

## Asset-Building Ideas for Individuals

Here are ideas for how youth, adults, and families can build assets for children and adolescents.

### Ideas for Young People

- \$ Learn the names of your neighbors (both adults and children). Go out of your way to greet them.
- \$ Choose one way to build a positive relationship with a young child through baby-sitting, playing catch, or volunteering as a coaching assistant.
- \$ Post the 40 developmental assets in your room or in your locker. Choose a different asset each day and focus on building it for your friends.
- \$ Examine the co-curricular activities you are in. Are you in enough of them? Are you in too many? Are you feeling challenged? Do you enjoy the activities? Do you feel you have enough time to do the activities, complete homework, and also have time for yourself, family, and friends? If not, consider making some changes.
- \$ Write a note to (or call) one of the main asset builders in your life, thanking her or him for making a difference in your life.
- \$ Talk about the 40 developmental assets with members of your family. Which assets do family members think are the strongest in your family?
- \$ If you have a part-time job during the school year, limit your work schedule to 15 or fewer hours per week to allow time for schoolwork and other activities that are important to your overall development.
- \$ Even if your family provides a warm, caring, supportive place to grow, also seek support through adults in schools, community organizations, and congregations.

### Ideas for All Adults.

- \$ Learn the names of all children and teenagers who live near you or who work in shops or community centers you frequent. Greet them by name.
- \$ Build at least one sustained, caring relationship with a child or adolescent either informally or through a mentoring program.
- \$ Take time to play or talk with young people who live near you or work with you.
- \$ Look at the list of 40 developmental assets at least once a week and commit to at least one act of asset building every day.
- \$ Support initiatives designed to expand opportunities for young people to participate in teams, clubs, and organizations.
- \$ Expect young people to behave responsibly. When they do not, tell them what you expect and how you would like them to act.
- \$ Never allow the quality of schools or youth programs to suffer because of a lack of financial resources or volunteers.
- \$ Thank people who work with children and youth ( teachers, youth group leaders, social service providers, clergy, and so on) .

### Ideas for Families

- \$ Post the list of 40 developmental assets on your refrigerator door. Each day, purposefully nurture at least one asset in each family member.
- \$ Model-and talk about- the values and priorities you wish to pass on to your children.
- \$ Nurture your own assets by spending time with supportive people, using your time constructively, and reflecting on your own values.
- \$ Regularly do things with your child, including projects around the house, recreational activities, and service projects. Let your child or teenager choose which activities to do together as a family from time to time.
- \$ Talk to your children about assets. Ask them for suggestions of ways to strengthen assets.
- \$ Eat at least one meal together every day.
- \$ Become active in your child's education through school activities, monitoring homework, and having conversations about school and learning.
- \$ Be a friend and asset builder for the friends of your children: welcome them into your home.