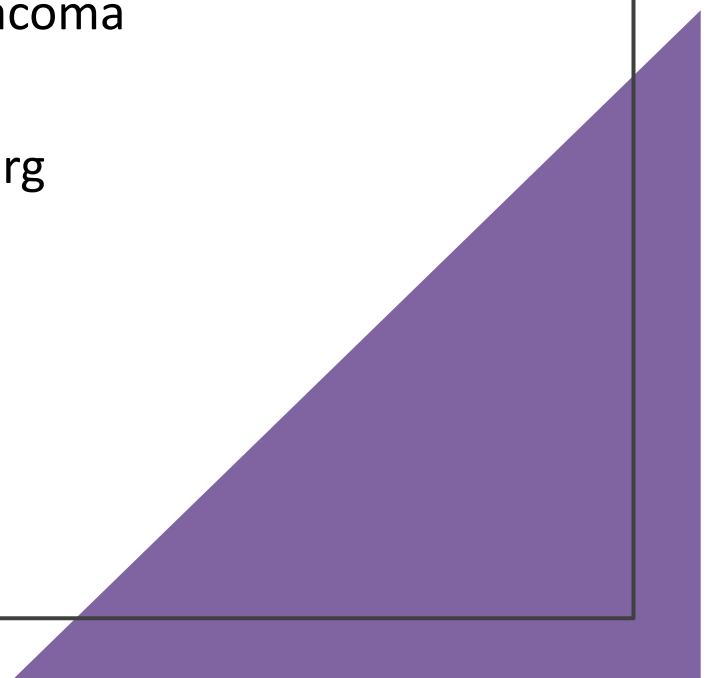


The Effects of Scouting on Adolescent Well-being

- Linda Watkins
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- Global Honors Capstone
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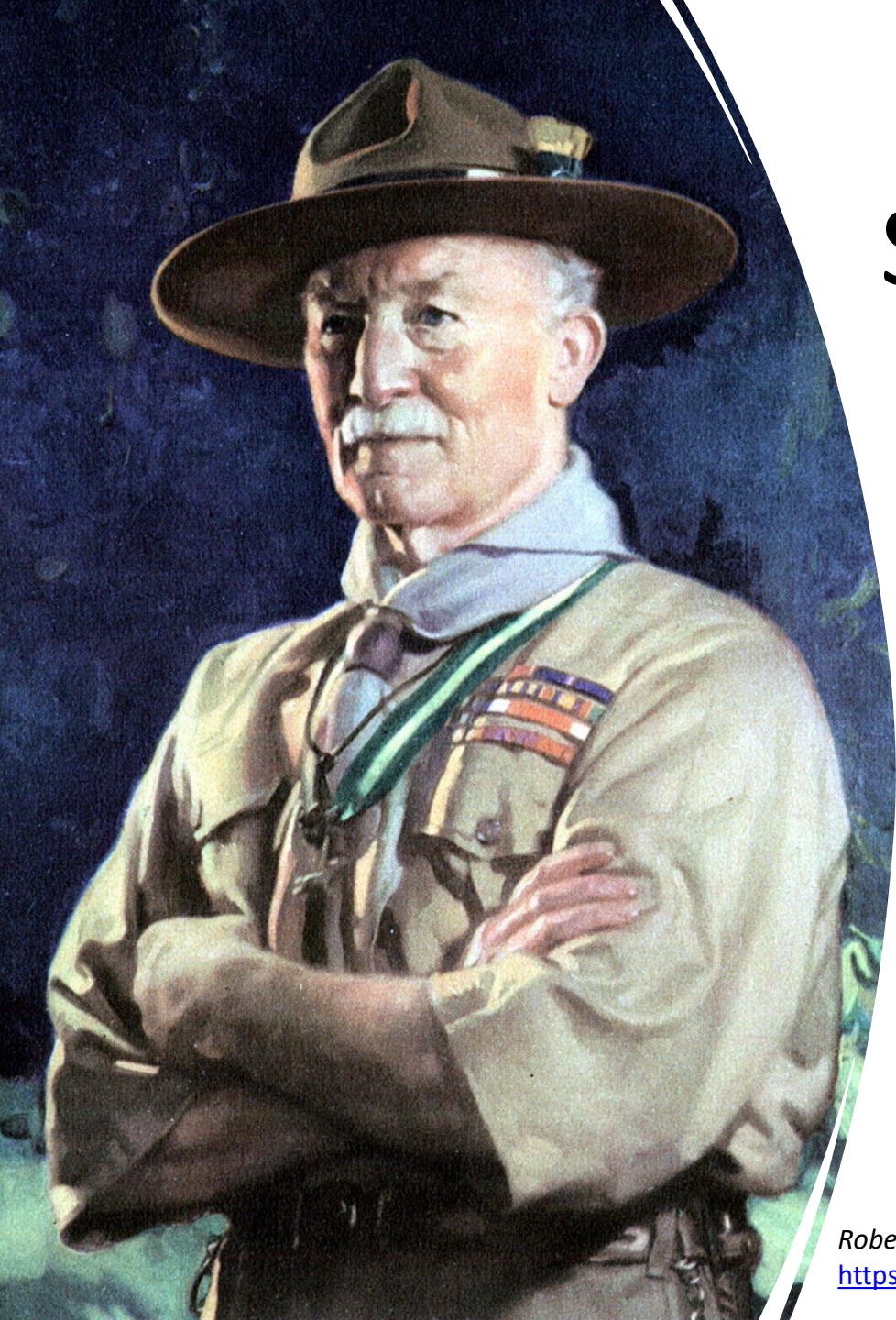
Why This Matters

