

Building the **Support Assets**

All young people – no matter what their age – need support from caring and loving people. Here are ideas on how to build the six support assets for children and youth as they grow up.

Ages 0 to 1	<ul style="list-style-type: none">• Smile at every infant you see.• Spend as much time as possible holding babies and interacting with them.
Ages 1 to 2	<ul style="list-style-type: none">• Say “yes” to children more often than “no.”• Cheer children as they master new skills. Comfort and guide them when they become frustrated.
Ages 3 to 5	<ul style="list-style-type: none">• Get down to children’s eye level whenever you interact with them.• Encourage children’s thinking abilities by taking them to new places, such as a bird sanctuary, a candy manufacturer, or a concert designed for young children. Let them experience new sounds, sights, tastes, textures, and smells.• Play with children, letting them choose the activity.
Ages 6 to 11	<ul style="list-style-type: none">• Encourage children’s passions and interests.• Answer children’s questions. If you don’t know the answer, admit it and work together to find it.• When you and a child disagree, show you still care, and encourage other adults to do the same.
Ages 12 to 15	<ul style="list-style-type: none">• Be available to listen.• Affirm independence and interdependence. People need each other.
Ages 16 to 18	<ul style="list-style-type: none">• Find out what teenagers care about and advocate for their causes.• Ask teenagers for their opinion or advice.• Continue to show affection to teenagers by spending time with them - even if you’re not doing or talking about anything special.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Empowerment Assets**

All young people need to be empowered. In other words, they need to feel valued and valuable. Here are ideas on how to build the four empowerment assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Realize that babies don't manipulate adults; respond immediately to their cries and needs.• Prop up babies and hold them so they can see more.
Ages 1 to 2	<ul style="list-style-type: none">• Ensure safety by childproofing all environments where children play. If you're not sure what to do, ask your doctor, day-care provider, or early childhood educator.• Start introducing the value of community service by having children do simple tasks at home, such as putting a toy away in a toy box or picking up socks.
Ages 3 to 5	<ul style="list-style-type: none">• Allow children to make simple choices, such as wearing black socks or red socks.• Teach children basic safety rules, such as never touching poisons and always wearing safety belts.• Do simple acts of community service together with children such as collecting food for a food bank.
Ages 6 to 11	<ul style="list-style-type: none">• Encourage children to write letters to the editor of your local paper about issues that are important to them.• Ask children what they like and do not like about their daily routines. Make changes to improve them.
Ages 12 to 15	<ul style="list-style-type: none">• Encourage teenagers to volunteer at least one hour a week. Talk with them about what they learn from these experiences.• Talk with young people about their feelings and fears about safety. Work together to help young people feel more safe.
Ages 16 to 18	<ul style="list-style-type: none">• Help teenagers spend time contributing to their communities. This could range from finding out about opportunities and how to get involved to simply figuring out ways to get them there.• Encourage teenagers to take leadership roles in addressing issues that concern them.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Expectations Assets**

All young people need to know their limits as well as what's expected of them. Here are ideas on how to build the six boundaries-and- expectations assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Realize that babies don't intentionally violate standards and boundaries. Don't punish them for violating boundaries they can't understand.• Distract children from inappropriate behavior and draw attention to how you want them to act.
Ages 1 to 2	<ul style="list-style-type: none">• Give simple, understandable boundaries, such as "Sit Down," or "Don't bite."• Enforce boundaries consistently so children don't get confused.• Affirm children when they act appropriately.
Ages 3 to 5	<ul style="list-style-type: none">• Stay calm when children act out in highly emotional ways.• Model how you want children to act; don't just tell them what to do and what not to do.• Learn what to expect from preschoolers. Read about child development in books and magazines, talk to other parents, or talk to preschool teachers or child-care workers.
Ages 6 to 11	<ul style="list-style-type: none">• Encourage schools, neighbors, organizations, and communities to have consistent boundaries and consequences so children know how to act in different settings.• Be firm about boundaries that keep kids safe. Don't negotiate these boundaries.• Challenge children to do their best in school, and help them whenever you can.
Ages 12 to 15	<ul style="list-style-type: none">• Be patient, calm, and consistent as young teenagers test the boundaries you set.• Negotiate new boundaries as children grow older. Work together on what's acceptable and what's not.• Ask young teenagers where they are going and who they will be with.
Ages 16 to 18	<ul style="list-style-type: none">• Help teenagers think about their goals for the future and what kind of boundaries they'll need to meet them.• Continue to have boundaries for appropriate behaviors and consequences for violating those boundaries.• Respect teenagers' privacy needs while showing interest in their friends and activities.• Challenge teenagers to learn through school and other activities.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Constructive Use-of-Time Assets**

