



Reflection Activity

DEVELOPMENTAL YOUTH OUTCOME INDICATORS

Below is the list of Developmental Youth Outcomes with a series of “indicators” below each outcome (adapted from the Academy for Educational Development (AED) by Health Resources in Action). Indicators are the attitudes and actions that demonstrate to us that a young person is building a specific outcome.

Review the list of outcomes and indicators

Circle the outcomes that your program or coalition helps youth to build.

Within those outcomes, circle the indicators you see youth in your program demonstrate.

Aspects of Identity



SAFETY & STRUCTURE

- Feels safe at home
- Feels safe at school
- Perceives predictability in of key aspects of life



SELF-WORTH

- Has positive self-concept: “I’m okay”
- Able to identify three things that one likes about oneself
- Able to cite three satisfying accomplishments
- Perceives that one is liked and respected by others
- Demonstrates a healthy sense of humor



MASTERY & FUTURE

- Perceives ability to learn, accomplish, and contribute
- Able to identify three future goals and how to attain them
- Able to identify three recent accomplishments
- Perceives ability to survive into future
- Perceives ability to thrive in future



BELONGING & MEMBERSHIP

- Has one or more close friends
- Interacts easily with peers
- Forms mutually supportive relationships with family members
- Perceives belonging to a family
- Perceives ability to thrive in future



RESPONSIBILITY & AUTONOMY

- Consistently takes responsibility for own actions
- Shows respect for others
- Shows compassion for others
- Does not lie or cheat
- Understands difference between right and wrong



SPIRITUALITY & SELF-AWARENESS

- Identifies with cultural group, higher deity
- Believes that one is unique, with unique personal characteristics
- Regularly attends church, mosque, synagogue or other institution
- Understands, appreciates and reflects on own emotions
- Expresses own ideas and opinions

Areas of Ability



PHYSICAL HEALTH

- Able to perform daily tasks
- Weight proportionate to height
- Low incidence of illness
- Accesses helping resources
- Eats healthy diet
- Exercises regularly
- Abstains from alcohol, tobacco, and other drugs
- Abstains from sex or regularly uses contraceptives



MENTAL HEALTH

- Regularly engages in recreation
- Has hobbies
- Identifies, pursues constructive alternatives to stressful situations
- Demonstrates coping skills
- Demonstrates conflict resolution skills



INTELLECTUAL ABILITY

- Consistently attends school
- Communicates well orally and in writing
- Able to apply core concepts from studies to daily life
- Plans, solves problems, and makes decisions



EMPLOYABILITY

- Schedules time and plans ahead
- Works collaboratively with others
- Understands and operates effectively within systems
- Monitors and corrects performance
- Chooses and applies technologies appropriate to task



CIVIC AND SOCIAL

- Demonstrates ethical behaviors toward others
- Takes responsibility for own actions and their consequences
- Manages interpersonal conflict
- Regularly makes contributions to individuals and organizations
- Reflects on and refines own values



CULTURAL ABILITY

- Identifies with cultural group
- Has one or more close friends of different race or ethnicity
- Listens to and respects opinions and needs of others
- Appreciates / respects differences among individuals and groups