**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.

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

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| 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. |

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| 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 & Supports 13. Religious Congregations Opportunities & Supports** |

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| 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. |

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| 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.

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