



# YOUTH THRIVE™

Resilience	<p><b>Parental Resilience:</b>  <u>Families bounce back.</u>          Managing stress and getting through it when faced with challenges, adversity and trauma</p>	<p><b>Youth Resilience:</b></p> <ul style="list-style-type: none"> <li>• Ability to survive and thrive in the face of positive and/or adverse experiences</li> <li>• Self-confidence, personal responsibility, and self-compassion</li> <li>• Positive self-concept, help-seeking and proactive coping strategies</li> </ul>
Social Connections	<p><b>Social Connections:</b>  <u>Families have friends they can count on.</u>          Having positive relationships that provide emotional, informational and spiritual support</p>	<p><b>Social Connections:</b></p> <ul style="list-style-type: none"> <li>• Healthy, supportive, caring relationships with adults and peers</li> <li>• Opportunities for constructive engagement in school and community</li> <li>• Positive social networks</li> </ul>
Concrete Supports	<p><b>Concrete Supports:</b>  <u>Families get assistance to meet basic needs.</u>          Access to resources that address a family's basic needs and minimize stress caused by challenges</p>	<p><b>Concrete Supports:</b></p> <ul style="list-style-type: none"> <li>• Access to resources and supports (e.g., skill building, crisis support, housing)</li> <li>• Resourceful and seeking help when needed</li> <li>• Ability to navigate through service systems</li> <li>• Being treated respectfully and with dignity when seeking and receiving services</li> </ul>
Knowledge of Development	<p><b>Knowledge of Child Development:</b>  <u>Families learn how their children grow and develop.</u> Understanding child development and parenting strategies that advance physical, cognitive, language, social and emotional development</p>	<p><b>Knowledge of Adolescent Development:</b></p> <ul style="list-style-type: none"> <li>• Ability to identify and reflect on own strengths</li> <li>• Clear understanding of youth development (youth and those who work with youth)</li> <li>• Seeking, acquiring and using accurate information about physical and emotional changes that occur during puberty, one's culture, essential life skills, etc.</li> </ul>
Developmental Competence	<p><b>Social and Emotional Competence</b>  <u>Families teach children how to have healthy relationships.</u> Family and child interactions that help children develop the ability to recognize, communicate, and regulate their emotions</p>	<p><b>Social, Emotional, Behavioral, Intellectual and Moral Competence:</b></p> <ul style="list-style-type: none"> <li>• Ability to regulate emotions and control impulses</li> <li>• Critical thinking, planning, decision-making, conflict-resolution and communication skills</li> <li>• Experiencing positive emotions (e.g., joy, optimism, faith)</li> <li>• Taking responsibility for oneself and one's decisions</li> </ul>
Nurturing and Attachment	<p><b>Nurturing and Attachment</b>  <u>Families ensure children feel loved and safe.</u> A child's early experience of being nurtured and developing a bond with a caring adult</p>	<p><i>Nurturing and Attachment in early development sets the foundation for <b>Social, Emotional, Behavioral, Intellectual and Moral Competence</b> in Youth.</i></p>

# A Protective/Promotive Factors Frame Across Development

When children are young, the family environment is very important. That's why Strengthening Families emphasizes parents' protective factors as a pathway to children's well-being.



## YOUTH THRIVE PROTECTIVE & PROMOTIVE FACTORS

- Youth Resilience
- Social Connections
- Knowledge of Adolescent Development
- Concrete Support in Times of Need
- Cognitive and Social-Emotional Competence in Youth

## STRENGTHENING FAMILIES PROTECTIVE FACTORS

- Parental Resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social and Emotional Competence of Children



As children grow, their own sense of self and experiences in family, peer, school and community contexts are very important. Youth Thrive emphasizes protective and promotive factors as a pathway to well-being during adolescence and in the transition to adulthood.

