

Session 10

Positive Human Development (PHD) Video Competency

Competency Worksheet

1. Positive Human Development is not \_\_\_\_\_ we do, it is \_\_\_\_\_ we do it.

2. Check all that are true.

- a.  The Amygdala is the emotional command center of the brain.
- b.  The prefrontal cortex is the part of the brain that is responsible for reasoning, decision-making, and self-control.
- c.  The prefrontal cortex is fully developed by the age of 15.

3. Match the lens to its definition:

- a. Villian Lens
- b. Victim Lens
- c. Resource Lens

\_\_\_\_\_ Sees an individual as a whole person, recognizing that they have challenges but they also have strengths

\_\_\_\_\_ Sees an individual in a negative way (i.e. focuses on a youth's criminal history, substance abuse issues, antisocial behavior, etc.)

\_\_\_\_\_ Sees an individual as a problem to be fixed (i.e. focuses on things like trauma, mental health issues, dysfunctional families)

4. What are the 3 types of safety and security?

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5. Caring is defined as a sense of being \_\_\_\_\_ or \_\_\_\_\_.

6. Expectations should be exactly the same for every youth no matter what skills and abilities they may have.

True

False

7. Providing only external accountability (i.e. rewards and consequences) will lead to crime-free, productive citizens.

True

False

8. Foster Parents and staff need to provide skill building opportunities and role modeling in order for a youth to develop an internal sense of accountability.

True

False

9. Meaningful participation happens when we believe we are taking an \_\_\_\_\_ role in a partnership or collaboration.

10. Give three examples of a type of community:

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Foster Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Foster Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Certifier Signature: \_\_\_\_\_

Date: \_\_\_\_\_