The “5 Cs” of Positive Youth Development

Positive Youth Development builds upon what have become known as the “Five Cs”: Competence, Confidence, Connection, Character, and Caring (Lerner, et al., 2005). Young people who have developed these “Five C’s” are considered to be on the developmental path to the Sixth C: Contribution to self, family, community, and the institutions of society (Lerner, et al., 2005).

**Competence:** Positive view of one’s actions in specific areas, including social, academic, cognitive, health, and vocational.

**Confidence:** Internal sense of overall positive self-worth and self-efficacy.

**Connection:** Positive bonds with people and institutions that are reflected in exchanges between the individual and his/her peers, family, school, and community in which both parties contribute to the relationship.

**Character:** Respect for societal and cultural norms, possession of standards for correct behaviors, a sense of right and wrong, and integrity.

**Caring/Compassion:** A sense of empathy and sympathy for others.

For more information on the 4-H Study of PYD please contact the:

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The graph above shows a comparison between Indiana youth and national youth surveyed in 2008-2009. Indiana youth are much like their peers nationally; however, Indiana youth are almost four percentage points higher in “Contribution” and slightly higher in “Connection,” “Competence,” and “Confidence” than U.S. youth as a whole. This would indicate that Indiana youth are Contributing at a higher level than the national average of youth surveyed. 4-H youth in Indiana also have a higher mean level of Contribution than their non-4-H counterparts.

This second pie chart indicates that more Indiana youth (63.2%) report a positive relationship with an adult other than a parent/guardian than do youth across the nation (59.6%).

The Community Service and Volunteer pie chart shows that Indiana youth are 10 percent more likely to be involved in community service and volunteering than are youth nationally.