



Youth Star™

The Outcomes Star for youth work



interests &
activities

hopes &
dreams

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Sample for information only

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Contact info@triangleconsulting.co.uk

or 020 7272 8765

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Please contact info@triangleconsulting.co.uk to enquire about buying a licence and training.

Licences are also available for those wishing to translate the document into other languages.

The Outcomes Star™

This Star is part of a family of Outcomes Star tools. Each tool includes a Star Chart, User Guide or Quiz and guidance on implementation and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

Acknowledgements

Many people have contributed to the development of the Outcomes Star over its long evolution and we would like to thank all the clients, workers, managers, funders, academics and commissioners who have generously given their time and expertise.

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We would particularly like to thank the following people and organisations for their contribution to this version of the Star:

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- Young Solutions, and young people and youth workers from Woodrush Youth & Community Centre, Pershore Riverside Centre, Street Games, Redditch Youth & Community Enterprise, with additional input from the Lancashire Youth Service (Preston) for developing the second edition changes.

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Introduction to the Youth Star™

We are here to help you build your skills, confidence and engagement.

The Youth Star is for young people taking part in community-based youth projects. It helps you to focus on building the confidence and the skills you need to take part and do what you want to in life. That may mean learning to communicate well so you can get your point across, making better choices, or taking part in youth, community or other activities that you enjoy and which expand your skills or help other people.

The Youth Star is designed to be completed one to one through discussion. It is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people.

Outcome areas

The Youth Star covers six areas of your life and there is a scale for each:

1. Interests and activities
2. Hopes and dreams
3. Health and well-being
4. Education and work
5. Communicating
6. Choices and behaviour

The Journey of Change

Change doesn't happen in one go – it is a journey and it can help to understand the steps along the way. Everyone makes changes in their own way but the pattern is often similar.

The Youth Star is built on a five-stage Journey of Change:

1. **Stuck (red)**
2. **Considering (orange)**
3. **Having a go (yellow)**
4. **Working on it (green)**
5. **Enjoying and achieving (blue)**

This Journey of Change underpins the six areas of the Star and is described in more detail on the next pages.

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How does it work?

To complete the Star, look at each of the six scales one by one and talk them over with a youth worker, peer mentor or someone else you trust. Together you can agree where you are in each area. Then mark the number on the Star Chart and connect the points to create a snapshot of what is working well in your life and what is causing difficulties.

This will help you to agree on what areas to work on together. From there you can start thinking about the actions you want to take and the support that would help you to carry them out.

Your own personal journey

You will come back to the Star at regular intervals. You can discuss the scales again, agree where you are, and plot a new shape on the Star Chart. Over time, this will help you to get a sense of your own personal journey. You will see where you have come from and how things have changed for you. This can help you to view things in a new way – to put the ups and downs of a single week into a bigger picture.

It also helps us to get an idea of whether the service is giving the right support, where young people make the most changes and where we may need to provide more help or do things differently.

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Detailed Journey of Change

1 Stuck (red)

At the start you are not able to achieve your potential and don't have people you feel you can talk to, so things are **stuck**. This could be for many possible reasons, including difficulties at school, home or with friends. You are not engaged in positive activities that interest you or help you develop skills and may not feel a sense of belonging. Perhaps you feel frustrated or low, you are shy or lack confidence or you don't seem to get on with people. Perhaps you are worried but don't see how anyone can help. Perhaps other people are concerned about you.

2 Considering (orange)

At this stage you are starting to think about how things could be different and **considering** what you want, though you may not know what you can do to change things. You may be getting some support from a worker or from other people, but you don't yet believe things can really improve, and you don't take the initiative yourself.

3 Having a go (yellow)

The next stage is **having a go**. You take the initiative and try to address some of the issues you are facing, for example by trying to take part in things or to make better choices. This behaviour is new and often things don't go well at first and you may need lots of support and encouragement to keep trying.

4 Working on it (green)

The next stage is **working on it** – you put effort into making changes and learning new ways to think, behave or communicate. You begin to see some helpful improvements, but there are still a few problem areas and you need support from a worker or from the service.

5 Enjoying and achieving (blue)

At this stage, **enjoying and achieving**, you are getting on well and enjoying and taking pride in what you are doing. You may still face difficulties, but you are on track to a positive future for yourself, and you have the resilience to be able to cope when things go wrong. You know how to continue improving and how to get support if you need it and may be a mentor for others.

These stages are colour-coded as well as numbered.

