

YOUTH THRIVE™

PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING

Youth Thrive Protective and Promotive Factors:

Factors that both mitigate risk and enhance healthy development and well-being for youth.

<p>Youth Resilience</p>	<p>Internal, adaptive traits that evolve from youths’ positive or adverse life experiences, and that enable youth to survive and thrive:</p> <ul style="list-style-type: none"> ▪ positive identity, positive self-concept ▪ self-worth ▪ self-compassion ▪ sense of competence and self-efficacy ▪ sense of personal responsibility ▪ autonomy ▪ timely help-seeking ▪ belief in one’s ability to influence the environment positively ▪ self-advocacy ▪ healthy coping
<p>Social Connections</p>	<ul style="list-style-type: none"> ▪ Physically and emotionally safe, stable and supportive environments including equitable schools, communities and social institutions ▪ Healthy, supportive, caring relationships with family and other adults who provide positive advice; promote high expectations; and set developmentally appropriate limits, rules and monitoring ▪ Healthy, supportive, caring relationships with peers and intimate partners ▪ Opportunities for constructive engagement in family, school, community and social institutions
<p>Knowledge of Adolescent Development</p>	<ul style="list-style-type: none"> ▪ Youth and adults have accurate information about youth biopsychosocial and cognitive development, including the impact of trauma ▪ Youth and adults have accurate information about preventing negative outcomes for youth (e.g., substance abuse, pregnancy, suicide, gang involvement) ▪ Youth and adults recognize that all youth have strengths and capacities
<p>Concrete Support in Times of Need</p>	<ul style="list-style-type: none"> ▪ Opportunities for additional skill building (e.g., tutoring, counseling) ▪ Crisis assistance (e.g., mental health, substance abuse, intimate partner violence, health, housing, workforce development, legal, recreation, respite) ▪ Psychoeducational assistance (e.g., cognitive, behavioral and academic assessment and services)
<p>Cognitive and Social-Emotional Competence</p>	<p>Youth engage in behaviors that promote healthy biopsychosocial and cognitive development, including:</p> <ul style="list-style-type: none"> ▪ exercising self-regulation and impulse control ▪ building critical thinking, planning, decision-making, conflict-resolution and communication skills ▪ displaying a sense of right and wrong ▪ understanding one’s personal developmental history and needs ▪ committing to realistic, productive goals, positive work habits, activities, values and beliefs ▪ experiencing positive emotions (e.g., joy, love, hope, optimism, trust, faith) ▪ demonstrating character strengths (e.g., respect, compassion, integrity) ▪ identifying productive interests and seeking to excel ▪ forming and sustaining healthy relationships ▪ engaging in positive risk-taking ▪ avoiding drugs, alcohol and risky sexual activity ▪ building essential life skills (e.g., financial management, self-care, home maintenance) ▪ deepening cultural knowledge ▪ exploring spirituality ▪ consuming nutritious foods and exercising within one’s physical means