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| ***Young people are more likely to grow up successfully***  ***when they experience developmental relationships***  ***﻿with important people in their lives.***  ﻿  **Search Institute has identified five elements, expressed in 20 specific actions,**  **﻿that make relationships powerful in young people's lives.** |
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| **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 in place limits 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. * Broaden horizons: Expose me to new ideas, experiences, and places. * Connect: Introduce me to people who can help me grow.﻿   Copyright 2017 Search Institute, Minneapolis, MN, www.search-institute.org. May be reproduced for nonprofit, educational use. |