



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Eight Keys to Thriving Youth

Everyone agrees that it's important for kids and teens to thrive. But what does thriving really mean? One way to think about thriving is whether a young person agrees with the statements at the left side of the table. Each statement is linked to a "key to thriving," which represents a **developmental asset** category.

What young person feels

Key to thriving

**I mean something to the people in my world.**

**Support**

**I make a difference in the world.**

**Empowerment**

**I know what's expected of me and what behaviors are "in bounds" and "out of bounds."**

**Boundaries and Expectations**

**I have balance in my life between activities that challenge me and activities that refresh me.**

**Constructive Use of Time**

**I like to learn new things.**

**Commitment to Learning**

**I try my best to "do the right thing," and I believe it's important to help others.**

**Positive Values**

**I know how to make good choices and build positive relationships.**

**Social Competencies**

**I feel good about myself and I have a bright future.**

**Positive Identity**

To help kids and teens thrive, use every interaction with young people as an opportunity to make sure young people believe that these statements are true for them.