

THE SUCCESS SEQUENCE

GIVING YOUTH A ROADMAP TO OPTIMAL HEALTH

NAVIGATION TIP

MEET YOUTH WHERE THEY ARE

Take time to listen to youth and teach them risk avoidance in ways that connect with their aspirations and are relevant to their world. Focus on inspiring individuals toward optimal health and experiencing their best potential.

NAVIGATION TIP

HELP YOUTH BE INTENTIONAL

Teach youth how to connect their decision-making today to future plans for their life. Increase their awareness and understanding of ensuring potential outcomes when important life decisions are made intentionally rather than impulsively.

NAVIGATION TIP

ENCOURAGE YOUTH TO THINK AND TALK ABOUT THEIR FUTURE GOALS AND ASPIRATIONS

Create a culture of high expectations by talking about high school graduation and future plans. Tell youth you believe in them, and encourage them to excel and apply for further education scholarships whether it is in athletics, the arts, or other academic achievements.

NAVIGATION TIP

HELP YOUTH MAKE HEALTHY CHOICES EARLY IN LIFE

Explain the foundational components of healthy relationships and their impact on the formation of future healthy marriages and safe and stable families. Help youth understand that choices made today early in their life will impact their future relationships and success.



3

GET MARRIED BEFORE HAVING CHILDREN



2

GET A FULL-TIME JOB



1

GET AT LEAST A HIGH SCHOOL DEGREE

Successfully achieving optimal health is measured by the degree of movement away from risk.

HIGH-RISK
LOW-RISK
NO RISK



The Success Sequence is a pathway that can help youth thrive and achieve optimal health (Administration for Children and Families, 2017).

Wilcox (2017, 2018) found that young adults from less-advantaged backgrounds who followed the success sequence reduced their chances of being poor to about nine percent as they move into their late twenties and thirties. And in general, young adults who put marriage before having children are 60 percent less likely to end up poor as young adults compared to their peers who have a child outside of marriage.

HELP YOUTH:

1. ASSESS THEIR GOALS. A clear vision for the future can have significant positive effects on future choices and outcomes.

2. SHAPE THEIR VALUES. Help youth appreciate their individual worth and define their own values.

3. CHOOSE THEIR PATH. Teach youth relationship skills as a way to establish "guardrails" or boundaries to protect their values and goals.



REFERENCES

Administration for Children and Families. (2017). Research Shows Importance of "Success Sequence." <https://www.acf.hhs.gov/blog/2017/06/research-shows-importance-of-success-sequence>

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