

# Developmental Relationships

## Express Care

**Show me that I matter to you.**

**Be dependable**

Be someone I can trust

**Listen**

Really pay attention when we are together

**Believe in me**

Make me feel known and valued

**Be warm**

Show me you enjoy being with me

**Encourage**

Praise me for my efforts and achievements



## Challenge Growth

**Push me to keep getting better.**

**Expect my best**

Expect me to live up to my potential

**Stretch**

Push me to go further

**Hold me accountable**

Insist I take responsibility for my actions

**Reflect on failures**

Help me learn from mistakes and setbacks



## Provide Support

**Help me complete tasks and achieve goals.**

**Navigate**

Guide me through hard situations and systems

**Empower**

Build my confidence to take charge of my life

**Advocate**

Stand up for me when I need it

**Set boundaries**

Put limits in place that keep me on track



## Share Power

**Treat me with respect and give me a say.**

**Respect me**

Take me seriously and treat me fairly

**Include me**

Involve me in decisions that affect me

**Collaborate**

Work with me to solve problems and reach goals

**Let me lead**

Create opportunities for me to take action and lead



## Expand Possibilities

**Connect me with people and places that broaden my world.**

**Inspire**

Inspire me to see possibilities for my future

**Connect**

Introduce me to people who can help me grow

**Broaden horizons**

Expose me to new ideas, experiences, and places



## The Framework

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, 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. Just as trees rely on a system of roots to support and nourish them, young people need to experience developmental relationships in their families, schools, programs, and communities. However, too many young people miss these opportunities due to bias, prejudice, and systemic exclusion based on their race, ethnicity, income, gender, sexual orientation, abilities, or other differences. Together, we can ensure that every young person experiences the developmental relationships they need to thrive.

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