All children and youth need opportunities to be involved in positive, constructive activities. Here are ideas on how to build the four constructive-use-of-time assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Be flexible with infant schedules, and gradually introduce predictable routines as babies get older.• Have babies spend most of their time with their parents or consistent caregivers.
Ages 1 to 2	<ul style="list-style-type: none">• Balance stimulating, structured time with free playtime.• Have consistent times for children to sleep, eat, play, and relax.
Ages 3 to 5	<ul style="list-style-type: none">• Take children to museums, theaters, and other cultural events or activities to expose them to new things.• Follow children's lead in activities which interest them.
Ages 6 to 11	<ul style="list-style-type: none">• Allow children to have one or two regular out-of-home activities that are led by caring adults.• Teach children to balance their time so they gradually learn how to avoid getting too busy or too bored.• Volunteer in programs and activities for children, such as sports, clubs, religious activities, music, or others.
Ages 12 to 15	<ul style="list-style-type: none">• Have a regular family night to do something fun together, and encourage others to do the same.• Help young people look for positive, stimulating activities that match their talents, interests, and abilities.
Ages 16 to 18	<ul style="list-style-type: none">• Encourage teenagers to be involved in at least one activity that may continue into their adult years.• Help teenagers think about how the time they spend on different activities helps or hinders them in reaching their goals.• Volunteer in programs or activities for older teenagers. Take time to get to know the young people involved.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Commitment-to-Learning Assets**

It is important for young people of all ages to value and have a commitment to lifelong learning. Here are ideas on how to build the five commitment-to-learning assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Give babies new, interesting things to look at, such as toys in different colors, shapes, and sizes.• Sing and read to babies every day.
Ages 1 to 2	<ul style="list-style-type: none">• Take toddlers to new places, such as parks and stores.• Make up a game or song for children that teaches them the names of objects.
Ages 3 to 5	<ul style="list-style-type: none">• Talk about what you see whenever you are with children and ask them to talk about what they see.• Visit libraries, zoos, museums – any places that give children new experiences.
Ages 6 to 11	<ul style="list-style-type: none">• Set daily homework guidelines for children and provide a place for them to study.• Let children read to you every day as they learn to read. Show them that you are excited and proud about their reading.• Help children find ways to learn more about subjects that really interest them.
Ages 12 to 15	<ul style="list-style-type: none">• Find creative ways to help young people link their interests with schools subjects (such as doing special projects).• Encourage young people to collect things like stamps, postcards, leaves, dried flowers, or quotes they like. Contribute to their collections.• Ask young people to teach you a new skill or about a subject they're studying in school.
Ages 16 to 18	<ul style="list-style-type: none">• Help teenagers think about their future goals and the discipline required to reach them.• Encourage teenagers to take an interesting community education class.• Place emphasis on lifelong learning and not just on graduation.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Positive-Values Assets**

All young people – ages 0 and up – need positive values to help guide their choices. Here are ideas on how to build the six positive-values assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Create a caring atmosphere for babies at home, in child-care centers, and in other places.• Encourage families to talk about their values while modeling and teaching them as their children grow.
Ages 1 to 2	<ul style="list-style-type: none">• Teach children to care for others, such as by sharing or giving hugs.• Interact with children in loving, respectful, and caring ways.
Ages 3 to 5	<ul style="list-style-type: none">• Teach children how to care for special things, such as toys, outfits, or plants, by themselves.• Encourage parents to explain their values simply to children when they see others behaving in ways they value or do not value.
Ages 6 to 11	<ul style="list-style-type: none">• Have children write thank-you notes or show their appreciation in some other way whenever they receive gifts.• Encourage families to participate in service activities together.• Talk to children about specific examples of people acting on their values.
Ages 12 to 15	<ul style="list-style-type: none">• Interact in caring, responsible ways with people of all ages. Encourage youth to do the same.• Watch television or read books together and discuss the characters' values.• Talk to young people about your values regarding honesty; sexual activity; alcohol, tobacco, and other drug use; and other topics.
Ages 16 to 18	<ul style="list-style-type: none">• Encourage teenagers to volunteer with at least one organization.• Together write letters to the editor or to politicians about your views on issues.• Talk with teenagers about how they values guide their choices and behaviors. Let them know how your values influence you.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Social Competency Assets**

