

6R Implement strategies to achieve continuous improvement in self-care and own youth work practice

Kaupae Level	6
Whiwhinga Credit	10
Whāinga Purpose	<p>This skill standard is for people who want to specialise in youth work practice and work in advanced vocational roles 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 Diploma in Youth Development (Level 6) [Ref: 3803].</p> <p>People credited with this standard can develop and implement self-care strategies; and identify professional development goals to enhance youth development 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 the benefits and challenges of self-care in youth development practice.	a. Explain self-care and its importance in youth development.
	b. Identify challenges and barriers to self-care in own youth development.
2. Develop and implement self-care strategies to enhance youth development practice.	a. Identify own self-care needs by critically assessing their physical, emotional, spiritual, psychological, whakapapa, whānau and community well-being.
	b. Develop personalised self-care strategies that addresses their specific needs and preferences and includes a range of self-care strategies and activities that align with their personal and professional goals.
	c. Implement strategies for self-care.
3. Describe professional development for youth development practice.	a. Explain the importance of continuous improvement and professional development.
	b. Identify professional developmental goals.

4. Review own self-care and professional development for continuous improvement in youth development practice.	a. Critically reflect on the effectiveness of their own self-care strategies.
	b. Reflect on professional development to date, the relevance of the learning to their youth development practice, and areas where further development is needed.

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.
- Evidence requirements:
Candidates must engage in external supervision.
A minimum of ten monthly external supervision sessions in one year
- For assessment purposes:
Taiohi refers to young people between 12 and 24 years of age.
Youth development refers to growing and developing the skills and connections young people need to take part in society and reach their potential.
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

- Self-care management
- Becoming a professional youth work practitioner
- Reflective practice.

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/>.
- 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)

- Wood, J. and Westwood, S. and Thompson, G. (2015). Youth Work: Preparation for Practice: Routledge. Available at: • [Wood, J. and Westwood, S. and Thompson, G. \(2015\). Youth Work: Preparation for Practice: Routledge - Search \(bing.com\)](#)
- 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 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.