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[Link to Video with closed captions in English](#)

What is a strengths-based approach?

Information about positive development in the field of psychology

In psychology, many scholars have tried to explain what positive development is
And there are some similarities across some of these explanations
(Tolan et al., 2016)

Positive Psychology

Positive Youth Development

Social Competence/
Social Emotional Learning

Resilience

Positive
Development
in Youth

What is Shared across Positive Development views?

When we consider the positives (and not just the problems) of youth, it gives us a more complete (holistic) way to think about and engage with children and teens

In the boxes below, here are some shared ideas about what positive development consists of, across different explanations/theories

Self-regulation

Positive self-orientation

Engagement with others

Societal bonding/Moral Ethical Standards

What are strengths?

A positive example, self regulation explained

What is Self-regulation?

Self-regulation is the

“...ability to monitor and modulate cognition, emotion and behavior, to accomplish one’s goal and/or adapt to the cognitive and social demands of specific situations.”

Berger et al., 2007, p. 257

Self-regulation involves: Behavior, Thinking, and Emotions

Why is Self-regulation important?

Self-regulation supports positive behaviors like

- school performance
- social functioning
- mental health

Self-regulation is connected with reduced

- physical illness
- criminality
- substance abuse

Everyday examples self-regulation

- Studying for an exam in a subject you don't like, instead of watching a movie with your friends
- Resisting eating a cookie in front of you, when your goal is to eat healthy
- Getting up early in the morning (even though you are tired) to go for a run in order to prepare for a 10k race
- Keeping calm, even though your parents really make you frustrated
- Being able to distract yourself from negative thoughts about messing up a presentation

Self-regulation in adolescence

- Changes in physical, cognitive, social and emotional capacities entail new challenges for self-regulation
- New adaptive significance: capacity to pursue goals and ability to resist risks to health and well-being
- Self-regulation and relationships develop in tandem; transactional
- Influenced by parents, but even increasingly so by peers and romantic partners

What affects ability to self-regulate?

- More difficult if tired, hungry or stressed
- High-quality relationships with peers enhance ability to regulate emotions
- Evidence for a bi-directional connection between adolescent self-regulation and romantic relationship quality

How can we work to promote self-regulation?

Practice self-regulation!

Can involve small homework assignments to develop a new skill or learn a new language

Give yourself rewards for successful regulation!

After the desired actions:

Watch an episode of your favorite series

Engage in self-care

Spend some extra time on your favorite hobby

A Reflection Question:

What are your ideas for supporting youth self regulation?

More Information to Explore

For more on resilience

- [Ann Masten Ted Talk on Resilience](#)

*For more on social emotional competence see the
CASEL and UNICEF websites*

<https://casel.org/>

[Global framework on transferable skills | UNICEF](#)

For more on self-regulation

- [Dan Ariely Tedx Talk on Self-control](#)

Supporting academic articles for these slides

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CREDITS

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