) decision-making skills
  - (4) a moral system of belief
  - (5) pro-social connectedness.

Developmental interventions and programs have to be anchored on these competencies that define positive outcomes of healthy youth.