



## **Youth Community**

Student's Name

Institutional Affiliation

Course

Instructor

Date

## **Youth Community**

### **Demographics of Youth?**

The client for the case is a 14-year-old African American teen from Louisiana who comes from a prosperous and financially stable family.

### **How Many Hours, Where, and When did you Meet?**

As a member of the Young Life Family group and advocate for the well-being of the youths, I met the client over the year and interacted with him thrice a month. So far, I have had 30 weeks and 60 hours of tenure with the client and the Young Life group.

### **What Were Some of the Obstacles the Youth was Faced with?**

The client has affirmed that he is facing issues with his parents, especially concerning his academics. Since he is not doing well in class and fails to match up with his family's expectations, he is viewed as the black sheep at home. His father, who has a successful career as a neurosurgeon, fails to understand why his son is performing bad in school. The client insists that there is a lot of pressure from his parents to study well and follow the "path of the family," an aspect that he finds impossible. He is not interested in undertaking a technical career path as his parents did but is willing to pursue a career in art and music.

On multiple occasions, the client has reiterated that he becomes the victim of mockery from his father, who tries to compare him with his younger sister. The comparison is often followed by laughter to irritate him, and the client says it makes him feel like an outsider. Moreover, the client claims that he always feels alone, is not interested in conversing with his friends and classmates, and opts to use some pill, which he did not explicitly reveal, to "blow out the steam" he is often subjected to. The client feels that the family is unfair to him and is opting to take an "alternative path."

### **What Were Some of the Solutions You Covered with Your Youth?**

Young Life Family is a community of youths who have issues with their teenage development in different spheres of life. As the group leader, I worked with the client to resolve his problems. We covered the aspect of him not feeling wanted by his family due to his low academic performance. First, we agreed that we must accept ourselves for who we are. Everyone has unique personalities and abilities, and we can never be the

same. The healing process started at this point, as I reassured him that he could not be forced to match others and that there was no need to fear anyone. I organized social activities geared towards interacting with others as I realized his social abilities had lowered. He participated in several group interactions, making him feel that he was part of our family and could share his experiences with his mates. I wish to transform the client into someone who accepts himself and does not give room for negative criticism. The Young Life youths played a critical role in ensuring that the client received the needed help, offering him a space to share his opinion. Our cooperation gave the client a chance to let go of the pain of mockery without engaging the pill he used to.

### **Did You Make any Progress? Yes, or no, and why?**

The interaction was successful, and positive progress was noted on the client's side. The client is more confident now and willing to interact with others and share his experiences and feelings. He shows self-acceptance as he makes friends with other people outside the group. In his career path, he is now willing to make a choice based on his interests and not on the family's decision. He talks of being a social worker upon completing his studies to take care of society.

### **The Importance of Social Support That a Juvenile Needs and how the Lack of Support Group Can Lead to Trouble in the Future, Such as Criminal and Mental**

Social support is an essential factor in the development of an adolescent, as it fosters and enhances their healthy growth, both socially and mentally. Youths are fragile individuals who need extra care when handled. At this stage of development, social affirmation is vital as it aids them in coping with any form of stress they may be subjected to, protecting them from psychological distress (Quinlan-Davidson et al., 2021). According to Benoit et al. (2022), the primary source of social support comes from the family, community, and intimate relationships young adults have, which is crucial in ensuring stability in the mental growth. In coping with stressful situations, adolescents can lower the risks associated with cardiovascular attacks, prolonging their lives (Çakar, 2020). Additionally, offering social support to teens strengthens their self-esteem, improving their capability to socialize and face the most difficult situations in their development courageously.

On the other hand, a lack of social support may lead to the isolation effect among juveniles, which might trigger unnecessary tension, depression, and anxiety. When a family, specifically the parents, fails to support their teens socially, they may end up distancing themselves from others and develop mental illnesses (Quinlan-Davidson et al., 2021). It is crucial to understand that mental and physical health are interconnected, and isolation from the family or community may result in negative consequences, as the teens may feel like they are not part of society.