












Building More Assets in Youth







For Young People

-  Post the 40 Developmental Assets in your room or in your locker
-  Go out of your way to greet your neighbors
-  Try a variety of experiences and activities in music, theater, art and athletics at school and in your community
-  Start a book club with friends and read just for fun
-  Volunteer at a local nursing home, community center or animal hospital
-  Talk about the 40 Developmental Assets with your family - which assets do family members think are the strongest in your family?

For Children

-  Tell a friend about your day
-  When someone does something that hurts your feelings, tell that person - explain why it made you feel sad
-  Invite someone new to play with your friends
-  Volunteer to help someone do something
-  Look at books with another child - read aloud if you know how or make up a story to go with the pictures

For Adults

-  Learn the names of children and teenagers who live near you or who work in shops that you frequent - greet them by name
-  Support local efforts to provide safe spaces for young people to meet and spend time together
-  Get involved in volunteer efforts with children and youth
-  Build at least one informal, ongoing, caring relationship with a child or adolescent
-  Commit to at least one act of asset building every day
-  Model a positive, healthy lifestyle - find peaceful ways to resolve conflicts; motivate yourself to achieve; and view young people as resources

For Parents and Guardians

- ◆ Nurture your own assets by spending time with people who care about you and are supportive; take opportunities to learn new things, contribute to your community and have fun - you'll take better care of your children if you take care of yourself
- ◆ Connect with other parents who are interested in asset building
- ◆ Eat at least one meal together as a family every day
- ◆ Develop a family mission statement that focuses on building assets, and then use it to help make family decisions and set priorities
- ◆ Talk about your values and priorities with your children and live in a way that is consistent with them

For School Teachers

- Teach students about the 40 assets and help them set goals for assets they want to develop
- Meet with other teachers and brainstorm ways to help students succeed
- Plan asset-building learning activities as part of the curriculum
- Provide asset-building resources to parents
- Set high and clear expectations for student behavior and learning outcomes
- Provide a process in the classroom for mutual goal setting and evaluation
- Use "strength interviews" with students to help them identify their assets and their sources of support

For Volunteer Coordinators

- ① Give each volunteer a list of the 40 assets that focuses on the age group he or she works with
- ① Create a job description for each volunteer position you have
- ① Include asset building for young people in the job description
- ① Talk with people in the community to learn about barriers to volunteering with children
- ① Screen your volunteers who will work with children and youth
- ① Create youth-oriented volunteer opportunities that are diverse in the amount of time, energy, and expertise needed

FOR CHILD-CARE WORKERS



- Be consistent with the daily activities
- Read to children every day
- Point out positive, caring behaviors of children
- Use reassuring words and a warm tone of voice
- Tell parents about asset building
- Because children learn by experience, give children opportunities to see, hear, taste, touch, and smell new things

For Child-Care Centers



- Learn as much as you can about the assets for the ages of children your center serves
- Make honoring cultural diversity a priority
- Schedule annual or semi-annual conferences with parents
- Hang children's artwork and projects not only in rooms but also in the hallways and entrance to your center
- Assign each child a particular child-care worker that each child has at least one adult with whom to form a close relationship

For Health-Care Providers



- Turn your waiting room into an asset-building area - have toys, books and magazines for children that promote reading and learning, and information for teens and adults that include asset-building ideas
- Be respectful of patients' time and other commitments
- If your organization has a community advisory group or board, include young people
- Share information about asset building with parents, especially new parents
- Collaborate with schools and youth-serving organizations to provide health care/healthy lifestyle information to young people

For Organizations that Employ Young People

- ⊕ Acknowledge major accomplishments and milestones in young employees' lives
- ⊕ Give your employees a lot of feedback - be sincere in your praise when young people have worked hard to earn it; be clear about your expectations and make sure youth have the opportunity to define their goals and objectives; and tell them how their work contributes to the success of the organization
- ⊕ Tell young people what you expect them to do and how you expect them to act when they are working
- ⊕ Invite young people to conferences, workshops and seminars
- ⊕ Point out the positive values that your organization believes in

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. *From Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright 1999 by Search Institute; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.