

| | |
|--|---|
| Title: | <i>Prevention of risky behaviours among youth</i> |
| Lecture hours: | 15 5h lectures and 10h workshops |
| Study period: (summer/winter) | Winter and summer |
| Number of credits: | 4 |
| Assessment methods: | Presentation (designing an exercise), case study, discussions and participation in problem solving processes |
| Language of instruction: | English |
| Prerequisites: | Interest in youth's field and development tasks of young people |
| Course content: | <ol style="list-style-type: none"> 1. Definitions and criteria of risky behavior and constructive activity. 2. Types of risky behaviours and their specificity. 3. Conditions/etiology of risky behaviours. 4. The concept of risk and protective factors. 5. R. Jessor's Problem Behavior Theory. The conceptual structure of Problem Behavior Theory. 6. Tools to measure selected risky behaviours of young people. 7. Prevention of risky behavior. Objectives of prevention and basic knowledge about risk groups and prevention strategies. 8. Practice the ability to identify risk and protective factors. 9. Exercises in designing prevention activities for groups of young people. |
| Learning outcomes: | Students will acquire knowledge about risky and constructive behaviours, their types, specificity and etiology. They will get knowledge of R. Jessor's Problem Behaviour Theory and basic information about risk and protective factors. They also learn more about selected methods and tools for measuring risky behaviours among young people and prevention of risky behaviour. They will try to design different exercises themselves what will allow them to practice the ability to identify risk and protective factors and how to design prevention activities for groups of young people. |
| Name of lecturer: | Jolanta Jarczyńska, PhD |
| Contact (email address): | jjarczynska@ukw.edu.pl |

| | |
|---------------------------|---|
| <p>Literature:</p> | <p>Allen J. P., Chango J., Szvedo D., Schad M., Marston E. (2012). <i>Predictors of susceptibility to peer influence regarding substance use in adolescence</i>. Child Development, 83(1), pp.337-350.</p> <p>American Psychological Association (2014). <i>Guidelines for prevention in psychology</i>. American Psychologist, 69 (3), pp. 285-296.</p> <p>Bonino S., Cattelino E., Ciairano S. (2005). <i>Adolescents and risk behaviors, functions and protective factors</i>. Berlin: Springer Verlag.</p> <p>Boyer T. W. (2006). <i>The development of risk-taking: A multi-perspective review</i>. Developmental Review, 26, pp. 291-345</p> <p>Durlak J. A., Wells A. M. (1997). <i>Primary prevention mental health programs for children and adolescents: A meta-analytic review</i>. American Journal of Community Psychology, 25, pp. 115-152.</p> <p>Gullota T. P., Adams G. R. (2009). <i>Adolescent behavioral problems. Evidence-based approaches to prevention and treatment</i>. New York: Springer.</p> <p>Jessor R. (1991). <i>Risk behavior in adolescence: A psychosocial framework for understanding and action</i>. Journal of Adolescent Health, 12, pp. 597-605.</p> <p>Jessor R., Donovan J. E., Costa F. M. (1991). <i>Beyond adolescence: Problem behavior and young adult development</i>. New York: Cambridge University Press.</p> <p>McWhirter J. J, McWhirter B. T., McWhirter A. M., McWhirter E. H. (2006). <i>At Risk Youth: A Comprehensive Response for Counselors, Teachers, Psychologists, and Human Services Professionals</i>. Cengage Learning US.</p> <p>Ostaszewski K. (2011). <i>Meaningful instrumental behaviors and youth risky behaviors</i>. Institute of Psychiatry and Neurology in Warsaw, Poland (Conference paper, January 2011).</p> <p>Savi-Cakar F., Tagay O., Ikiz F. E. (2015). <i>Risky behaviors and adolescents: definitions and prevention</i>. In: (ed.) Alexandra M. Columbus, <i>Advances in psychology Research</i>. Volume 106, pp. 5-31.</p> <p>Others e-materials from Ebsco.</p> |
|---------------------------|---|