

### WHAT IS THE YOUTH THRIVE SURVEY?

- The Youth Thrive Survey is an online survey developed by the Center for the Study of Social Policy and Metis Associates with important input from young people. It was created to help professionals working with youth and young adults, age 12 to 26, to understand how they can best support these youth and young adults on their path to becoming healthy, thriving adults.
- Unlike many assessment tools that focus on risk and deficits, the Youth Thrive Survey measures the presence and strength of the Youth Thrive Protective and Promotive Factors, specifically: Youth Resilience, Social Connections, and Knowledge of Adolescent Development, Concrete Supports in Times of Need, and Cognitive and Social-Emotional Competence.

### HOW CAN I SUPPORT YOUNG PEOPLE IN TAKING THE SURVEY?

- Young people can access the survey via any mobile device. The survey takes less than 15 minutes to complete. You will need to support young people in registering and creating usernames and passwords. Encourage young people to keep their login information in a safe, accessible place, as they will need it each time they take the survey. Login details can be emailed if they forget their information. Please see the Youth Thrive Survey User Manual for step-by-step registration instructions as well as some talking points introducing young people to the survey.
- Some of the items in the survey may evoke strong emotions or memories from young people. This is where you can help them process their questions and reactions. Encourage them to take breaks when they want—the survey can remain idle up to 90 minutes. Remind the survey participants that this is not a test and that there are no right or wrong answers. Be mindful of when and where the young person will be taking the survey to ensure a comfortable environment with privacy and open conversation.

### HOW CAN THE SURVEY HELP ME IN MY WORK?

- Survey answers provide insight into what young people feel are their strengths and needs, in the context of the Youth Thrive Protective and Promotive Factors. The results of the survey can help you and the young person identify what topics to work on. This allows you to incorporate a young person's voice into case planning, building upon their strengths to support them in achieving their goals.
- Items within the survey can serve as a tool to guide conversations and prompt more in-depth discussions with the young person.
- The survey is designed to be re-administered to measure and monitor a young person's progress over time, allowing both the young person and you to see what is or is not working, and adjust case planning to best serve that young person. The survey is not an indicator of success, and that should be made clear to young people taking it. Changes in answers overtime can prompt important talking points in your continued work with young people and, ideally, improve outcomes.

### WHAT'S THE BEST WAY FOR ME TO DISCUSS THE RESULTS WITH YOUNG PEOPLE?

- After the survey is completed, you will be able to print the results and share them with the young person. Answers should be reviewed with the young person in a strengths-based way. Begin with their strengths, remind them that these results are not a measure of success, and ask open-ended questions. Allow the young person to lead the discussion about their results.
- Keep in mind that survey scores represent just one source of information on how the young person is doing at a single point in time. No one source of information can tell the whole story about how a young person is doing. It is important to review survey results in the context of other information about the young person.