Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them. Just as trees rely on a system of roots to support and nourish them, young people need to experience developmental relationships in their families, schools, programs, and communities. However, too many young people miss these opportunities due to bias, prejudice, and systemic exclusion based on their race, ethnicity, income, gender, sexual orientation, abilities, or other differences. Ensuring that every young person experiences the developmental relationships they need is a vital challenge for the 21st century.

EXPRESS CARE
Show me that I matter to you.

- Be dependable
  Be someone I can trust
  - Be warm
    Show me you enjoy being with me

- Listen
  Really pay attention when we are together
  - Encourage
    Praise me for my efforts and achievements

- Believe in me
  Make me feel known and valued

CHALLENGE GROWTH
Push me to keep getting better.

- Expect my best
  Expect me to live up to my potential
  - Hold me accountable
    Insist I take responsibility for my actions

- Stretch
  Push me to go further
  - Reflect on failures
    Help me learn from mistakes and setbacks

PROVIDE SUPPORT
Help me complete tasks and achieve goals.

- Navigate
  Guide me through hard situations and systems
  - Advocate
    Stand up for me when I need it

- Empower
  Build my confidence to take charge of my life
  - Set boundaries
    Put limits in place that keep me on track

SHARE POWER
Treat me with respect and give me a say.

- Respect me
  Take me seriously and treat me fairly
  - Collaborate
    Work with me to solve problems and reach goals

- Include me
  Involve me in decisions that affect me
  - Let me lead
    Create opportunities for me to take action and lead

EXPAND POSSIBILITIES
Connect me with people and places that broaden my world.

- Inspire
  Inspire me to see possibilities for my future
  - Connect
    Introduce me to people who can help me grow

- Broaden horizons
  Expose me to new ideas, experiences, and places