




# Portrait of a Thriving Youth



## *Skills & Competencies*

## Examples Of Domain-Specific Knowledge, Skills & Competencies

Adolescent thriving within each domain requires access to opportunities to develop the kinds of knowledge, skills, and competencies listed on this chart. No one program, setting, or system can (or should) be responsible for all these aspects of thriving but in each adolescent's ecosystem, opportunities to cultivate this set of knowledge, skills, and competencies should be available.

Domain	Examples of Developing Knowledge, Skills, & Competencies	
 <b>Health: Physical</b>	<i>Establishing healthy physical behaviors</i>	<ul style="list-style-type: none"><li>▶ Learn what the body needs and how it will change throughout puberty</li><li>▶ Move and exercise in healthy ways</li><li>▶ Practice healthy diet and eating habits</li><li>▶ Ensure one gets enough sleep and rest</li><li>▶ Understand and establish self-care and personal hygiene practices</li><li>▶ Learn how to manage one's own health conditions and monitor health risks</li></ul>
 <b>Health: Mental</b>	<i>Developing psychological &amp; social well-being</i>	<ul style="list-style-type: none"><li>▶ Positive sense of self-worth</li><li>▶ Develop and maintain healthy relationships and support</li><li>▶ Ability to recognize and manage stress and anxiety</li><li>▶ Strategies for coping with stress, challenges, and setbacks</li></ul>
 <b>Cognition</b>	<i>Acquiring the skills, knowledge, &amp; abilities to achieve goals &amp; objectives</i>	<ul style="list-style-type: none"><li>▶ Learn how to learn</li><li>▶ Foster curiosity and critical thinking</li><li>▶ Apply learning/transfer to new settings</li><li>▶ Ability to make healthy and safe decisions</li><li>▶ Build capacity for self-reflection</li><li>▶ Increase executive functioning skills</li></ul>

## Identity

*Exploring identities and figuring out who they are now & who they want to be*

- ▶ Explore and reflect on one's sense of self as an individual
- ▶ Explore and reflect on how collective identities fit into one's sense of self
- ▶ Establish a sense of self-worth and positive self-image

## Meaning & Purpose

*Exploring how to meaningfully connect & contribute to the world around them*

- ▶ Seek diversity of perspectives
- ▶ Increase civic consciousness and a broad world view
- ▶ Explore personal interests
- ▶ Tap into personal agency and autonomy
- ▶ Develop character traits and tap into a moral compass
- ▶ Explore one's own values and beliefs

## Emotion

*Identifying emotions & how to manage them in positive ways*

- ▶ Understand and practice empathy
- ▶ Ability to self-regulate
- ▶ Know when to practice humility
- ▶ Learn to be pragmatic and adapt when needed
- ▶ Ability to express emotions that are relevant to the setting/experience

## Social

*Developing trusting & reliable relationships & navigating diverse social contexts*

- ▶ Knowledge of social norms and the skills to address them
- ▶ Respect and appreciation for self and others
- ▶ Versatile communication skills
- ▶ Knowledge of, engagement with, and safe navigation of social media technologies
- ▶ Develop conflict resolution skills
- ▶ Demonstrate respect and appreciation for self and others
- ▶ See others' points of view