

5B**Develop and implement self-care and professional development plans to enhance youth work practice**

Kaupae Level	5
Whiwhinga Credit	15
Whāinga Purpose	<p>This skill standard is for people who want to work autonomously under professional supervision in youth work practice 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 5) [Ref: 4795].</p> <p>People credited with this standard can develop, implement and evaluate self-care and professional development plans to enhance youth work practice.</p>

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

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Describe strengths and challenges in own youth work practice.	a. Describe personal strengths in youth work practice.
	b. Describe areas where further development is needed in youth work practice.
2. Create self-care and professional development plans to enhance own youth work practice.	a. Develop a self-care plan to align with own personal needs to enhance own youth work practice.
	b. Develop a professional development plan which has clear purpose, strategies, resources required and a timeline for implementation.
3. Implement self-care and professional development plan to enhance own youth work practice.	a. Implement the self-care and professional development plan.
	b. Regularly reflect on and assess own development journey to gauge how well are being met.
	c. Adjust if necessary, and seek feedback from supervisors, peers, or mentors to gain insights and make improvements.

4. Evaluate self-care and professional growth from implementing a plan to enhance own youth work practice.	a. Identify key achievements, new learnings and needs that have occurred during the implementation of the self-care and professional development plan.
	b. Seek feedback on own practice, and be open to personal growth and development.

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.
- 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:
Supervision refers to professional and/or external supervision with a qualified supervisor.
Youth Work practice is a mana centric 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 taiohi that contribute to themselves, their whānau, community and world.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Personal youth work practice.
- Self-care and professional boundaries.
- Self-care and professional growth plan.

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/>.
- Baxter, R. and Eriksen, T. (2018). Supervision Scrapbook (2nd Edition). Wellington, New Zealand: Ara Taiohi. Retrieved on 4 August 2021 from <https://arataiohi.org.nz/publications/supervision-scrapbook-2/>.
- Grise-Owens, E. (2018). The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals. Available at: [The A-to-Z Self-care Handbook for Social Workers and Other Helping Professionals - Google Books](#)
- 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).

Pārongo Whakaū Kounga | Quality assurance information

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

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	[dd mm yyyy]	N/A
Rā arotake Planned review date	31 December 2028		

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