



FIVE Cs

FIVE CORE PRINCIPLES OF POSITIVE YOUTH DEVELOPMENT

- COMPETENCE
- CONFIDENCE
- CONNECTION
- CHARACTER
- CARING/COMPASSION

Youth who build all five Cs are more likely to thrive

The Five Cs framework

The evidence for the 5 Cs framework was first provided in 2002 by the 4-H Study of Positive Youth Development. The 4 Hs were Head, Heart, Hands and Health and the study continues today.

Strengths	Limitations
<ul style="list-style-type: none"> • Positive youth development (PYD) had emerged as a new approach that focused on the strengths of youth and how to support their development. The 5 Cs framework through the 4-H study was the first to provide evidence and ways of measuring PYD. • The Five Cs are related to higher levels of positive outcomes and decreased negative outcomes over time. • The 5 Cs framework is concise and clear. 	<ul style="list-style-type: none"> • Some research has challenged whether the Five Cs represent what's working in all positive youth development programs, particularly sports, where positive values that benefit the group are crucial. • Also in sporting programs, the relationship between the youth and his or her environment is more dynamic or changing than originally thought in the Five Cs approach. • The Five Cs may not always be distinct.

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Resources

- [Report of the findings from the first seven years of the 4-H study of Positive Youth Development \[pdf\]](#)
- [Development frameworks in Youth Who Thrive: A review of critical factors and effective practices for 12-25 year olds \[PDF\]](#)