

A person-centered approach to violence exposure in post-war Colombian youth:

Demographic covariates and positive youth development outcomes.

THE GIST: This study looked at how being exposed to violence and conflict affects young people in Colombia. While we know that experiencing violence is harmful, there hasn't been as much focus on the strengths that help youth cope and recover. Understanding these strengths is important for healing from long-term conflict and creating programs that support young people's growth in difficult environments. The study found that youth with high exposure to both community violence and armed conflict tended to have lower hope, educational goals, and social skills.

THE TAKEAWAY: The findings suggest that looking at violence exposure in a more personalized way can provide better insights into what can be done to help. It also highlights the need to adapt violence prevention efforts to different communities and emphasize resilience-building strategies to support youth in their recovery and development.