Summary of effective practices based on strong research evidence

Effective practices to increase young people's autonomy	Effective practices to increase young people's relatedness	Effective practices to increase young people's competence
• Acknowledge youth perspectives • Be responsive to young people's interests • Encourage initiative • Invite youth to consider, share and develop personal goals that are relevant to their life planning • Provide a rationale for rules • Offer meaningful choices, including options for youth to leave a program if they are no longer motivated to be involved • Provide opportunities for planning and decision making within programs • Ensure decision-making opportunities are meaningful, but not too stressful • Offer more structure and guidance to young people who are already dealing with a high level of responsibilities • Ensure deliberate use of unstructured time in positive social contexts	• Provide emotionally supportive relationships particularly during the transition from elementary to secondary education • Provide opportunities for youth to build attachment, intimacy, and shared interests with their peers • Foster a sense of belonging in programs and broader organizational contexts • Support parents to build strong attachment bonds with their children • Provide opportunities for positive socialization with family and peers • Sustain adult-youth relationships for at least 6 months, with frequent contact, involvement, and closeness • Provide helpful, supportive, encouraging, dependable, and consistent mentor/advocate relationships with youth exiting care • Provide opportunities to recognize the impacts of racism, to explore youth's cultural community and identity • Build youth-adult partnerships characterized by power-sharing • Coordinate community efforts to increase connections across young people's families, schools and community programs	• Offer opportunities for skill-building and mastery of different types of competence over time • Integrate communication, listening and cooperation skill-building • Provide opportunities to interact with youth with diverse perspectives and backgrounds • Integrate emotional skill-building so that youth can understand, identify and regulate emotions, and use positive emotions to foster well-being • Encourage youth to problem solve • Offer opportunities to reflect on and acknowledge individual and group achievements to improve young people's perceived competence • Ensure appropriate challenge • Offer opportunities to explore options and make plans for the future • Provide opportunities for new experiences • Ensure breadth and depth of programs

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