

40 Developmental Assets™

Helping kids to grow up strong in Spirit, Mind & Body--


The Search Institute identified Developmental Assets as the building blocks of healthy development. The assets are integral to help young people grow up healthy, caring and responsible.

We at the YMCA believe in the importance of Developmental Assets to young people, acknowledge our past successes, and challenge ourselves and the community to be asset builders for the young people we meet in our daily lives.

The Developmental Assets are organized into two groups, *External* and *Internal*.

External assets are based on the positive experiences a young person receives from their world and include support, empowerment, setting boundaries / expectations and constructive use of his or her time. External assets identify the integral players in a young person's success --

family, school, church, their neighborhood and organizations in which they participate.



Assets are Powerful

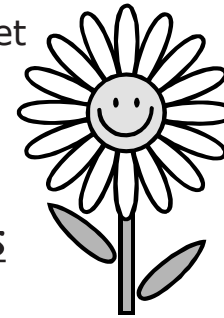
- Research shows that the more assets young people have, the less likely they are to engage in many high-risk behaviors.
- Assets promote academic success.
- Assets divert youth from risky behaviors and increase civic engagement.
- Assets give young people the strengths they need to make positive choices in life.
- Across the U.S., most young people experience fewer than half of the 40 developmental assets.

Internal assets identify characteristics and behaviors that reflect positive inner growth and development of the young person. The assets include positive values and identities, social skills and accomplishments, and a commitment to learn. The internal

Developmental Assets help young people make thoughtful and good choices and prepare them for challenges to their inner strength and confidence.

Everyone can be an asset builder! At home, in school or at the YMCA, we all are integral to asset development.

Ask how you can get involved today!



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 parent(s) 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 nonparent adults.
- 4. Caring Neighborhood** - Young person experiences caring neighbors.
- 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 neighborhood.

Boundaries & Expectations

11. Family Boundaries - Family has clear rules and consequences and monitors the young person's whereabouts.

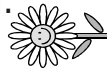
12. School Boundaries - School provides clear rules and consequences.

13. Neighborhood Boundaries - Neighbors take responsibility for monitoring young people's behavior.

14. Adult Role Models - Parent(s) and other adults model positive, responsible behavior.

15. Positive Peer Influence - Young person's best friends model responsible behavior.

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, theater, 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 & 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 Competency



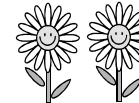
32. Planning & Decision Making - Young person knows how to plan ahead and make choices.

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 nonviolently.



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.

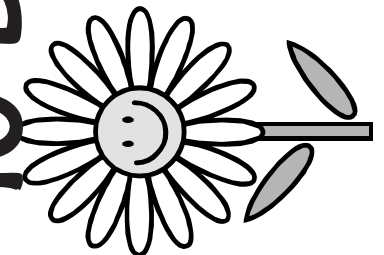
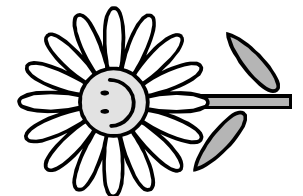
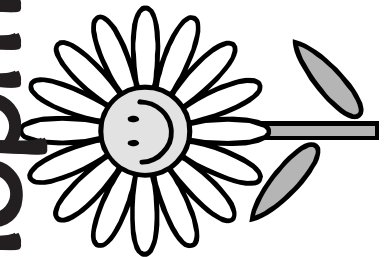
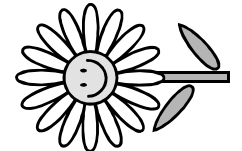
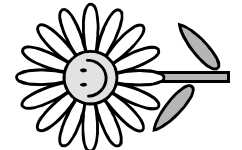
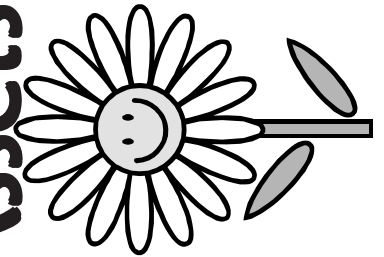
39. Sense of Purpose - Young person reports that "my life has a purpose."

40. Positive View of Personal Future - Young person is optimistic about her or his personal future.

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