

Y^N YPAR

R E S O U R C E

What is YPAR?



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

YOUTH

YPAR...

- ➔ 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

YPAR...

- ➔ 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

YPAR...

- ➔ 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

YPAR...

- ➔ 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