

SPIN Volunteer Quick Guide to Independence

To be independent, young people must have confidence in their abilities and know how to use them in real-world situations. Independence grows by steps and begins with making small decisions that can turn into life-changing decisions. Your encouragement builds members' self-confidence. By exercising independence, young people learn self-discipline and responsibility, better understand themselves, and become independent thinkers.

Best Practices for Independence	Ways Volunteers Can Promote Independence
<ul style="list-style-type: none"> • SPIN clubs provide young people an opportunity to do something they are personally interested in. 	<ul style="list-style-type: none"> • Share your enthusiasm for the topic with your SPIN club members. • Involve them in hands-on learning. • Encourage them to ask questions, share what they are learning, and think about how they might use their knowledge in other areas of their lives.
<ul style="list-style-type: none"> • Young people need opportunities to practice independence in a safe environment. 	<ul style="list-style-type: none"> • Involve young people in decision-making. • Provide opportunities for young people to be responsible. There is a close link between independence and responsibility. Some examples are <ul style="list-style-type: none"> • Getting supplies and equipment ready. • Explaining directions to others who may need individual attention. • Leading an activity. • Demonstrating a process to others.
<ul style="list-style-type: none"> • Young people need your encouragement. 	<ul style="list-style-type: none"> • Praise is a powerful motivator. We all like to know we are doing well. Use praise liberally. • Encouragement is even more important when things are not going well. Encourage a young person who is struggling by offering suggestions or talking through their ideas for what might work.

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