

TEN BASIC NEEDS OF YOUTH

A Need for Positive Social Interaction. Youth want to belong, and need opportunities to form positive social relationships with adults and peers

A Need for Safety, Structure & Clear Limits. Expectation, structure and boundaries are important for youth, so that they feel secure and also have a clear picture of the areas that they can/cannot explore.

A Need for Belonging & Meaningful Involvement in family, school community. Youth have a desire to be a part of and to participate in activities related to their families, their schools and their communities.

A Need for Creative Expression. Youth need opportunities to express to others who they are and how they feel. Music, writing, sports, cooking or other activities help to achieve this goal.

A Need for Feeling Self-Worth/Giving to Others. Involvement in meaningful and worthwhile effort related to larger goals is extremely important to youth.

A Need for Physical Activity. Youth have tremendous energy and require a great deal of physical activity for fun.

A Need to Feel a Sense of Independence, Autonomy & Control. Youth have a desire to mature, become more independent and to exert some control and influence over their lives.

A Need for Closeness in Relationships. Youth need opportunities to form close relationships with peers and adults. They also have a need for relationships with caring adult role models.

A Need for Feeling a Sense of Competence & Achievement. It is important for youth to have opportunities to achieve success and to receive recognition.

A Need for a Sense of Individualism, Identity, and Self-definition. Youth need to have opportunities to become individual and to define their sense of identity and self-concept, based on positive input from others.