

Step-by-Step

Step 1

Mentor reviews the Sparks anchor paper and materials and introduces the concepts of a Spark and Spark Champion to youth. (Use *Tips for Helping Youth Find a Spark*, and *Spark Ideas*.)

Step 2

Youth completes the online Sparks Survey, *if* doing Step-It-Up-2-Thrive for the first time, *and* as needed in subsequent years. This survey helps youth determine whether or not they have a support, supports youth in finding and developing sparks, and ignites the youth-mentor conversation about Sparks & Sparks Champions.

Step 3

Mentor completes the Spark Quick Questions Survey online, to capture a baseline measurement for whether and how many sparks and spark champions a youth has.

Step 4

After working with youth on identifying or pursuing a spark for 5-9 months, mentor completes the Spark Quick Questions Survey again to capture any youth growth,

Intervention Technique

In the months ahead, after the youth has a goal, mentor continues to integrate sparks conversations into the goal management process, regardless of the thriving goal selected. Mentor shows youth movie clips from the *Sparks/Mindset DVD* and uses questions from the *DVD Guide* to further support youth reflection and application of these concepts.