



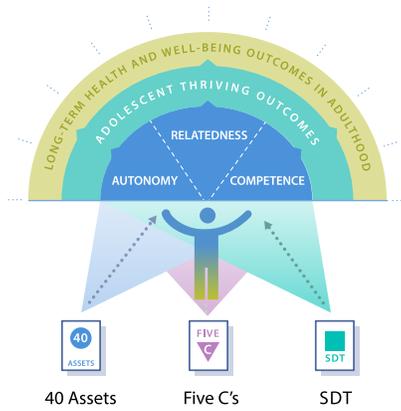
Three critical factors are shared across the approaches with strong evidence: autonomy, relatedness, and competence.



- Associated with adolescent thriving outcomes that lead to long-term health and well-being.

- Critical for navigating transitions through young people's lives.

- A simplified model to track and tune-up existing programs.



- Autonomy
- Relatedness
- Competence
- Research gaps

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Resources

- Autonomy chapter in Youth Who Thrive: A review of critical factors and effective practices for 12-25 year olds* [PDF]
- Autonomy, Relatedness and Competence in Three Developmental Frameworks Table (Cross-Framework Synthesis)* [PDF]

