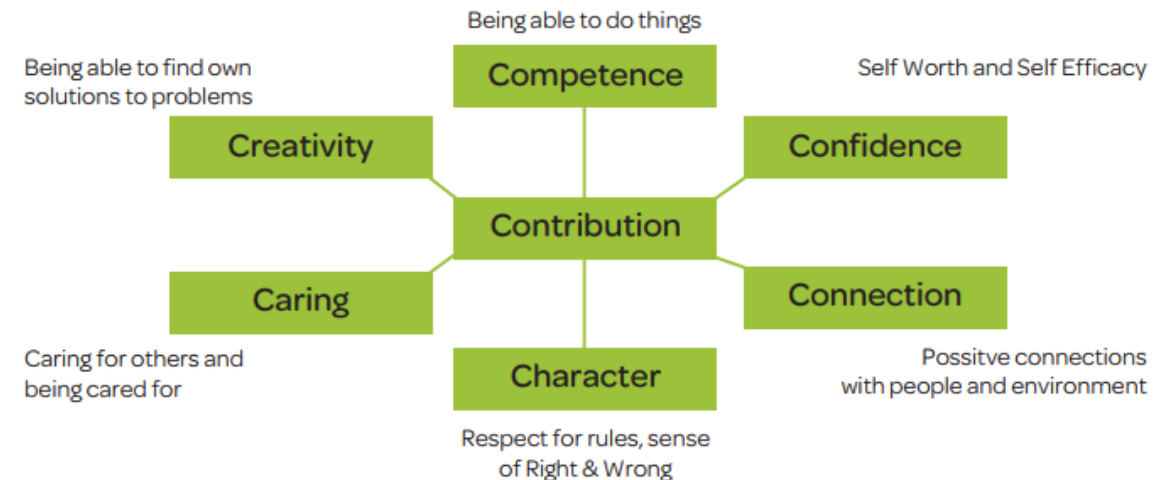
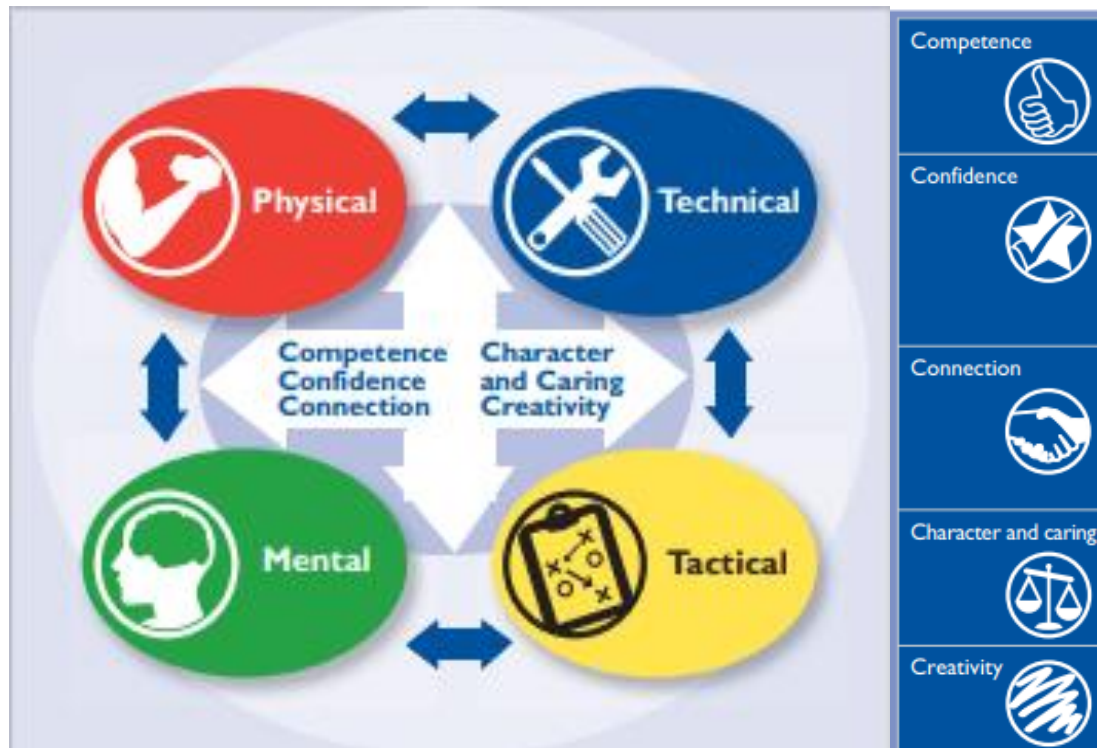


## The 5C's

Positive Youth Development describes developmental outcomes for children and young people which when achieved seem to facilitate their growth and a positive transition into adulthood. Underpinned by Lerner (2007,2009) .

When the Cs are well developed, a final C emerges. This is the C of Contribution and it refers to the fact that children and young people who develop the Cs end up making a stronger contribution to themselves and their communities.



You may wish to read a blog entitled [‘A coaching system that will help you C the light’](#).

# Examples of the C's...

