Connection to ethnicity affects young people's experience of belonging.



Ethnicity

Family cultural norms about decision-making affect young people's experience of autonomy. Too little or too much autonomy may be detrimental to mental health.

Belonging and supportive relationships are important for all youth, but may be more important for ethnic minority youth.

Different competences may be more important in some cultures than in others. Cultural competence that includes valuing diversity is related to thriving for all youth, but may be especially important for white youth.



Resources

Questions to Consider [webpage] Youth Who Thrive (full literature review) [PDF]

