

## The Developmental Relationships Framework

Young people are more likely to grow up successfully when they experience developmental relationships with important people in their lives. Developmental relationships are close connections through which young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them. Search Institute has identified five elements—expressed in 20 specific actions—that make relationships powerful in young people's lives.

		Elements	Actions	Definitions
<b>€</b>	1.	Express Care Show me that I matter to you.	Listen Believe in me Be warm	Be someone I can trustReally pay attention when we are togetherMake me feel known and valuedShow me you enjoy being with mePraise me for my efforts and achievements.
	2.	Challenge Growth Push me to keep getting better.	Stretch Hold me accoun	tExpect me to live up to my potentialPush me to go further. ntableInsist I take responsibility for my actions. resHelp me learn from mistakes and setbacks.
	3.	Provide Support Help me complete tasks and achieve goals.	Empower Advocate	
448	4.	Share Power Treat me with respect and give me a say.	Include me Collaborate	Take me seriously and treat me fairlyInvolve me in decisions that affect meWork with me to solve problems and reach goalsCreate opportunities for me to take action and lead.



- 5. Expand Possibilities
  Connect me with
  people and places that
  broaden my world.
- Inspire......Inspire me to see possibilities for my future.

  Broaden horizons......Expose me to new ideas, experiences, and places.

  Connect......Introduce me to people who can help me grow.

NOTE: Relationships are, by definition, bidirectional, with each person giving and receiving. So each person in a strong relationship both engages in and experiences each of these actions. However, for the purpose of clarity, this framework is expressed from the perspective of one young person.