

Portrait of a Thriving Youth

Identity

- Exploring & reflecting on one's self as an individual
- Exploring & reflecting on how collective identities fit into one's sense of self
- Establishing a sense of self-worth & positive self-image

Meaning & Purpose

- Seeking diversity of perspectives
- Exploring personal interests
- Developing character & tapping into a moral compass

Cognition

- Fostering curiosity & critical thinking
- Building capacity for self-reflection
- Applying learning to new settings

Emotion

- Being able to self-regulate
- Expressing emotions that are relevant to a setting or experience
- Understanding & practicing empathy

Health

Physical:

- Exercising & developing healthy eating habits
- Getting adequate sleep & rest
- Understanding and establishing self-care & personal hygiene practices

Mental:

- Developing the ability to recognize & manage stress & anxiety
- Cultivating strategies for coping with stress, challenges, & setbacks
- Having a positive sense of self-worth

Social

- Knowing social norms & having the skills to address them
- Knowing how to engage with & manage the safe navigation of social media
- Demonstrating respect & appreciation for self & others



SCHOOL of EDUCATION
and HUMAN DEVELOPMENT
YOUTH-NEX

Learn more at: <http://PortraitThrivingYouth.org>