What is YPAR?
Youth Participatory Action Research (YPAR) is an empowering research approach that positions young people as active contributors in social change.

**Youth**
- centers youth and their positive development at every stage of the research process
- recognizes, empowers, and integrates youth's unique knowledge to address community issues and generate equitable solutions

**Participatory**
- redefines who has the expertise to produce and use knowledge
- values the input and perspectives of all involved through collaborative working teams
- leads to relevant and impactful outcomes

**Action**
- expands the goal of the research beyond solely gathering information
- creates space for youth to actively advocate for positive change in their lives and communities
- uses research findings to initiate or support action through practical solutions and strategies

**Research**
- is an adaptive and flexible approach to research
- expands research practices to collaborate meaningfully with youth
- increases the rigor of research findings
- generates more effective solutions for issues that directly impact youth
- differs from traditional, top-down research approaches
YPAR is...
- an approach to research
- research that is done with participants
- hierarchy flattening and empowering
- context-specific and flexible
- achieved through a reflective cycle
- variable in participation levels
- intent on sharing power between researcher/researched

*time intensive + often unpredictable

YPAR is not...
- a specific method
- research that is done to participants
- a tool to maintain researcher vs. researched dynamic
- attempts to remove data from its context
- achieved through a sequence of linear steps
- rigid in roles and process
- an assumption that the researcher holds expert knowledge