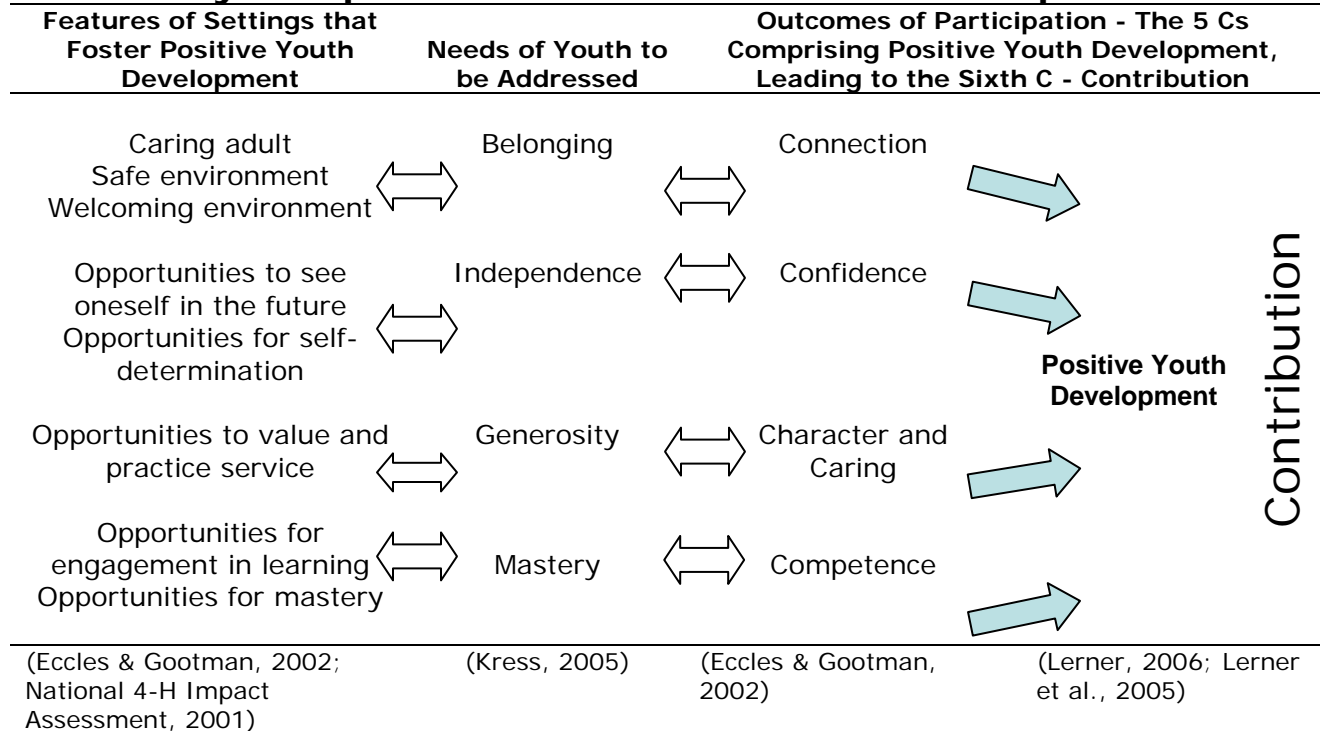


Key Components of Positive Youth Development



Source: Cochran, G., Arnett, N., & Ferrari, T. M. (In press). Adventure Central: Applying the “demonstration plot” concept to youth development. *Journal of Higher Education Outreach and Engagement*.

How do the components relate?

When certain features are in place, youth programs are in a better position to meet needs. When needs are met, then desired outcomes of participation are more likely to be achieved.

Developmental Goals – Outcomes of Participation

Developmental goals, or outcomes, provide a framework for guiding the actions of youth development professionals.

The Five Cs

- Connection – engaging in social relations with adults, peers, and younger children
- Confidence – possessing the self-assuredness to act effectively
- Character – possessing qualities that enable one to act in a way that is right, just, and good
- Caring – demonstrating concern for others
- Competence – possessing knowledge and skills that enable one to function effectively

The 6th C - When the other five Cs are in place, a sixth C, contribution, emerges.

Contribution – Using the 5 Cs to benefit others, not just for self-centered purposes.

All Youth Need...

- To know they are connected to and cared about by others...*Belonging*
- To feel they are capable and successful and can successfully meet challenges...*Mastery*
- To learn to make good choices and influence others...*Independence*
- To become active and engaged citizens and practice helping others...*Generosity*

Features or Elements of Positive Developmental Settings

The people who manage youth programs need to optimize these features within their programs to ensure a positive experience for young people.

- Opportunities to form relationships with caring adults
- Provide a safe environment
- Provide a welcoming environment
- Opportunities for engagement in learning
- Opportunities to develop mastery
- Opportunities for self-determination
- Opportunities to see oneself in the future
- Opportunities to value and practice service

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