

40 Developmental Assets *the sum of success for youth*

Search Institute® has identified the following building blocks of healthy development– known as Developmental Assets® – that help young people grow up healthy, caring, and responsible.



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 parents 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 non-parent adults.
4. **Caring Neighbourhood:** Young person experiences caring neighbours.
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 neighbourhood.

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. **Neighbourhood Boundaries:** Neighbours take responsibility for monitoring young people's behaviour.
14. **Adult Role Models:** Parent(s) and other adults model positive, responsible behaviour.
15. **Positive Peer Influence:** Young person's best friends model responsible behaviour.
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, theatre 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 and 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 Competence

32. **Planning and 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 non-violently.


















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.

SPARC Red Deer is a passionate group of individuals & organizations focused on creating awareness, through developing and highlighting activities that engage children, youth and families to thrive.

50 Ways to CONNECT With Kids

-  Have a family night together.
-  Share at least three family meals each week.
-  Develop and practice family rituals.
-  Unplug. Stay present.
-  Share your talents and interests.
-  Have simple, daily conversations.
-  Play fun games together.
-  Ask a child to help you with something.
-  Be a positive role model.
-  Go for a bike ride together.
-  Say hello to kids in your neighbourhood.
-  Ask for your child's opinion.
-  Share your cultural traditions.
-  Focus on their strengths.
-  Listen without judgment.
-  Attend parent-teacher-student interviews.
-  Read to your child.
-  Meet your child's friends and their parents.
-  Attend performances, activities and games.
-  Spend one-on-one time with your child.
-  Make a craft together.
-  Use available time, like in the car, to talk and listen.
-  Let your child or youth plan a family activity.
-  Grow a garden together.
-  Volunteer together.

-  Volunteer as a Big Brother or Big Sister.
-  Be understanding when they've had a hard day.
-  Role model how to adapt and compromise.
-  Tell your child how well they have done at something.
-  Be excited about their interests.
-  Share a joke. Laugh.
-  Make a meal together.
-  Apologize when you are wrong.
-  Notice when a young person grows.
-  Do something challenging together.
-  Give your child lots of hugs.
-  Accept a young person as they are.
-  Ask your child to teach you something.
-  Greet your child warmly.
-  Do household tasks together.
-  Give your child undivided attention at least 15 minutes each day.
-  Listen to each other's music.
-  Tell your child how much you enjoy spending time with them.
-  Put a note in your child's lunch.
-  Look at family photos together.
-  Tell them their birth or adoption story.
-  Text your teen.
-  Do something silly together.
-  Help your child connect with healthy role models.
-  Tell your child you love them every day.