



## DEVELOPMENTAL RELATIONSHIPS

### 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. Ensuring that every young person experiences the developmental relationships they need is a vital challenge for the 21st century.

The Developmental Relationships Framework was developed by Search Institute, Minneapolis, MN; 800-888-7828; [www.searchinstitute.org](http://www.searchinstitute.org).

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### EXPRESS CARE

*Show me that I matter to you.*

**Be dependable**  
*Be someone I can trust*

**Be warm**  
*Show me you enjoy being with me*

**Listen**  
*Really pay attention when we are together*

**Encourage**  
*Praise me for my efforts and achievements*

**Believe in me**  
*Make me feel known and valued*



### CHALLENGE GROWTH

*Push me to keep getting better.*

**Expect my best**  
*Expect me to live up to my potential*

**Hold me accountable**  
*Insist I take responsibility for my actions*

**Stretch**  
*Push me to go further*

**Reflect on failures**  
*Help me learn from mistakes and setbacks*



### PROVIDE SUPPORT

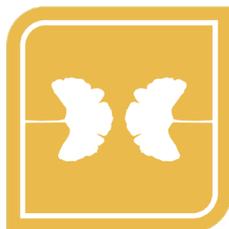
*Help me complete tasks and achieve goals.*

**Navigate**  
*Guide me through hard situations and systems*

**Advocate**  
*Stand up for me when I need it*

**Empower**  
*Build my confidence to take charge of my life*

**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*

**Collaborate**  
*Work with me to solve problems and reach goals*

**Include me**  
*Involve me in decisions that affect me*

**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*