



Universal Youth Needs

Young People demonstrate a positive identity when they have a sense of personal well-being and a sense of connection and commitment to others

1. Safety and Structure

A perception that one is safe in the world and that daily events are somewhat predictable

2. Belonging and Membership

A perception that one values, and is valued by others in the family and in the community

3. Self-Worth and Ability to Contribute

A perception that one is a “good person” who contributes to self and others

4. 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

5. Independence and Control Over One’s Life

A perception that one has control over daily events and is accountable for one’s own actions and for the consequences one’s actions have on others

6. A Close Lasting Relationship with at least One Adult

A perception that one has a strong and stable relationship with an adult

7. Competence and Mastery

A perception that one is building skills and that one is “making it” and will succeed in the future