

40 Developmental Assets *the sum of success for youth*

Search Institute® has identified the following building blocks of healthy development— known as Developmental Assets® – that help young people grow up healthy, caring, and responsible.



EXTERNAL ASSETS

Support

1. **Family Support:** Family life provides high levels of love and support.
2. **Positive Family Communication:** Young person and her or his parents communicate positively and young person is willing to seek advice and counsel from parents.
3. **Other Adult Relationships:** Young person receives support from three or more non-parent adults.
4. **Caring Neighbourhood:** Young person experiences caring neighbours.
5. **Caring School Climate:** School provides a caring, encouraging environment.
6. **Parent Involvement in Schooling:** Parent(s) are actively involved in helping young person succeed in school.

Empowerment

7. **Community Values Youth:** Young person perceives that adults in the community value youth.
8. **Youth as Resources:** Young people are given useful roles in the community.
9. **Service to Others:** Young person serves in the community one hour or more per week.
10. **Safety:** Young person feels safe at home, school and in the neighbourhood.

Boundaries & Expectations

11. **Family Boundaries:** Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries:** School provides clear rules and consequences.
13. **Neighbourhood Boundaries:** Neighbours take responsibility for monitoring young people's behaviour.
14. **Adult Role Models:** Parent(s) and other adults model positive, responsible behaviour.
15. **Positive Peer Influence:** Young person's best friends model responsible behaviour.
16. **High Expectations:** Both parent(s) and teachers encourage the young person to do well.

Constructive use of Time

17. **Creative Activities:** Young person spends three or more hours per week in lessons or practice in music, theatre or other arts.
18. **Youth Programs:** Young person spends three or more hours per week in sports, clubs or organizations at school and/or in the community.
19. **Religious Community:** Young person spends one or more hours per week in activities in a religious institution.
20. **Time at Home:** Young person is out with friends "with nothing special to do" two or fewer nights per week.

INTERNAL ASSETS

Commitment to Learning

21. **Achievement Motivation:** Young person is motivated to do well in school.
22. **School Engagement:** Young person is actively engaged in learning.
23. **Homework:** Young person reports doing at least one hour of homework every school day.
24. **Bonding to School:** Young person cares about her or his school.
25. **Reading for Pleasure:** Young person reads for pleasure three or more hours per week.

Positive Values

26. **Caring:** Young person places high value on helping other people.
27. **Equality and Social Justice:** Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity:** Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty:** Young person "tells the truth even when it is not easy."
30. **Responsibility:** Young person accepts and takes personal responsibility.
31. **Restraint:** Young person believes it is important not to be sexually active or to use alcohol or other drugs.

Social Competence

32. **Planning and Decision Making:** Young person knows how to plan ahead and make choices.
33. **Interpersonal Competence:** Young person has empathy, sensitivity and friendship skills.
34. **Cultural Competence:** Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance Skills:** Young person can resist negative peer pressure and dangerous situations.
36. **Peaceful Conflict Resolution:** Young person seeks to resolve conflict non-violently.

Positive Identity

37. **Personal Power:** Young person feels he or she has control over "things that happen to me."
38. **Self-Esteem:** Young person reports having a high self-esteem.
39. **Sense of Purpose:** Young person reports that "my life has a purpose."
40. **Positive View of Personal Future:** Young person is optimistic about her or his personal future.

SPARC Red Deer is a passionate group of individuals & organizations focused on creating awareness, through developing and highlighting activities that engage children, youth and families to thrive.

Tips for Parents

Being a parent or guardian can be very hard work—no surprise there, right? Most parents and guardians have things they love about their role as well as problems with their kids that they have to deal with. What might be surprising, though, is that one of the best ways to deal with problems is to focus on positives. Research shows that a more effective approach to raising healthy, competent kids is to concentrate on building Developmental Assets. These assets form the foundation young people need to make healthy choices and to succeed in life. The more assets your kids have, the stronger this foundation will be. There are probably lots of asset-building things you already do for your children—even if you don't call them that. Here are some ways to be intentional about **asset building**:

Post the list of 40

Developmental Assets on your refrigerator door. Each day, do at least one asset-building thing for each family member.

Regularly do things with your child, including projects around the house, recreational activities, and service projects. Take turns planning activities to do together as a family.

Eat at least one meal together as a family each day.

Talk about your values and priorities, and live in a way that is consistent with them.

Think of teenagers as adults in training. Teach them something practical, such as how to change a tire on the car, prepare a meal, or create a monthly budget.

If you are parenting alone, look for other adult role models who can be mentors for your children.

Nurture your own assets by spending time with people who care about you and are supportive. Also, 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.

Give your children lots of support and approval while also challenging them to take responsibility and gain independence.

Remember that you are a role model in the eyes of young people.

Research shows that by doing a few, simple things, you can make a difference in a child's life.

Catch kids doing things right – tell them how great they are!

**The more assets youth have:
The more likely they are to thrive now and in future | The less likely they are to engage in high-risk behaviours
The more likely they are to be resilient in the face of a challenge**

To book a free workshop:
rania.page@ahs.ca or 403.406.7548