- • Mental health challenges in youth
- • Role of Out-of-School-Time programs
- • Why focus on Scouting?



Guiding Questions

- 1. Impact on youth well-being?
- 2. Skills and Values Gained?
- 3. Cultural variations?
- 4. Global identity and purpose?



Scouting in a Global Context

-
- • Founded in 1907 by Robert Baden-Powell
 - • Present in 160+ countries
 - • 57M+ members
 - • Shared values: service, leadership, respect

Building Well-being (PERMA)

-  Positive emotions
-  Engagement
-  Relationships
-  Meaning
-  Accomplishment

Developmental Outcomes

Developmental Domain	Key Outcomes	Source(s)
Mental Health	Lower adult anxiety, improved coping	Dibben et al. (2017)
Emotional Intelligence	Better emotional regulation, empathy	Helms et al. (2021); Kirchhoff et al. (2024)
Leadership & Responsibility	Higher self-efficacy, ethical leadership	Mérac (2015); Linver et al. (2023)
Confidence & Grit	Resilience, perseverance through challenge	Duckworth (2016); Kirchhoff et al. (2024)
Social Belonging	Sense of inclusion and group identity	Kirchhoff et al. (2024); Helms et al. (2021)
Global Citizenship	Cross-cultural empathy, global awareness	WHO (2023); Scouts for SDGs

Dibben, C., Playford, C., & Mitchell, R. (2017). Be(ing) prepared: Guide and Scout participation, childhood social position and mental health at age 50—a prospective birth cohort study. *Journal of Epidemiology and Community Health*, 71(3), 275–281. <https://doi.org/10.1136/jech-2016-207898>

Kirchhoff, E., Keller, R., & Blanc, B. (2024). Empowering young people—The impact of camp experiences on personal resources, well-being, and community building. *Frontiers in Psychology*, 15, 1348050. <https://doi.org/10.3389/fpsyg.2024.1348050>

Linver, M. R., Urban, J. B., Les, E., Xue, X., & Nager, A. (2023). “The Greatest Experience Ever”: Benefits of Participation in High-Adventure Activities for Youth. *Youth*, 3(4), Article 4. <https://doi.org/10.3390/youth3040081>

Duckworth, A. (2016). *Grit: The power of passion and perseverance*. Scribner/Simon & Schuster

Leadership & Social Skills

- • Youth-led activities
- • Builds executive function and confidence
- • Eagle Scout project as capstone
- • Develops grit and resilience

Cultural Adaptation

Country	Scout Motto	Emphasis in Scout Law	Unique Program Feature	Environmental Focus
United States	Be Prepared	Trustworthiness, loyalty, reverence	Eagle Scout Rank, includes required global citizenship badge	Sustainability & Conservation MBs
Guatemala	Always Prepared	Patriotism, nature protection, humility	Inclusive of multiple social classes and creeds	Local community clean-ups
Georgia	Be Prepared	Nature care, perseverance, courtesy	Strong focus on national culture & teamwork	Environmental education
Canada	Be Prepared	Respect, helpfulness, responsibility	Scoutrees: 200,000 trees planted annually	Long-term reforestation program
Tunisia	Kun Musta'idan ("Be Prepared")	Brotherhood, loyalty, service	Emphasis on interfaith unity	Local sustainability education



Global Citizenship & Environmental Action

- • Scouts for SDGs, Earth Tribe
- • 2023 World Jamboree: 40,000+ youth
- • Youth-led solutions to global issues
- • Cultural exchange and action

Challenges in the Movement

- Gender inclusion
- Cultural relevance
- Child safety reforms
- Need for trust, accountability



A Holistic Impact

- • Mental health, leadership, empathy, global awareness
- • Adapts across cultures
- • Not perfect, but impactful
- • Youth are learning to lead and care

A scenic landscape featuring a calm body of water in the foreground, reflecting the warm light of a sunset. In the background, a range of dark, silhouetted mountains stretches across the horizon. The sky is filled with soft, golden clouds, and the overall atmosphere is peaceful and serene.

Thank You