

Promoting Positive Youth Outcomes

Competence

Having ability and motivation...

- **Civic and social:** To work collaboratively with others for the larger good, and to sustain caring friendships and relationships with others.
- **Cultural:** To respect and affirmatively respond to differences among groups and individuals of diverse backgrounds, interests, and traditions.
- **Physical health:** To act in ways that best ensure current and future physical health for self and others.
- **Emotional health:** To respond affirmatively and to cope with positive and adverse situations, to reflect on one's emotions and surroundings, and to engage in leisure and fun.
- **Intellectual:** To learn in school and in other settings; to gain basic knowledge needed to graduate high school; to use critical thinking, creative, problem-solving and expressive skills; and to conduct independent study.
- **Employability:** To gain the functional and organizational skills necessary for employment, including an understanding of careers and options and the steps necessary to reach goals.

Confidence

- Having a sense of mastery and future: being aware of one's progress in life and having expectations of continued progress in the future
- Having a sense of self-efficacy: being able to contribute and to perceive one's contributions as meaningful

Character

- Having a sense of responsibility and autonomy: accountability for one's conduct and obligations; independence and control over one's life
- Having a sense of spirituality and self-awareness
- Having an awareness of one's own personality or individuality

Connection

- Membership and belonging: being a participating member of a community, being involved in at least one lasting relationship with another person
- Having a sense of safety and structure: being provided adequate food, shelter, clothing, and security, including protection from injury and loss

Contribution

- Being involved as active participant and decision maker in services, organizations and community

Adapted from Karen Pittman et al, 2000 and 2005