





*Acquiring the skills, knowledge, & abilities to achieve goals & objectives*

- ▶ Fostering curiosity and critical thinking
- ▶ Building capacity for self-reflection
- ▶ Applying learning to new settings

1: Not a priority   2: Low priority   3: Priority but we are not doing it well   4: Priority with many of the supports in place   5: Priority with a robust set of support in place



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

- ▶ Exploring and reflecting on one's self as an individual
- ▶ Exploring and reflecting on how collective identities fit into one's sense of self
- ▶ Establishing a sense of self-worth and positive self-image

1: Not a priority   2: Low priority   3: Priority but we are not doing it well   4: Priority with many of the supports in place   5: Priority with a robust set of support in place



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

- ▶ Seeking diversity of perspectives
- ▶ Exploring personal interests
- ▶ Developing character and tapping into a moral compass

1: Not a priority   2: Low priority   3: Priority but we are not doing it well   4: Priority with many of the supports in place   5: Priority with a robust set of support in place



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

- ▶ Being able to self-regulate
- ▶ Expressing emotions that are relevant to a setting or experience
- ▶ Understanding and practicing empathy

**1:** Not a priority   **2:** Low priority   **3:** Priority but we are not doing it well   **4:** Priority with many of the supports in place   **5:** Priority with a robust set of support in place



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

- ▶ Knowing social norms and having the skills to address them
- ▶ Knowing how to engage with and manage the safe navigation of social media
- ▶ Demonstrating respect and appreciation for self and others

**1:** Not a priority   **2:** Low priority   **3:** Priority but we are not doing it well   **4:** Priority with many of the supports in place   **5:** Priority with a robust set of support in place

## Reflection Questions

1. For the domains that you indicated are a priority with a robust set of supports in place (rating = 5), what are those key supports that you could potentially tap into to improve in other domains? Consider: resources, professional development/training, staffing, organizational policies, partnerships, advocacy, political will.
2. For the domains that you indicated are a priority but without a robust set of supports (rating = 3 or 4), what are the barriers you are facing to improving support in those areas? Consider: resources, professional development/training, staffing, organizational policies, partnerships, advocacy, political will.
3. For the domains that you indicated were not a priority or a low priority, do you think you should make them a priority for your work? What would it take to do that? Consider: resources, professional development/training, staffing, organizational policies, partnerships, advocacy, political will.
4. For those areas that you indicated are not a priority, are there other programs in your community that address those areas? If so, could you build partnerships with such organizations to refer youth who might benefit from such a focus?

