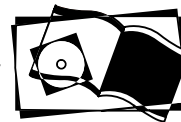


# Asset-Building Resources for Individuals

When some people first hear about asset building for youth, they don't think there is much they can do because they aren't parents, teachers, aunts, or uncles. In other words, they don't have a lot of contact with kids so they don't see what they can do. But that is what is great about asset building—everyone can do it—even young people themselves. Once people start learning about what they can do to build assets, they usually don't want to stop. Here are some resources for understanding the power of the assets for young people and how both adults and youth can build them:

## For Adults

- ♥ *150 Ways to Show Kids You Care/Los Niños Importan: 150 Maneras de Demostrárselo*—This warm, inviting, and colorful book provides adults easy ideas and meaningful reminders about how they can show kids they really care. Based on the best-selling poster of the same name. Includes an introduction to the Developmental Assets and 150 ideas in both English and Spanish.
- ♥ *The Asset Approach*—This eight-page booklet provides a perfect overview of the asset-building approach. It features the most recent Search Institute statistics, a list of the 40 Developmental Assets, an asset-building activity inspired by young people, stories of assets in action from communities, and more. (Available in English or Spanish.)
- ♥ *Conversations on the Go*—Looking for a fun way to start conversations with a young person? *Conversations on the Go* is bound to get you talking. The book is filled with intriguing questions, guaranteed to stretch the imagination and bring out each other's personality and true self.
- ♥ *Just When I Needed You: True Stories of Adults Who Made a Difference in the Lives of Young People*—This heartwarming collection of stories inspires us all to remember who was there for us as we were growing up. Adult asset champions tell stories of who encouraged them—so much so that they now intentionally build assets and make a difference for kids in their own lives. Their stories are inspiring and instructive.
- ♥ *Playful Reading: Positive, Fun Ways to Build the Bond between Preschoolers, Books, and You*—This book takes readers on a joyful romp through 40 asset-rich preschool-level books, linking early literacy skills and asset building. Emphasizing reading for pleasure, it includes suggestions for fun activities and discussions. The ideas in this book are based on research on how to raise children who love to read.
- ♥ *Stay Close: 40 Clever Ways to Connect with Kids When You're Apart*—This easy-to-read book offers adults fun and creative solutions for nurturing long-distance relationships with kids. Whether you're a grandparent, aunt, uncle, parent, or friend of a young person who lives far away,



you'll find activities, real-life anecdotes, and helpful tips to help you bridge the physical (and generational) gap.

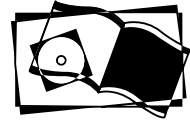
- ♥ *Tag, You're It! 50 Easy Ways to Connect with Young People*—This delightful book provides 50 simple acts of caring to reach out to those young people who will thrive from the attention of a caring adult.
- ♥ *What Kids Need to Succeed*—Learn about the 40 Developmental Assets with this book that includes more than 900 practical ways to build assets, including specific ideas for families.
- ♥ *Who, Me? Surprisingly Doable Ways You Can Make a Difference for Kids*—Use this desktop perpetual calendar for reminders, tips, and inspiration in your daily interactions with kids and teens.

## For Young People

- ♥ *Life Freaks Me Out: And Then I Deal with It*—This down-to-earth memoir touches on hard-hitting issues—drugs, alcohol, self-esteem, relationships, sex—to emphasize to today's teens the power of choice and the importance of finding their own values and truths as they grow up.
- ♥ *Me@My Best: Ideas for Staying True to Yourself—Every Day*—This 16-page booklet is designed specifically to introduce Developmental Assets to young people. This booklet was inspired by the voices of many young people throughout North America who know assets and how to communicate the power of “keeping it real” to their peers. The booklet introduces the framework in a youth-friendly way, encourages them to explore what the categories mean to them personally, and inspires them to find and build upon their own strengths.
- ♥ *Take It to the Next Level: Making Your Life What You Want it to Be*—Created just for teens and young adolescents, this book helps young people focus on their successes, explore what they really want and how to get it, and celebrate their efforts and accomplishments. Filled with activities and journal topics, this booklet guides young people through the journey of adolescence from a Developmental Asset approach.
- ♥ *What Teens Need to Succeed*—This book focuses on how young people can shape the future by building their own assets and those of their peers.

### “Adding Assets” Series:

- ♥ *People Who Care About You*—Book 1 in the “Adding Assets” Series for Kids introduces and describes the six Support assets: Family Support, Positive Family Communication, Other Adult Relationships, Caring Neighborhood, Caring School Climate, and Parent Involvement in Schooling. Each asset is clearly defined and introduced by a story. Kids learn concrete, realistic ways to build family closeness and strengthen other important relationships in their lives.
- ♥ *Helping Out and Staying Safe*—Book 2 in the “Adding Assets” Series for Kids introduces and describes the four Empowerment assets:



Community Values Children, Children as Resources, Service to Others, and Safety. Each asset is clearly defined and introduced by a story. Kids learn simple, everyday ways to play useful roles at home and in the community, help others, and feel safer at home, at school, and in their neighborhood.

- ♥ *Doing and Being Your Best*—In Book 3 of the “Adding Assets” Series, kids learn how to build the six Boundaries-and-Expectations assets: Family Boundaries, School Boundaries, Neighborhood Boundaries, Adult Role Models, Positive Peer Influence, and High Expectations. Stories, tips, and ideas show them why and how boundaries help them behave in positive, responsible ways.
- ♥ *Smart Ways to Spend Your Time*—In Book 4 of the “Adding Assets” Series, kids learn how to build the four Constructive-Use-of-Time assets: Creative Activities, Child Programs, Religious Community, and Time at Home. Stories, tips, and ideas promote healthy, constructive, relationship-strengthening interests and activities.

*All of the above resources and more are available from Search Institute:  
[www.search-institute.org](http://www.search-institute.org), 877-240-7251.*