

# THE ELEMENTS

Building blocks for the healthy development of young people.



## The 10 Elements:

- Protect young people
- Support young people and
- Are a platform for their growth and success.

## LIFE SKILLS

### Critical thinking and cognitive skills

**Element 1:** Critical thinking and cognitive skills allow young people to adapt to new ideas and situations and help them solve problems, overcome barriers and make complex decisions.

### Coping and self-management

**Element 2:** Coping and self-management are skills for managing thoughts, feelings and emotions and impact on behaviour, social interactions, mental health and wellbeing.

### Social and moral skills

**Element 3:** Social and moral skills allow young people to interact respectfully with others with a sense of self-identity and values.

### Communication

**Element 4:** Communication is the ability to use language and other tools to exchange needs, feelings and emotions with others.

## POSITIVE RELATIONSHIPS

### Involvement in positive activities

**Element 5:** Involvement in positive activities gives young people a chance to develop the other Elements, by participating in things like volunteering, mentoring, hobbies and new experiences.

### Connection to family

**Element 6:** Connection to family can be a source of support and protection when it includes stability, belonging, nurturing relationships and acceptance.

### Connection to peers

**Element 7:** Connection to peers includes feelings of bonding and connection, and the ability to get support from friends when needed.

### Caring and safe adults

**Element 8:** Caring and safe adults make a young person feel supported and accepted which helps them develop other Elements.

### Caring community

**Element 9:** Caring community environment sees young people as valuable assets and takes steps to make them feel welcome, acknowledged, contributing and cared about.

### Positive school experience

**Element 10:** Positive school experience can offer young people the opportunity to become lifelong learners, and open the door to economic participation.

For more information go to [youthaction.org.au](https://youthaction.org.au)  
or contact us at [info@youthaction.org.au](mailto:info@youthaction.org.au).