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

**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*

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