

40423 Implement self-care strategies in own youth development practice

Kaupae Level	6
Whiwhinga Credit	10
Whāinga Purpose	<p>People credited with this skill standard are able, in a youth development context to: describe the benefits and challenges of self-care; describe the benefits of professional development; develop and implement self-care strategies; and review own self-care and professional development for continuous improvement.</p> <p>This standard aligns with the outcomes of the New Zealand Diploma in Youth Development (Level 6) [Ref: 3803].</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. Describe challenges and barriers to self-care in own professional development.
2. Describe the benefits of professional development for youth development practice.	a. Explain the importance of continuous improvement and professional development.
	b. Describe professional developmental goals.
3. Develop and implement self-care strategies to enhance youth development practice.	a. Identify own self-care needs.
	b. Develop personalised self-care strategies.
	c. Implement own self-care strategies.
4. Review own self-care and professional development for continuous improvement in youth development practice.	a. Critically reflect on the effectiveness of own self-care strategies.
	b. Reflect on own professional development to date, the relevance of learning own youth development practice, and areas where further development is needed.

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

For assessment purposes:

- Assessments should 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*.
- Assessment of assessment criterion 3a should include critically assessment of own physical, emotional, spiritual, psychological, whakapapa, whānau, and community, wellbeing.
- Assessment of assessment criterion 3b should address own specific needs and preferences and include a range of self-care strategies and activities that align with personal and professional goals.

Definitions:

- *Mana Taiohi* is a principle-based framework that informs the way youth workers work with young people in Aotearoa New Zealand.
- *Positive youth development* is an approach or philosophy that guides communities in the way they organise services, supports, and opportunities so that all young people can develop to their full potential.
- *Youth development* refers to growing and developing the skills and connections young people need to take part in society and reach their potential.

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. (2022). Supervision Scrapbook (3rd Edition). Wellington, New Zealand: Ara Taiohi. Retrieved on 4 August 2021 from <https://arataiohi.org.nz/publications/supervision-scrapbook-3/>.
- 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 \(bing.com\)](https://www.bing.com/search?q=Wood,+J.+and+Westwood,+S.+and+Thompson,+G.+2015.+Youth+Work:+Preparation+for+Practice:+Routledge).
- 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

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	12 December 2024	N/A
Kōrero whakakapinga Replacement information	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.