

From Growth to GREATNESS

The 5 C's of the Positive Youth Development Model

The 5 C's Model of Positive Youth Development is very important because it provides a holistic framework that nurtures well-rounded, resilient, and socially responsible young individuals. By focusing on connection, confidence, character, competence, and contribution. It emphasizes personal development on 5 Cs so that young people feel valued, build self-belief, learn essential life skills, and engage meaningfully with their communities. This approach not only promotes personal growth and emotional well-being but also contributes to stronger, healthier societies by preparing youth to be active, ethical, and capable citizens.

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Arshad Akif is an HRD Professional, consultant, and entrepreneur with 20 years of experience in corporate and development sectors in the fields of Human Resource Management, Management and Leadership, HR outsourcing, youth development and employment, and soft skills. He is a member of ISO-260, in two international working groups on recruitment and Diversity and Inclusion. Also, member of the "National Mirror Committee" of PSQCA, Pakistan on HRM Standards Development.



The 5 Cs Program

Developed by scholars like Richard Lerner and supported by research in developmental psychology, the PYD model is centered on the development of five key components, commonly known as the 5 C's.



Connection

A strong sense of safety, belonging, and support is essential for youth development. Manage healthy relationships, trust, and a sense of identity within social systems.

Definition: Positive bonds with peers, family, institutions, and community institutions.

How: Participate in group activities, clubs, or institution events to foster a sense of belonging. Build trusting relationships with teachers, mentors, and peers to create a safe and supportive environment.



Confidence

The internal sense of self-worth, resilience, and self-efficacy. Builds emotional strength to handle failures and setbacks.

Definition: A belief in one's abilities to succeed and make good decisions.

How: Get regular feedback from teachers and fellows for improvement. Be participative in family and institution activities. It will help you set and achieve realistic goals to build self-efficacy and belief in your abilities.



Character

Developing a clear sense of morality, values, and integrity. Make responsible decisions and build trust with others.

Definition: Understanding what is right and wrong and acting in alignment with ethical standards.

How: Read and learn from elders about ethics, values, and empathy. Practice these in classroom activities and daily life. Model and reinforce respectful behavior, honesty, and responsibility in daily interactions.





Competence

The ability to perform in various areas of life effectively: academic, social, emotional, and vocational. Build a sense of capability and accomplishment.

Definition: Gaining the skills and knowledge needed to navigate life successfully.

How: Build our skills through involving yourself in activities of academics, extracurricular, and hands-on learning. Build your strengths in areas like communication, problem-solving, and creativity.



Contribution

Engaging in meaningful service and leadership, giving back to others. Fosters a sense of purpose and community responsibility.

Definition: Using one's skills and values to positively impact family, school, or community.

How: Take part in community service, institution improvement projects, or peer mentoring. Recognize and celebrate your efforts to give back, reinforcing the value of making a positive impact.

Summary

The 5 C's—connection, confidence, character, competence, and contribution—together promote a holistic approach to your development, enabling you to thrive and become a productive, responsible member of society. When these elements are nurtured, they often lead to a 6th C: Caring—the development of empathy and concern for others.

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