

rap²growouth

Information for Participants

Based on positive psychology and solution focussed work, rap2grow is a way of understanding how young people function and grow; and a purposeful, responsive way of working with young people to support their positive psycho-social outcomes. As the second generation of the 2005 RAP program (Brendtro and du Toit), rap2grow has some foundational themes in common with RAP, plus a number of new components.

The course examines 5 psycho-social goals, including the four associated with the universal needs presented in RAP. We explore the positive outcomes of these goals together with the specific inner strengths and capabilities in young people that we can promote for them to be successful in achieving outcomes. We take time to examine adversity and pay particular attention to youth coping with manageable and toxic psycho-social distress and how that may be reflected in their emotional reactions and behaviour.

Character strengths are an important section in rap2grow, with participants exploring their own strengths while learning practical strategies to foster these in youth. To that end we request that participants take the strengths survey prior to the training. (<https://www.viacharacter.org/survey/account/register>)

The very important and positive role of culture or faith, as well as safety, are explored as we focus on how to be most supportive to young people with whom we work.

We strive for a rich, fun, experiential learning environment throughout the course. Through videos, presentations, group projects, role plays and individual exercises, participants learn about the responsive paradigm and a range of responsive practices at both individual and organizational level. These responsive practices, known in rap2grow as I.S.E.E YOUTH are strength-based and solution focussed, providing adults with the skill to respond to challenging behaviours and facilitate growth toward positive outcomes.

Participants will receive a Manual at the start of the course that provides ample space for notes, plus all the information that will be discussed in the course. All participants need to bring is a pen and come prepared for a fun, but intense 3 days of learning together!

Participants will be expected to read a chapter or two of the reading section in their manual each evening and reflect on the discussions held that day. Certificates are based on attendance for all 3 days, as well as the participant engaging fully in all aspects of the course.

Course overview:

Part I: Foundations

- 1: Purpose of rap2grow
- 2: Psycho-social goals
- 3: The developing brain

Part II: Psycho-social growth disrupted

- 4: Psych-social pain
- 5: Adverse experiences
- 6: The stress response system
- 7: Toxic Stress

Part III: Psycho-social growth nurtured

- 8: Character Strengths
- 9: Executive Function
- 10: Ecology of Relationships
- 11: Culture and Faith

Part IV: Responsive Practices

- Practice 1: Setting the compass
- Practice 2: Intentionality
- Practice 3: Support
- Practice 4: Engage
- Practice 5: Empower
- Practice 6: Responsive Environments