Young people – no matter what their age – need to develop social competencies. Here are ideas on how to build the five social – competency assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Give babies new toys and safe objects to touch and explore. Infants learn a lot about how to deal with people by first interacting with objects.• Encourage children to experiment with sounds. It will help them develop language later on.
Ages 1 to 2	<ul style="list-style-type: none">• Give children at least two equally appealing choices whenever possible.• Encourage children to express their feelings, but give them guidelines on appropriate and inappropriate ways to act on their feelings.
Ages 3 to 5	<ul style="list-style-type: none">• Continue to cheer on children’s new skills, such as drawing, walking backward, and learning how to cut with scissors.• Encourage families to start having periodic family meetings in which children have input in decision-making.• Let children make simple choices on their own, such as whether to wear white socks or black socks.
Ages 6 to 11	<ul style="list-style-type: none">• Encourage children to use words – rather than just actions – to communicate.• Encourage children to develop more skills in areas that interest them.• Find ways for children to spend time with people who look, act, think, and talk in different ways.
Ages 12 to 15	<ul style="list-style-type: none">• Help young people use healthy coping skills when difficult situations arise.• Be gentle and supportive in how you respond to young people’s fluctuating emotions.• Help young teenagers find ways to deal with conflict without fighting.
Ages 16 to 18	<ul style="list-style-type: none">• Slowly begin to allow teenagers more freedom to make their own decisions.• Ask teenagers about their dreams for the future and help them plan how to achieve them.• Encourage teenagers to practice healthy responses to situations where they might feel pressured or uncomfortable, such as being offered drugs by a friend or being challenged to fight.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.

Building the **Positive - Identity Assets**

All young people need to feel good about themselves and their abilities. Here are ideas on how to build the four positive – identity assets for children and youth at different ages.

Ages 0 to 1	<ul style="list-style-type: none">• Always love, accept, and respect babies.• Play together with babies in ways that make them laugh and enjoy the time together.
Ages 1 to 2	<ul style="list-style-type: none">• Create a loving, supportive, and affirming atmosphere for children.• Dwell on what children do right instead of what they do wrong. When they make mistakes or act out, focus on the behavior, not the child. For example, instead of saying, “No! you are so naughty,” try saying, “No, it’s not okay for you to do that.”
Ages 3 to 5	<ul style="list-style-type: none">• Break new tasks and skills into small, manageable steps that children can master without becoming too frustrated.• Talk with children about the good things that happen in their lives.• Find ways to teach children about their cultural heritage, such as through stories or special foods.
Ages 6 to 11	<ul style="list-style-type: none">• When children are facing problems or difficult times, help them think of all the possible ways they could deal with the situation. Then help them pick what they want to do.• Encourage children to find inspirational, positive role models.• Talk with children about what gives your life meaning and a sense of purpose.
Ages 12 to 15	<ul style="list-style-type: none">• Expect young people to experience ups and downs of self-esteem during these years and for it to increase as they get older.• Avoid comparing young people with each other.
Ages 16 to 18	<ul style="list-style-type: none">• Let teenagers know that you are proud of and excited by their talents, capabilities, and discoveries.• Support teenagers as they struggle with issues and questions of identity.• Let teenagers know that you are willing to listen if they want to talk about their sense of purpose in life, including their ideas about how they would like to contribute to the world.

The developmental assets are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From *Pass It On! Ready-to-Use Handouts for Asset Builders*, copyright © 1999 by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial use only (with this copyright line). All rights reserved.