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1 Interests and activities

Getting involved in activities you enjoy, developing skills, being part of something positive

5 Enjoying and achieving

I'm taking part in activities that I enjoy and that build my skills

4 Working on it

I'm involved in activities that interest me and build my skills but there are some problems

3 Having a go

I'm trying to be more involved in positive activities and to build my skills but it's difficult

2 Considering

I would like to be involved in something positive but am not sure how

1 Stuck

I'm not engaged in positive activities that interest me

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1 Interests and activities (detail)

This scale is about getting involved in positive activities that interest you and that you enjoy, either on your own or as part of a group. This may be youth or community activities, sports, music or other arts activities and/or helping others. It can also be about feeling part of something positive and developing new skills such as teamwork or leadership.

5 Enjoying and achieving

I'm taking part in activities that I enjoy and that build my skills

- You regularly take part in activities that you enjoy and that build your skills, such as sports, music, arts, youth or community activities, or other positive things
- Perhaps you feel part of something positive. Perhaps you work well in a group or team, make new suggestions or offer expertise. Perhaps you take responsibility in your local youth service, in management, mentoring or helping other people
- You are able to continue doing this on your own and to get support if you need it

4 Working on it

I'm involved in activities that interest me and build my skills but there are some problems

- You are engaged in positive activities a lot of the time and are finding what works for you, including what you enjoy or find fulfilling or what develops your skills
- You may be working on different ways to relate to a wider range of people and/or taking on responsibility. You often take the initiative
- There are a few problem areas, but you are learning to deal with them, with support

3 Having a go

I'm trying to be more involved in positive activities and to build my skills but it's difficult

- You are trying out some activities, but this is recent or you have not yet found what works for you. Perhaps you rely on others to find ways of involving you
- You may be trying to take on some responsibility or trying out ways of behaving with other people
- It's early days and things often seem to go wrong so it can be hard to keep trying

2 Considering

I would like to be involved in something positive but am not sure how

- As at 1, you are not involved in activities that interest you or give you an opportunity to develop skills and be part of something positive, but you are thinking about it. Perhaps you feel too shy, don't know people or don't know if you will be accepted
- You may be talking with a youth worker or someone else about what you can do to start getting involved, but you don't yet feel able to try things for yourself

1 Stuck

I'm not engaged in positive activities that interest me

- You are not involved in sports, music, arts, youth or community activities or other activities you might enjoy. You have few or no opportunities to develop your skills
- When there are opportunities, they don't interest you or you feel bored or frustrated, don't feel confident, don't have time or have other priorities
- Perhaps you don't see the point, your friends are not there or you have had bad experiences with groups or activities before. Perhaps the activities available locally cost too much
- You don't feel able to talk about this or take up support if it's available

2 Hopes and dreams

Feeling hopeful, having goals, making things happen, staying motivated

5 Enjoying and achieving

I feel positive about my life and am motivated to do well

4 Working on it

I often feel positive about my life and want to do well but there are a few problems

3 Having a go

I'm trying to see my strengths and to develop aspirations or goals, but it's difficult

2 Considering

I want to have more hopes or aspirations for my future but I don't know how

1 Stuck

I don't see positive opportunities or feel hopeful about my life or future

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2 Hopes and dreams (detail)

This scale is about believing that there are positive options open to you, whether you already know what you want to do or have not yet thought about that. It's also about developing positive aspirations and belief in yourself so that you can achieve your potential, now and in the future.

5 Enjoying and achieving

I feel positive about my life and am motivated to do well

- You value your strengths and believe in yourself. You know you have potential
- Perhaps you know what you want to do or have specific goals and are motivated and on track to achieving them. Perhaps you don't have any idea about the future but trust that there will be opportunities for you. You may be working towards particular qualifications
- You are able to continue building this on your own and to get support if you need it

4 Working on it

I often feel positive about my life and want to do well but there are a few problems

- You recognise some of your strengths and are working on building on these and perhaps finding new ones too
- You may be developing goals for the future and taking steps towards them, or you are not thinking about the future but are motivated to do well at the moment
- You may be pursuing things you are interested in and might develop as a possible career for the future
- There are a few problem areas, but you are learning to deal with them, with support

3 Having a go

I'm trying to see my strengths and to develop aspirations or goals, but it's difficult

- You are starting to see what you are good at and gaining some self-belief
- You are opening up to possibilities and perhaps setting your sights further. You understand things don't have to be the same for you as they have been in the past
- You may be getting a sense of what you can achieve in your life and finding out what is possible for you
- It's early days and things often seem to go wrong so it can be hard to keep motivated

