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Promoting Future Orientation Among Youth Exposed to Violence

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KENNESAW STATE UNIVERSITY

Promoting Future Orientation among Youth Exposed to Violence

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Department of Psychological Science

RECOMMENDATIONS FOR PRACTICE

- Future orientation is not fixed & can its development can be supported
- Don't assume all youth exposed to violence will have low future orientation. However, understand that some youth's low future orientation may be reflective of the opportunities realistically available in their environments
- Reducing exposure to violence is imperative for promoting future orientation
- Coping with violence and future orientation are interrelated and may differ for boys and girls
- Interventions to improve future orientation can focus on promoting socioemotional and coping skills through positive programming, including activities like recreation, encouraging positive parenting and quality, & engaging in community change
- Leverage youths' connections to multiple youth-serving professionals (e.g., pediatricians, schools, community-based organizations)

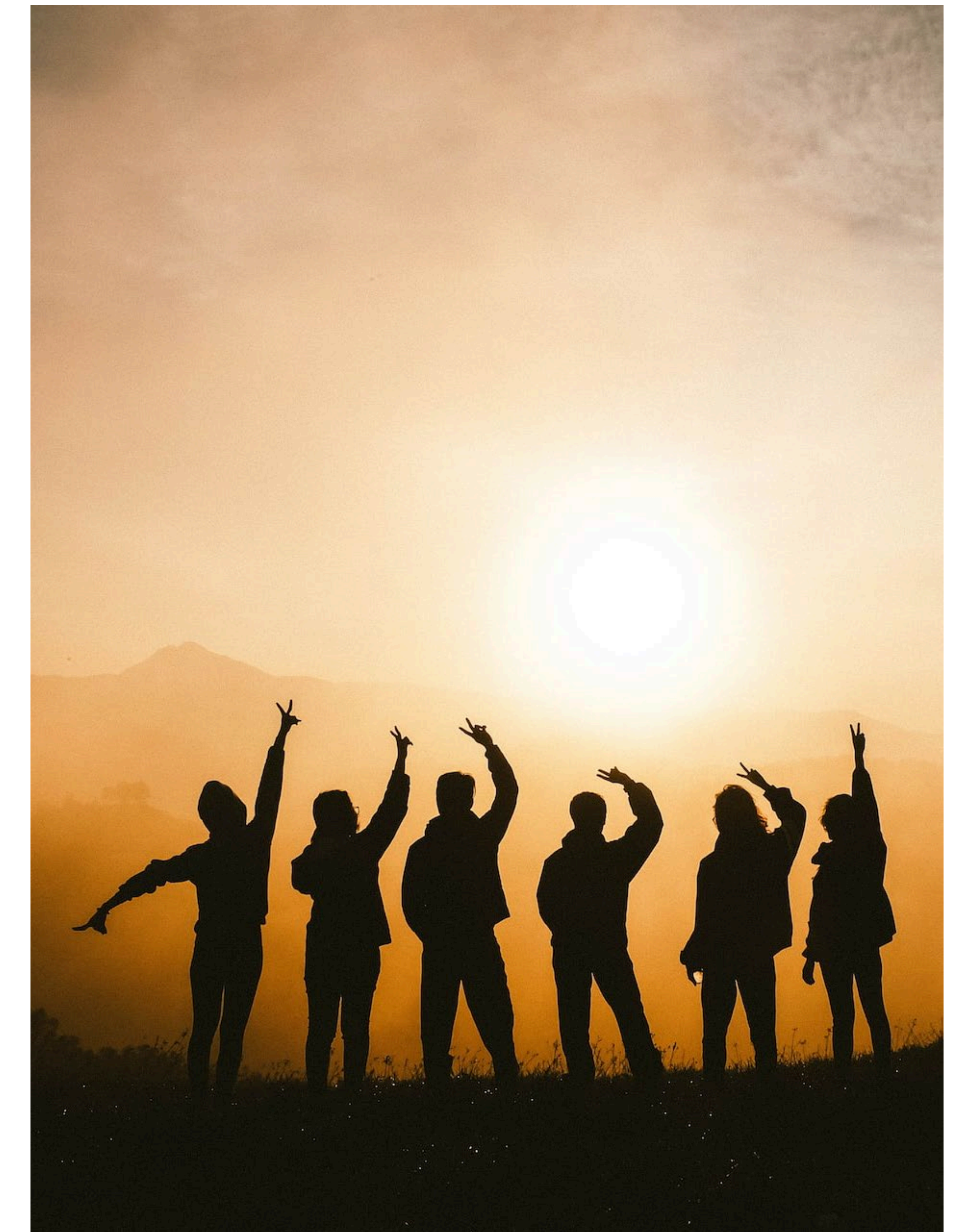


REVIEW & CODING

- Search of peer-reviewed published literature on youth violence exposure and future orientation yielded 11 articles
- All coders trained to review each article initially using consensus discussion, followed by individual coding
- Each article was charted for specific information, including theories, research findings, practice findings, and limitations
- Practice findings were reviewed across all articles to determine themes and recommendations

RESEARCH STUDIES

- Future orientation is a multifaceted construct regarding how adolescents think about and act on their futures
- Different theories define future orientation differently to include hope, purpose, agency, motivation, actions, and cognitions
- Exposure to violence can have a negative impact on future orientation
- Developing higher future orientation can also mitigate the negative consequences of violence exposure



LIMITATIONS

- Included only published research
- Limited prior research
- Only considers one type of adversity: exposure to violence
- Need more research on youth across contexts (e.g., rural, justice involvement, international, more diverse samples)



Scan for a list of readings!

