

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