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**The power of relationships: Researchers' perspectives**

Across a number of disciplines and studies, there is a growing awareness of the catalytic roles that relationships play in affecting young people's lives. These quotes illustrate the conclusions of a range of studies by a variety of researchers in different fields.

**"Every kid needs at least one adult who is crazy about him or her."**  
— Bronfenbrenner (1970, p. 5)

**"Positive relationships with adults are perhaps the single most important ingredient in promoting positive student development.** For example, when teachers learn to make modest efforts to form a personal connection with their adolescent students—such that the students feel known—they can dramatically enhance student motivation in school and emotional functioning outside of school."  
— Pianta, Hamre, & Allen (2012, p. 370)

"Resilience does not come from rare and special qualities, but from the **everyday magic of ordinary, normative human resources** in the minds, brains, and bodies of children, **in their families and relationships, and in their communities.**"  
— Masten (2001, p. 235)

**"Relationships are the oxygen of human development."**  
— Benson (2008, p. 46)

**"The effectiveness** of child-serving programs, practices, and policies is **determined first and foremost by whether they strengthen or weaken developmental relationships.** . . . When developmental relationships are prevalent, development is promoted, and when this type of relationship is not available or is diluted, interventions show limited effects."  
— Li & Julian (2012, pp. 157, 159)

"If we could see the world through the eyes of a child, **at the center of that world are the relationships** that mediate many important influences from the broader world and through which that world is understood and experienced."  
— Thompson (2014, p. 1917)

"Relationships are the soil in which children's SEL (social-emotional learning) skills grow. **Parent-child relationships are the first and arguably most important context** for the development of these skills, but relationships in schools—with both teachers and peers—are also important."  
— Jones & Boffard (2012, p. 9)

"The common feature of successful interventions across all stages of the life cycle through adulthood is that they promote attachment and provide a secure base for exploration and learning for the child. **Successful interventions emulate the mentoring environments offered by successful families.**"  
— Heckman & Kautz (2013, p. ii)

**"Almost without exception, theories of psychological well-being include positive relationships with others as a core element of mental health and well-being."**  
— Reis & Gable (2003, p. 129)