

Value Every Kidstart with their assets!

Developmental Assets represent the relationships, opportunities, and personal qualities that young people need to avoid risks. The more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to succeed. Parents and the community play an important role in building assets to help raise healthy, caring, and responsible children.¹

Here are some ways to put the developmental assets into action:²

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| <ul style="list-style-type: none"> <input type="checkbox"/> Focus on what children do right instead of what they do wrong. <input type="checkbox"/> Let youth know you are proud of their talents, capabilities and discoveries. <input type="checkbox"/> Have family meetings where children have a voice in decision making. <input type="checkbox"/> Help youth practice coping skills when difficult situations arise. <input type="checkbox"/> Talk together about how to establish family rules and consequences. <input type="checkbox"/> Be a positive role model in a young person's life. <input type="checkbox"/> Respect teenagers' privacy but take interest in their friends and activities. <input type="checkbox"/> Ask a young person to teach you a new skill. | <ul style="list-style-type: none"> <input type="checkbox"/> Give young people appropriate and important responsibilities within the family. <input type="checkbox"/> Teach children and youth to be safe wherever they go. <input type="checkbox"/> Encourage youth to take leadership roles in their community. <input type="checkbox"/> Have a regular family night to do something fun together. <input type="checkbox"/> Encourage children and youth to be involved in at least one hobby. <input type="checkbox"/> Remember that mistakes are part of living and growing. <input type="checkbox"/> Teach young people to be responsible for all of their thoughts, words and actions. |
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¹ Search Institute. "Search Institute" www.search-institute.org (May 14, 2009).

² Every Kid in Our Communities of Leeds and Grenville. "Every Kid in Our Communities of Leeds and Grenville" www.everykid.on.ca (May 14, 2009).

VALUE EVERY KID is a local project brought to you by the following partners: Girls Inc, Country Roads Community Health Centre, Every Kid in Our Communities of Leeds and Grenville and The Leeds, Grenville and Lanark District Health Unit.

40 Ways Anyone Can Build Assets

External Assets Support

- Show courtesy to family members in public and at home
- Invite caring, responsible adults to be part of your children's lives
- Vow to say one encouraging thing to someone each day
- Encourage passions and interests in others
- Volunteer to be a mentor for a young person

Empowerment

- Include young people as active participants in events
- Encourage teenagers to take leadership roles in their community
- Do simple acts of community service together
- Give young people appropriate and important responsibilities within the family
- Teach children and youth how to be safe wherever they go

Boundaries & Expectations

- When setting boundaries for someone else, explain the values behind them
- Talk together about how to establish family rules and consequences
- Treat all people, regardless of age, with respect
- Be a positive role model in a young person's life
- Respect teenagers' privacy, but take interest in their friends and activities

Constructive Use of Time

- Visit museums and libraries and attend plays and concerts with youth
- Encourage teens to be involved in at least one hobby
- Have a regular family night to do something fun together
- Involve youth in decisions about family spiritual activities
- Volunteer in programs and activities for young children

Internal Assets

Commitment to Learning

- Ask a young person to teach you a new skill
- Set daily homework goals
- Organize a neighborhood book swap
- Invite a teacher to have dinner at your home
- Believe that all young people can learn

Positive Values

- Remember that mistakes are part of living and growing
- Show care and concern for your neighbors by offering a helping hand
- Write down what you believe – Post it where you will see it often
- Be responsible for all of your thoughts, words, and actions
- Try new things and take on new responsibilities

Social Competencies

- Have family meetings where children have a voice in decision making
- Smile and say hello to at least one new person each day
- Learn about your own cultural heritage and the heritage of others
- Help youth practice coping skills when difficult situations arise
- Learn and model peaceful ways to resolve disagreement

Positive Identity

- Dwell on what children do right instead of what they do wrong
- Avoid comparing young people with each other
- Let youth know you are proud of their talents, capabilities, and discoveries
- Listen when young people talk about their sense of purpose in life
- Ask young people what they are passionate about

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