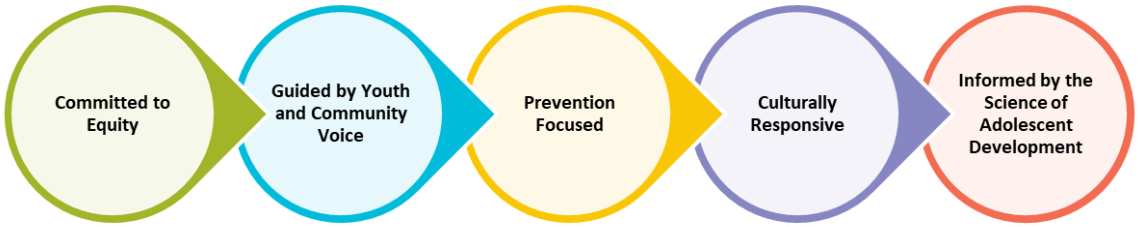
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Youth Health and Well-Being: Grantmaking Guiding Principles

Grantmaking decisions for the Youth Health and Well-Being priority are guided by five principles that influence an organization's ability to advance health and well-being for young people, ages 9 to 25, who experience health inequities due to economic injustice, racism, and discrimination. The principles were developed based on insight from our youth and community listening sessions and are informed by best practices in the field of adolescent health and well-being. Funding will be prioritized for organizations that demonstrate alignment with these principles.



1. Commitment to Equity

Equity is defined as "the state, quality, or ideal of being just, impartial, and fair." Equity denotes fairness and justice in process and in results. Equitable outcomes often require differential treatment and resource redistribution to achieve a level playing field among all individuals and communities. This requires recognizing and addressing barriers to provide opportunities for all individuals and communities to thrive. Organizations that demonstrate a commitment to equity employ specific strategies, programs, and resources—informed by qualitative and quantitative data—that are focused on the identified needs and desires of young people, families, and communities who need them most.

Helpful Resources:

- What's the Difference Between Equity and Equality?
- Advancing Equity in Youth Development
- Equity Compass

2. Guided by Youth and Community Voice

Being guided by youth and community voice is defined as "knowledge and appreciation of the values, beliefs, perceptions, and backgrounds of the people and communities being served, and the degree to which that insight is sought, listened to, and acted upon when important decisions are being made." Creating lasting change requires a robust understanding of current challenges and opportunities, which can only be fully achieved through ongoing input, collaboration, and investment in the people closest to the issues. Communities know their own experiences and needs better than any academic, government official, funder, or policymaker. When young people and their families are recognized as experts in their experiences and partners in solving complex problems, the solutions they generate are more likely to serve the unique needs of the community and demonstrate a longer-term impact.

Helpful Resources:

- Afterschool Alliance: Youth Voice Toolkit
- Unlocking Youth Voice
- Handing over the mic: The difference between centering and giving youth voices in research and practice

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3. Prevention Focused

Primary prevention is defined as actions taken prior to the onset of illness and injury that will reduce the likelihood of that illness or injury ever occurring. Often referred to as "upstream," primary prevention—including a risk and protective factor approach—promotes safe and healthy environments at the individual, family, community, and societal levels. A comprehensive prevention strategy creates synergy at different levels, including policy, organizational practices, coalitions and networks, provider training, community education, and individual skill-building.

Helpful Resources:

- The Spectrum of Prevention
- A System of Prevention: Achieving Health, Safety, and Wellbeing for All
- Putting Prevention Science to Work: Colorado's Statewide Strategic Plan for Primary Prevention of Substance Abuse: 2019-2024

4. Culturally Responsive

Cultural responsiveness is an approach that views culture and identity as assets, including a person's race, ethnicity, or linguistic assets, among other characteristics. Cultural responsiveness requires cultural competence, which is commonly defined as: "A set of congruent behaviors, attitudes, and policies that come together in a system, agency, or amongst professionals and enables that system, agency, or those professionals to work effectively in cross-cultural situations." A culturally competent organization values the people who work there, understands the community in which it operates, and embraces the people they serve as valuable members of that community.

Helpful Resources:

- The Cultural Competence Continuum
- Developing Culturally Responsive Approaches to Serving Diverse Populations: A Resource Guide for Community-Based Organizations
- Culturally responsive programs for immigrant youth

5. Informed by the Science of Adolescent Development

Understanding the adolescent brain and how it changes during this developmental period is essential for promoting health and well-being in young people. **The field of neuroscience provides evidence that adolescence is filled with opportunities for young people to heal, grow, and develop the skills necessary to thrive in adulthood**. Learning about the development of the brain from ages 9 to 25 and how to use this information is essential to crafting effective interventions, supporting young people, and promoting their health and well-being into adulthood.

Helpful Resources:

- The Core Science of Adolescent Development
- ACT for Youth: Adolescent Health & Development
- Promoting Positive Adolescent Health Behaviors and Outcomes

We Want to Hear From You!

If you have feedback on our grantmaking guiding principles or how they have been described, please share your thoughts here. You may also use this form to share other helpful resources!