



# Asset-Building Ideas for Adults

All adults can help young people thrive by building their Developmental Assets. It doesn't necessarily take a lot of time or energy. Here are some easy ways to get started:

- Learn more about asset building. You can do this by attending a training session, reading about asset building, talking with others who know about the assets, and surrounding yourself with reminders about the importance of assets, such as the list of 40 Developmental Assets and photos of young people in your life.
- **Learn the names of children and teenagers who live near you or who work in shops or community centers you frequent. Greet them by name.**
- Model a positive, healthy lifestyle. This includes finding peaceful ways to resolve conflicts (asset 36); being motivated to achieve (asset 21); and advocating and working for equality and social justice (asset 27).
- **Support local efforts to provide safe spaces for young people to meet and spend time together.**
- Expect young people to behave responsibly. Let them know what you expect from them—before there is trouble. Compliment them when you see them doing good things.
- **Take time to play or talk with young people who live near you or work with you.**
- Commit to at least one act of asset building every day.
- **Support efforts to create or expand opportunities for children and youth to participate in teams, clubs, and organizations.**
- Build at least one informal, ongoing, caring relationship with a child or adolescent.
- **Examine your attitudes about children and youth. See young people as resources rather than as problems.**
- Thank people who work with children and youth (teachers, youth group leaders, social service providers, clergy, and others).
- **Organize a musical instrument drive to encourage people to donate used, but working, musical instruments to a school or youth program.**
- Look out for the children and youth around you. Help keep them safe. Report dangerous and inappropriate behaviors to parents, school officials, or law enforcement officers. Also, compliment parents when you see their children doing good things.
- **Get involved in volunteer efforts with children and youth. You can find these through local schools, youth-serving organizations, congregations, parks and recreation programs, and other community-based organizations.**
- Take time to nurture your own assets by spending time with supportive people, using your time constructively, and reflecting on your own values.