**15 Thriving Indicators—markers that assist in quantifying the level of a young person’s thriving.**

**Theoretical Measurement Markers of Thriving in Adolescence**

Search Institute has developed a list of 15 "thriving indicators," or constructive behaviors, postures, and commitments that societies value and need in youth. These indicators serve as a way of evaluating and analyzing program success based on positive outcomes, instead of negative ones; in other words, they allow us to talk about what's *right* with kids, instead of what's "wrong" with them.

|  |  |
| --- | --- |
| **Elements of Thriving**  | **Measurement Markers of Thriving** |

|  |  |
| --- | --- |
| 1. Young Person | **1. Spark identification and motivation**.  Young person can name, describe interests and sparks that give them energy and purpose, and is motivated to develop their sparks.   |
| **2. Positive emotionality**. Young person is positive and optimistic.   |
| **3. Openness to challenge and discovery**. Young person has intrinsic desire to explore new things, and enjoys challenges.   |
| **4. Hopeful purpose.** Young person has a sense of purpose and sees self as on the way to a happy and successful future.   |
| **5. Moral and prosocial orientation**. Young person sees helping others as a personal responsibility, and lives up to values of respect, responsibility, honesty, and caring.   |
| **6. Spiritual development.**Young person affirms importance of a sacred or transcendent force and the role of their faith or spirituality in shaping everyday thoughts and actions.   |

|  |  |
| --- | --- |
| 2.  The Young Person’s Developmental Contexts | **Opportunities & Supports.**  Young person experiences chances to grow and develop their sparks, as well as encouragement and support in pursuing their sparks, from multiple life contexts.  **7. Family Opportunities & Supports****8.  Friends Opportunities & Supports****9.  School Opportunities** **10. School Supports****11. Neighborhood Opportunities & Supports****12. Youth Organizations Opportunities & Supports13. Religious Congregations Opportunities & Supports** |

|  |  |
| --- | --- |
| 3. Young Person’s Active Role in Shaping Contexts | **14.  Youth Action to develop and pursue sparks**. Young person seeks and acts on adult guidance, studies or practices, and takes other actions to develop their sparks and fulfill their potential. |

|  |  |
| --- | --- |
| 4.  Developmental Contexts Act on the Young Person | **15.  Frequency of Specific Adult Actions.** How often adults do concrete things to motivate, enable, and push young people to develop their sparks and connect them to others who can help.  |

Table developed from factor analysis reported in Benson, P.L., & Scales, P.C. (2009). The definition and preliminary measurement of thriving in adolescence. *Journal of Positive Psychology*, 4, 85-104.

Copyright © 2012 Search Institute®, 615 First Avenue NE, Minneapolis, MN 55413; 1-800-888-7828; All rights reserved.