

Newsletter #2

The Asset Approach to Healthy Adolescent Development

Recent research has shown that the key to raising responsible kids lies in something called The 40 Developmental Assets. Created by Search Institute® and grounded in scientific research, developmental assets are the building blocks for children and teens.

The 40 assets focus on the strengths of children and youth, rather than problems. There is a strong relationship between the number of assets present in young people's lives and their ability to develop in positive and healthful ways. In fact, the more assets a child has, the more positive and successful their development. The fewer the number of assets present, the greater the possibility youth will engage in risky behaviours, such as drug use, unsafe sex, and violence.

Can Anything Be Done to Increase the Assets Young People Experience?

Yes! Building assets in children is something everyone can do: parents, nurses, teachers, friends, neighbours, bus drivers, cafeteria, and restaurant staff and business owners – *all community members*.

Youth and adults—in big cities and small towns—are beginning to understand in growing numbers the awesome power they have in making positive and lasting impact on the lives of young people. Individually and together, they can be actively engaged in the movement to grow healthy communities and healthy youth.

There are positive things you can offer teens and be an asset builder.

For more information on the developmental assets go to:

<http://www.mvparents.com/index.php>