

Table 3.6: Cross-Framework Synthesis

Critical Factors (ARC)	Developmental Assets™ (selected assets as illustrations)	The Five Cs Model (Five Cs)	Self-Determination Theory (SDT)
Autonomy	<p>Positive Identity</p> <ul style="list-style-type: none"> • Personal power • Self-esteem • Sense of purpose • Positive view of personal future <p>Positive Values</p> <ul style="list-style-type: none"> • Caring • Equality and social justice • Integrity • Responsibility 	<ul style="list-style-type: none"> • Confidence • Character 	<ul style="list-style-type: none"> • Autonomy
Relatedness	<p>Support</p> <ul style="list-style-type: none"> • Family support • Other adult relationships • Caring neighbourhood • Caring school climate <p>Boundaries and Expectations</p> <ul style="list-style-type: none"> • Family boundaries • School boundaries • Neighbourhood boundaries • High expectations 	<ul style="list-style-type: none"> • Caring • Connection 	<ul style="list-style-type: none"> • Relatedness
Competence	<p>Social Competencies</p> <ul style="list-style-type: none"> • Interpersonal competence • Cultural competence • Resistance skills • Peaceful conflict resolution <p>Commitment to Learning</p> <ul style="list-style-type: none"> • Achievement motivation • School engagement • Bonding to school • Reading for pleasure 	<ul style="list-style-type: none"> • Competence 	<ul style="list-style-type: none"> • Competence
Cutting across the three critical factors	<p>Empowerment</p> <ul style="list-style-type: none"> • Community values youth • Youth as resources • Service to others <p>Constructive Use of Time</p> <ul style="list-style-type: none"> • Creative activities • Youth programs • Religious community 	<ul style="list-style-type: none"> • Contribution 	<ul style="list-style-type: none"> • Optimal engagement and psychological well-being is achieved when autonomy, relatedness, and competence converge.