Developmental Relationships: The New BFF

The Search Institute defines developmental relationships as “close connections between a young person and an adult or a peer that powerfully and positively shape the young person’s identity and help the young person develop a thriving mindset (the drive to thrive).”

The Developmental Relationship Framework is made up of 5 categories representing 20 actions:

- **Express CARE**: Show that you like me and want the best for me.
- **Challenge Growth**: Insist that I try to continuously improve.
- **Provide SUPPORT**: Help me complete tasks and achieve goals.
- **Share POWER**: Hear my voice and let me share in making decisions.
- **Expand POSSIBILITIES**: Expand my horizons and connect me to opportunities.

Healthy relationships can positively impact your well-being!

- Gym partners provide motivation, allow for fun partner exercises, and provide companionship and/or friendly competition!!
- Studies have shown that students learn better and recall more information if they teach the material to someone else!!
- People of all ages eat healthier and eat a wider variety of foods when they share meals with family and friends.

Find the “right tribe” to live a happier & healthier life (Blue Zones, 2016)!!

Why developmental relationships?

When an individual’s relationships shape their decisions and actions toward a thriving mindset, he or she is “more likely to work hard both inside and outside of school, and to develop a range of social and emotional skills that are essential for success…”

Search Institute, 2014