

**BEHAVING
OUTCOMES****Some ways youth behave externally**

- More physical activity
- Less problem behaviour
- More active coping
- More social interaction
- Increased leadership
- Increased valuing of diversity

Behaving outcomes involve a young person's actions and external responses. These outcomes can be individual actions or social interactions with others. Behaving outcomes are influenced by a young person's temperament, experiences, abilities, interactions with others, and context. When young people have support and choice and can make decisions in their lives, they are more likely to have better behaving outcomes. Having healthy behaviours and social interactions is important for adolescents to thrive.

Behaving outcomes that appear in research studies are often related to problem behaviours, because these behaviours are easier to observe and tend to be better documented. However, there are many positive behaving outcomes related to youth programs that are just as important to young people's lives.

[Back](#)[Next Key Message](#)**Resources**[Head, Heart, Feet, Spirit \[website\]](#)[Youth Who Thrive \(full literature review\) \[PDF\]](#)