

Kentucky Strengthening Families Youth Thrive

Youth Thrive is a curriculum under the statewide Kentucky Strengthening Families initiative to improve the healthy development and well-being of young people ages nine to twenty-six. Youth Thrive is a research-based framework that utilizes a strength-based approach to teach professionals about Positive and Adverse Childhood Experiences (PACES), the impact of trauma, the six Guiding Premises, and the five Protective Factors. The components of the Youth Thrive training will enhance the work you are already doing by helping service providers better connect with young people and support them in building Protective Factors in their own lives.

Youth Thrive encourages a shift from focusing on a young person's deficits and risk factors to a more positive focus on the strengths and skills unique to that young person by making small but significant changes in their everyday actions.

What are Protective Factors?

The Protective Factors lay the foundation for the Strengthening Families Youth Thrive Framework. Protective Factors are conditions in youth that, when present, help increase the health and well-being of youth and reduce the risk of child abuse and neglect. All Kentucky youth can benefit from comprehensive efforts to build Protective Factors. The Protective Factors are:



Youth Resilience: Youth bounce back when life gives them challenges.



Social Connections: Youth have genuine connections with others.



Knowledge of Adolescent Development: Youth understand the science of their development.



Concrete Support: Youth find resources and support in their community that helps them



Cognitive and Social-Emotional Competency: Youth know how to communicate their thoughts and feelings effectively

For more information:
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