THE 5 C'S OF POSITIVE YOUTH DEVELOPMENT

CONNECTION

A feeling of safety, structure, and belonging; positive bonds with people and social institutions

CONFIDENCE

A sense of self-worth and mastery; having a belief in one's capacity to succeed

COMPETENCE

The ability to act effectively in school, in social situations, and at work

Effective youth engagement is not just about "fixing" behavior problems. It's about building and nurturing "all the beliefs, behaviors, knowledge, attributes and skills that result in a healthy and productive adolescence and adulthood.1" This approach from Karen Pittman is supported by resiliency research as well as the emergence of 40 Developmental Assets identified by the Search Institute. The 5 C's is a framework for understanding positive youth development outcomes².

CHARACTER

Taking responsibility;
a sense of independence
and individuality;
connection to principles
and values

CONTRIBUTION

Active participation and leadership in a variety of settings; making a difference

CARING*

Sympathy and empathy for others; commitment to social justice

* In his 2007 book "The Good Teen," Richard M. Lerner included this additional outcome



- New York State Advancing Youth Development Partnership. (2006).
- ² Pittman, K., Irby, M., Tolman, J., N. Yohalem, N., &; Ferber, T. (2003). Preventing Problems, Promoting Development, Encouraging Engagement. Forum for Youth Investment.