2 Considering

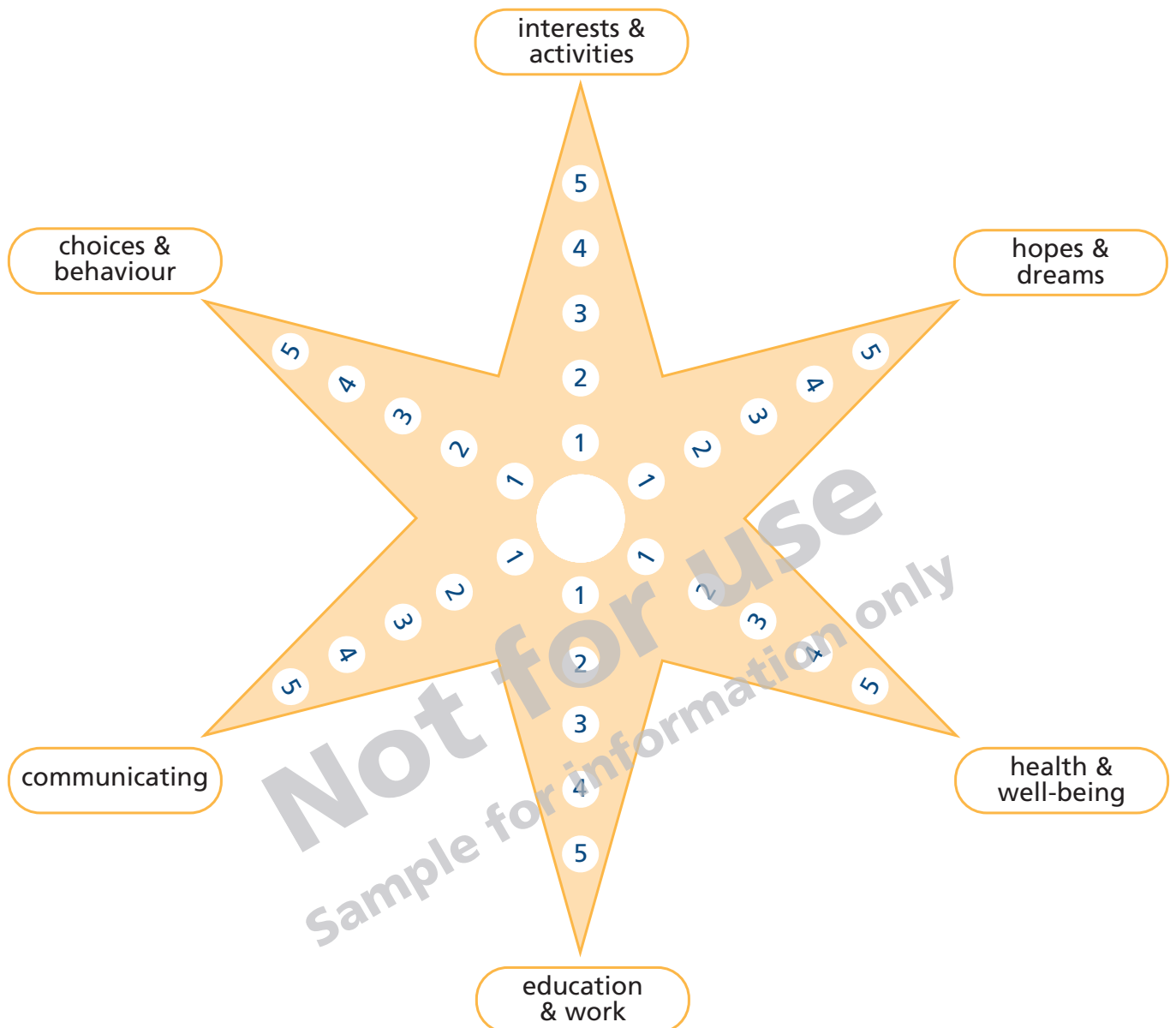
I want to have more hopes or aspirations for my future but I don't know how

- You would like things to be different in your life and are considering some possibilities but you lack confidence or don't believe things can change
- Perhaps your self-esteem is low so you don't realise you could do more or you don't see opportunities for yourself
- You may be talking with a youth worker or someone else about what you can do, but you don't yet feel able to try things for yourself

1 Stuck

I don't see positive opportunities or feel hopeful about my life or future

- You don't feel hopeful about your life or future. Perhaps there are a lot of difficult things going on for you or you don't have people who encourage you to aim higher
- Perhaps you have some dreams but you don't believe they can happen. Perhaps you feel trapped by lack of opportunity locally or for other reasons
- Perhaps you lack confidence or don't recognise your strengths. Perhaps you don't have people in your life who help with this
- You don't feel able to talk about this or take up support if it's available




Triangle

The Youth Star™ is a version of the Outcomes Star™, a family of tools developed by Triangle for supporting and measuring change when working with people.

This Star is one of a growing family

See our website for:

- Versions tailored to different people, settings and sectors
- The evidence base that supports the Star
- Testimonials and case studies from Star users

www.outcomesstar.org.uk

How to use the Outcomes Star™

- Sign up for Star licences including the option to use our Star Online web app
- Ensure all members of staff attend Star training and explore specialist courses
- Access Star materials, other tools and ongoing support from Triangle

www.staronline.org.uk