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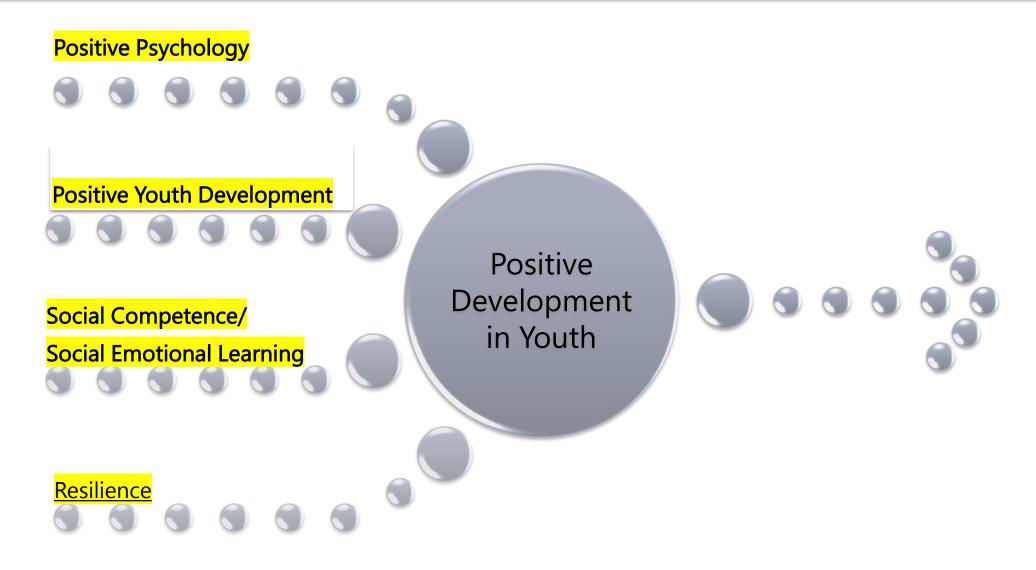
#### Link to Video with closed captions in English

### 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)



# 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 selforientation

Engagement with others

Societal bonding/Moral Ethical Standards

Source: See Table 2 Tolan et al., 2016, p. 229

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-drectional 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 self-regulation

Dan Ariely Tedx Talk on Self-control

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

https://casel.org/

Global framework on transferable skills | UNICEF

### Supporting academic articles for these slides

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