

# Maple Ridge YOUTH DEVELOPMENT WHEEL



## Have you ever wished you had a guidebook for teenagers and young adults?

The City of Maple Ridge, with support community partners, has created a Youth Development Wheel to outline the windows of typical physical, social and psychological development. The Wheel is a valuable resource for parents, caregivers, teachers and service providers.

## PRINT INSTRUCTIONS:

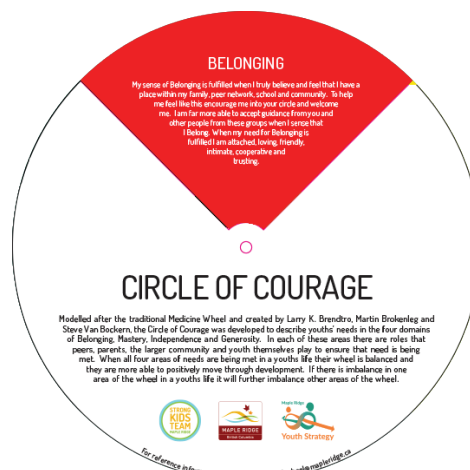
*Note: the wheel works best on thicker paper or card stock.*

1. Print pages 1 and 2 double-sided and cut into circle
2. Print page 3 (dark blue circle) single-sided and cut out the shape
3. Print page 4 (white) single-sided and cut out the shape
4. Place page 3 over page 1 (ages and stages) and page 4 on the opposite side, over page 2 (circle of courage)
5. Attach the three pages together through the centre hole with a brass fastener

*Here's what it should look like:*



*Side 1 (Ages and Stages)  
page 1 base, page 3 cover*



*Side 2 (Circle of Courage)  
page 2 base, page 4 cover*

# Page 1 (Ages & Stages base layer)



# Page 2 (Circle of Courage base layer)



## Page 3 (Ages & Stages cover layer)



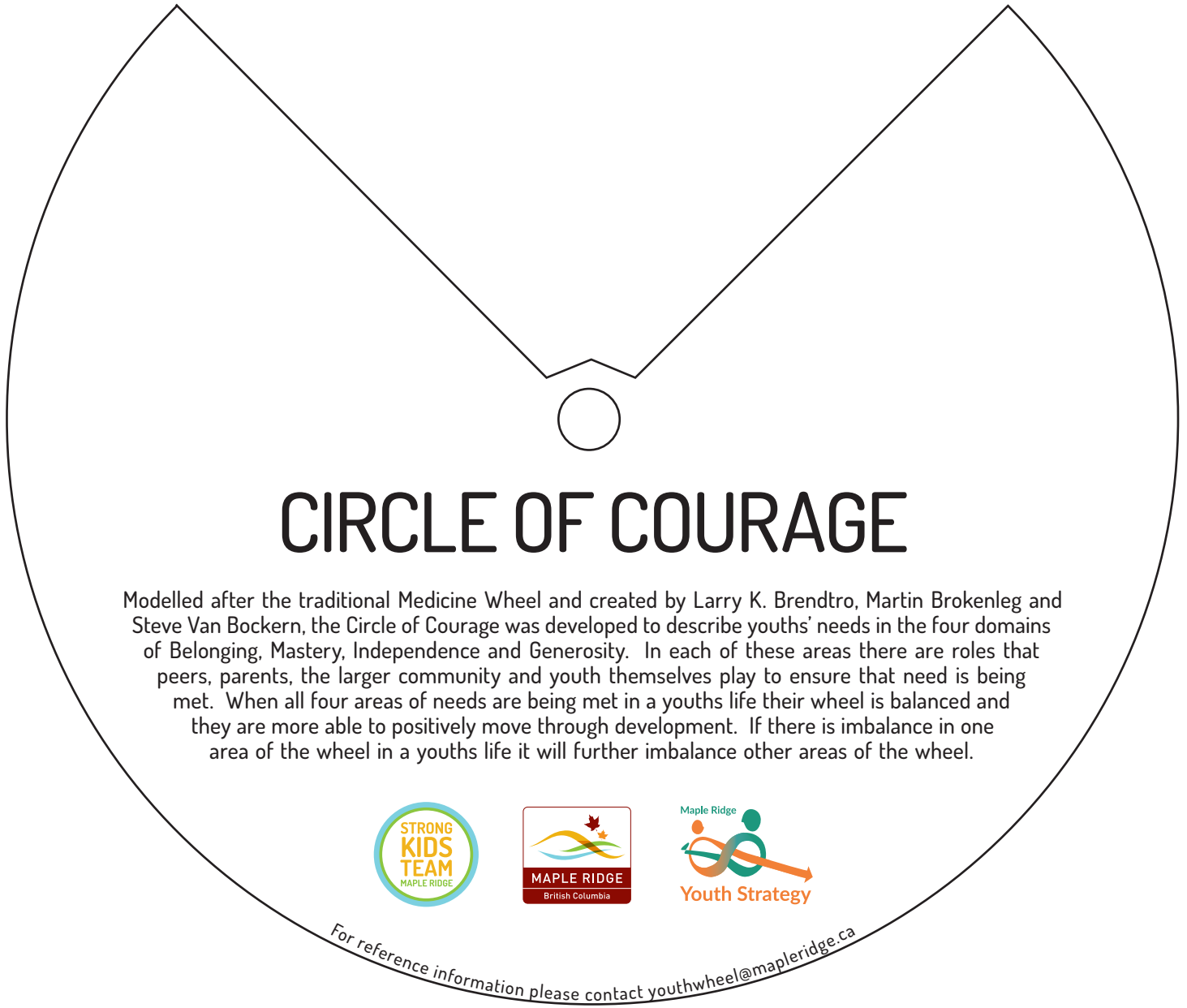
# YOUTH DEVELOPMENT & NEEDS WHEEL AGES & STAGES

This interactive tool was designed by youth and professionals from the Maple Ridge Youth Strategy Project. The intent is for youth, parents, caregivers and professionals to use the tool to better understand typical youth development in the three domains or areas of Physical Development, Psychological Development and Social Development. On the other side of this tool you will find information on the needs youth have to travel through their development in a positive way.

If you have any questions about your Physical, Psychological or Social Development or the development of a youth in your life please contact your family Doctor.

For reference information please contact [youthwheel@mapleridge.ca](mailto:youthwheel@mapleridge.ca)

# Page 4 (Circle of Courage cover layer)



## CIRCLE OF COURAGE

Modelled after the traditional Medicine Wheel and created by Larry K. Brendtro, Martin Brokenleg and Steve Van Bockern, the Circle of Courage was developed to describe youths' needs in the four domains of Belonging, Mastery, Independence and Generosity. In each of these areas there are roles that peers, parents, the larger community and youth themselves play to ensure that need is being met. When all four areas of needs are being met in a youths life their wheel is balanced and they are more able to positively move through development. If there is imbalance in one area of the wheel in a youths life it will further imbalance other areas of the wheel.



For reference information please contact [youthwheel@mapleridge.ca](mailto:youthwheel@mapleridge.ca)