

THE 40 DEVELOPMENTAL ASSETS

Support

1. Family Support
2. Positive family communication
3. Other adult relationships
4. Caring neighborhood
5. Caring school climate
6. Parent involvement in schooling



What can I do?

- + Volunteer as a club leader, coach, or mentor for young people.
- + Show interest in other youths as individuals. Look for the best in others.
- + Report any concerns you have about your children or teenagers feeling bullied or unsafe in school.
- + Express your love – verbally and nonverbally – to your children often.
- + Share meals. Share activities. Share time. Have fun as a family.
- + Learn “Nurtured Heart” or parenting approaches if your child is challenging.

What can I do?

- + Make time for what matters.
- + Challenge people who say things that reflect negative stereotypes of youth.
- + Give your children regular opportunities to be responsible for chores, pets and family activities.
- + Involve youth in leadership and planning of community activities
- + Create opportunities for youth to service others (visits to senior facilities, cleaning the park, etc)



Empowerment

7. Community values youth
8. Youth as resources
9. Service to others
10. Safety

Boundaries & Expectations

11. Family boundaries
12. School boundaries
13. Neighborhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations



What can I do?

- + Model responsible behavior for young people. Kids copy the behavior of adults.
- + Talk to young people about what you expect before they’ve crossed a boundary they don’t know about.
- + Regularly renegotiate family rules with teens so they are developmentally appropriate and then consistently and fairly enforced.
- + Encourage neighbors to respectfully confront your child on inappropriate behaviors.

What can I do?

- + Share your talents by teaching or mentoring a young person. Show personal interest in them.
- + Offer to provide young people with transportation to and from activities.
- + Carpool with other families so that youth can participate in community events.
- + Encourage participation in religious, creative, and athletic activities by modeling active involvement.

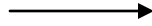


Constructive Use of Time

17. Creative activities
18. Youth programs
19. Religious community
20. Time at home

Commitment to Learning

- 21. Achievement motivation
- 22. School engagement
- 23. Homework
- 24. Bonding to school
- 25. Reading for pleasure



What Can I do?

- + Value education—be a lifelong learner yourself.
- + Volunteer as a tutor in a nearby school.
- + Donate high quality books to libraries, community centers, child-care programs, etc.
- + Stay in contact with teachers about your child's progress – don't wait for report card time.
- + Have regular homework time
- + Turn off the TV and limit hours on after-school jobs.

What can I do?

- + Model honesty, responsibility, compassion, and integrity.
- + Tell youth why you do what you do and own up when you make a mistake.
- + Help your teen learn to talk about his or her beliefs – then listen!
- + Regularly do service projects together as a family.
- + Give opportunities for youth to act on their values and beliefs.



Positive Values

- 26. Caring
- 27. Equality and social justice
- 28. Integrity
- 29. Honesty
- 30. Responsibility
- 31. Restraint

Social Competencies

- 32. Planning and decision making
- 33. Interpersonal competence
- 34. Cultural competence
- 35. Resistance skills
- 36. Peaceful conflict resolution



What Can I do?

- + Respect and affirm young people when they make good decisions and plan well. Help them learn these skills.
- + Help young people start conversations with people who are different from them.
- + Involve children in family decisions and planning.
- + Give your child opportunities to get to know people from other backgrounds and cultures.
- + Talk about drugs and alcohol and how to say "no."



What can I do?

- + Find at least one thing to praise a young person for each day.
- + Encourage young people to set high standards for themselves and to "dream big."
- + Talk with your teen about life goals, priorities, values and dreams.
- + Model mutual respect in the family; do not tolerate put-downs. Let kids be themselves.
- + Help youth discover and use their talents; focus more on their promise and possibility than their problems. Encourage them to risk even if they fail.

Positive Identity

- 37. Personal power
- 38. Self-esteem
- 39. Sense of purpose
- 40. Positive view of personal future