

**4H****Implement self-care strategies and a professional development plan to strengthen own youth work practice**

<b>Kaupae</b>   Level	4
<b>Whiwhinga</b>   Credit	10
<b>Whāinga</b>   Purpose	<p>This skill standard is for people who want to practise youth work under managerial supervision and guidance in range of youth work settings.</p> <p>This standard has been developed primarily for assessment within programmes leading to the outcomes of the New Zealand Certificate in Youth Work (Level 4) [Ref: 2449].</p> <p>People credited with this standard can implement self-care strategies and a professional development plan to strengthen own youth work practice.</p>

**Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria**

<b>Hua o te ako   Learning outcomes</b>	<b>Paearu aromatawai   Assessment criteria</b>
1. Identify self-care needs to strengthen youth work practice	a. Explain how overall well-being and its physical, emotional, social, and mental dimensions can impact on youth work practice.
	b. Identify self-care needs and the factors that contribute to stress, burnout, or emotional depletion in youth work.
2. Identify own professional development needs to enhance youth work practice.	a. Describe where own values, beliefs, biases, ethics, strengths, and opinions may have impacted on youth work practice.
	b. Describe current skills, knowledge, and competencies in youth work practice.
	c. Identify areas of strength and areas that require improvement.
3. Develop and implement self-care strategies to enhance own youth work practice.	a. Describe self-care strategies that are relevant to the challenges and demands faced in own youth work practice.
	b. Implement self-care strategies that promote own mental health and well-being.
4. Develop and implement a professional development plan to enhance own youth work practice.	a. Develop clear goals, specific actions, and a timeline for enhancing youth work practice.
	b. Implement the professional development plan to enhance contribution to supporting taiohi.
5. Evaluate the effectiveness of the self-care strategies and professional development plan.	a. Reflect on self-care strategies to gain insights into areas of improvement and growth opportunities as a youth worker.
	b. Describe the impact of professional development in supporting personal growth and enhancing their youth work practice.

## Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

### Assessment specifications:

- Assessments reflect the context of Aotearoa and the principles of Te Tiriti o Waitangi, contemporary overarching acts, positive youth development frameworks, including Mana Taiohi and Code of Ethics for Youth Work in Aotearoa New Zealand.
- Candidates must engage in:
  - a self-care plan for at least 6 weeks.
  - four professional supervision sessions to develop a professional development plan to enhance own youth work practice.
- This skill standard requires the disclosure of personal information. This information must be treated according to relevant statutes, regulations, codes of practice, and workplace policies and procedures.
- For assessment purposes:
  - *Self-care* refers to intentional and proactive practices that youth workers employ to support their physical, emotional, and mental well-being while fulfilling their responsibilities in working with taiohi.
  - *Professional supervision* is a structured and regular process where a qualified and experienced supervisor provides guidance, support, and feedback to a youth worker.
  - *Professional development plan* outlines a youth worker's aspirations and intentions for enhancing their expertise, knowledge, and effectiveness in their role.
  - *Taiohi* refers to young people between 12 and 24 years of age.
  - *Youth Work* is the development of a mana enhancing relationship between a youth worker and taiohi, where taiohi actively participate, discover their power, and choose to engage for as long as agreed; and that supports their holistic, positive development as young people that contribute to themselves, their whānau, community and world.

## Ngā momo whiwhinga | Grades available

Achieved.

## Ihirangi waitohu | Indicative content

- Reflection in a youth work context
- Self-care for youth work practice
- Current youth work practice
- Professional Development in youth work
- Youth Work training and learning opportunities.

## Rauemi | Resources

- Ara Taiohi. (2020). Code of Ethics for Youth Work in Aotearoa New Zealand (2nd edition). Available at: <https://arataiohi.org.nz/career/code-of-ethics/history-of-the-code-of-ethics/>
- Ara Taiohi. (2021). Mana Taiohi Principles. Available at: <https://arataiohi.org.nz/resources/training-and-resources/mana-taiohi/>
- Positive Youth Development Aotearoa: Weaving Connections 2020 – Wayne Francis Charitable Trust. Available at: [26.10.2021+Weaving+connections+\(web\).pdf \(squarespace.com\)](https://www.squarespace.com/26.10.2021+Weaving+connections+(web).pdf)
- Grise-Owens, E. and Miller, J. and Eves, M. (2016). The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals: The New World Press.

**Pārongo Whakaū Kouna | Quality assurance information**

<b>Ngā rōpū whakatau-paerewa  </b> Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
<b>Whakaritenga Rārangi Paetae Aromatawai  </b> DASS classification	Community and Social Services > Social Services > Youth Development
<b>Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga  </b> CMR	0024

<b>Hātepe  </b> Process	<b>Putanga  </b> Version	<b>Rā whakaputa  </b> Review Date	<b>Rā whakamutunga mō te aromatawai  </b> Last date for assessment
<b>Rēhitatanga  </b> Registration	1	[dd mm yyyy]	[dd mm yyyy]
<b>Arotakenga  </b> Review	<type here>	[dd mm yyyy]	[dd mm yyyy]
<b>Kōrero whakakapinga  </b> Replacement information	N/A		
<b>Rā arotake  </b> Planned review date	31 December 2028		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) to suggest changes to the content of this skill standard.