



## What are developmental assets?

Assets are the basic building blocks for healthy development that help youth grow up healthy, caring and responsible. Search Institute has identified 40 assets that strengthen youth--these assets have tremendous power to protect young people from harmful choices and encourage healthy ones.

<http://www.search-institute.org/assets/index.htm>

### 40 Developmental Assets

- Support
  - Family support
  - Positive family communication
  - Other adult relationships
  - Caring neighborhood
  - Caring school climate
  - Parent involvement in schooling
- Empowerment
  - Youth as resources
  - Service to others
  - Safety
- Boundaries and Expectations
  - Family boundaries
  - School boundaries

- Neighborhood boundaries
- Adult role models
- Positive peer influences
- High expectations
- Constructive Use of Time
  - Creative activities
  - Youth programs
  - Religious community
  - Youth programs
  - Time at home
- Commitment to Learning
  - Achievement motivation
  - School engagement
  - Homework
  - Bonding to school
  - Reading for pleasure
- Positive Values
  - Caring
  - Equality and social justice
  - Integrity
  - Honesty
  - Responsibility
  - Restraint
- Social Competencies
  - Planning and decision making
  - Interpersonal competence

- Cultural competence
- Resistance skills
- Peaceful conflict resolution
- Positive Identity
  - Personal power
  - Self-esteem
  - Sense of purpose
  - Positive view of personal future

Communities that pay attention to these assets are able to see the difference as alcohol use, illicit drug use, and violence rates decline. More than that, when children experience more assets in their lives, success in school, maintaining healthy behaviors, and more positive attitudes can be demonstrated.

Health promotion staff work in partnership with Kitsap County's Commission on Children and Youth and their asset initiative "It's Time for Kitsap Kids" to promote healthier kids and a healthy community.

<http://www.kccha.com/itkk/itkk.html>

Click on link below and choose "Healthy Youth Report--Power of Assets page to see specifics. HD contractor doesn't have it all set up yet--consider importing that particular page to Assets section.

<http://www.wa.gov/kitsaphealth/Assessment/index.html>

## Resources you can use

Free materials contact 360-337-4879 to obtain the following materials to introduce the assets concept to your organization:

***Build a Better Me*** (tips for teens)

***150 Ways to Show Kids You Care*** (poster style leaflet)

***Building Blocks of Parenting*** (tips for parents)

***The Asset Approach--Giving Kids What They Need to Succeed*** (for adult presentations)

***Healthy Youth 2001*** (local report)

Asset reference materials are available at Kitsap Regional Library

