

Key Elements of *Strong* Parent-Youth Relationships

According to research by Search Institute, there are **5 key elements** to building strong developmental parent-youth relationships. These areas are:



1. Express Care

Show each other that you enjoy being together. Show that you care about things that are important to each other.

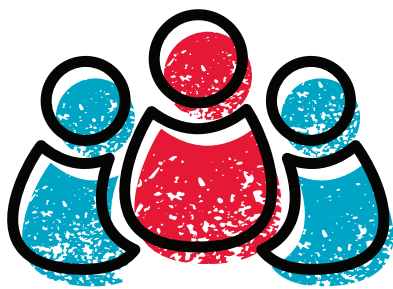
2. Challenge Growth

Help each other push to be your best, learning from failures and being accountable to stay on track.



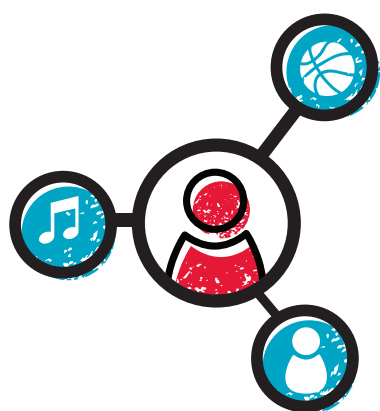
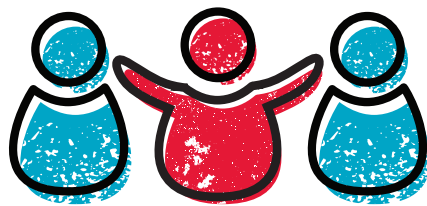
3. Provide Support

Guide and advocate for each other as you work to overcome obstacles, complete tasks, and achieve goals.



4. Share Power

Take each other's ideas seriously. Work together to solve problems and reach goals.



5. Expand Possibilities

Help each other connect with people, ideas, and opportunities that open up new possibilities for the future.