

Developmental Youth Outcomes

Aspects of Identity: Young people demonstrate a positive identity when they have a sense of personal well-being and a sense of connection and commitment to others.

- Safety and Structure: a perception that one is safe in the world and that daily events are somewhat predictable
- Self-Worth: a perception that one is a "good person" who contributes to self and others
- Mastery and Future: a perception that one is "making it" and will succeed in the future
- Belonging and Membership: a perception that one values and is valued by others in the family and in the community
- Responsibility and Autonomy: a perception that one has some control over daily events and is accountable for one's own actions and for the consequences on others
- Self-Awareness and Spirituality: a perception that one is unique and is intimately attached to extended families, cultural groups, communities, higher deities and/or principles

Developmental Youth Outcomes

Areas of Ability: Young people demonstrate ability when they gain knowledge, skills and attitudes that prepare them for adulthood.

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

Developmental Youth Outcomes Indicators

ASPECTS OF IDENTITY

Safety and Structure:

- Feels safe at home
- Feels safe at school
- Perceives predictability of key aspects of life

Self-Worth:

- Has positive self-concept: "I'm okay."
- Able to identify three things that one likes about oneself
- Able to cite three satisfying accomplishments
- Perceives that one is liked and respected by others
- Demonstrates a healthy sense of humor

Mastery and Future:

- Perceives ability to learn, accomplish and contribute
- Able to identify three future goals and how to attain them
- Able to identify three recent accomplishments
- Perceives ability to survive into future
- Perceives ability to thrive in future

Belonging and Membership:

- Has one or more close friends
- Interacts easily with peers
- Forms mutually supportive relationships with family members
- Perceives belonging to a family
- Perceives ability to thrive in future

Responsibility and Autonomy:

- Consistently takes responsibility for own actions
- Shows respect for others
- Shows compassion for others
- Does not lie or cheat
- Understands difference between right and wrong

from AED/Center for Youth Development Policy Research

BEST Initiative

The Medical Foundation

Developmental Youth Outcomes Indicators

Spirituality and Self-Awareness:

- Identifies with cultural group, higher deity
- Believes that one is unique, with unique personal characteristics
- Regularly attends church, mosque, synagogue or other institution
- Understands, appreciates and reflects on own emotions
- Expresses own ideas and opinion

AREAS OF ABILITY

Physical Health:

- Able to perform daily tasks
- Weight proportionate to height
- Low incidence of illness
- Accesses helping resources
- Eats healthy diet
- Exercises regularly
- Abstains from alcohol, tobacco and other drugs
- Abstains from sex or regularly uses contraceptives

Mental Health:

- Regularly engages in recreation
- Has hobbies
- Identifies, pursues constructive alternatives to stressful situations
- Demonstrates coping skills
- Demonstrates conflict resolution skills

Intellectual Ability:

- Consistently attends school
- Communicates well orally and in writing
- Able to apply core concepts from studies to daily life
- Plans, solves problems and makes decisions

Developmental Youth Outcomes Indicators

Employability:

- Schedules time and plans ahead
- Works collaboratively with others
- Understands and operates effectively within systems
- Monitors and corrects performance
- Chooses and applies technologies appropriate to task

Civic and Social:

- Demonstrates ethical behaviors toward others
- Takes responsibility for own actions and their consequences
- Manages interpersonal conflict
- Regularly makes contributions to individuals and organizations
- Reflects on and refines own values

Cultural Ability:

- Identifies with cultural group
- Has one or more close friends of different race or ethnicity
- Listens to and respects opinions and needs of others
- Appreciates / respects differences among individuals and groups