

# Positive Youth Outcomes – 6 Cs

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## 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 cope with positive and adverse situations, reflect on one's emotions and surroundings, and engage in leisure and fun.
- **Intellectual:** To learn in school and in other settings; gain basic knowledge needed to graduate from high school; use critical-thinking, creative, problem-solving, and expressive skills; and conduct independent study.
- **Employability:** To gain the functional and organizational skills necessary for employment, including an understanding of career 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 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.

## Caring

- Having a sense of sympathy and empathy for others; commitment to social justice.

## 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.

## References

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Lerner, R. (2007). *The Good Teen*. New York: Crown.