

# ALL adults can support St. Louis Park young people!

All adults can build the “40 Developmental Assets” or positive traits in kids. As young people of all ages have these experiences, expectations and relationships, they thrive and make better choices. Here are some ideas to get you started. Don't stop with these. Figure out ways to include asset building in your daily encounters. You just may get to know some really great kids! Learn more at [www.children-first.org](http://www.children-first.org).



Share how you build assets at: [www.facebook.com/ChildrenFirstSLP](https://www.facebook.com/ChildrenFirstSLP).

<b>SUPPORT US</b>	1. Family support	Have a parent-child fun day or date night.
	2. Positive family communication	Be honest and talk often.
	3. Other adult relationships	Treat youth with respect and understand their maturity level.
	4. Caring neighborhood	Young people deserve full neighbor status: introduce them as your neighbors. Kids are not just the offspring of your neighbors.
	5. Caring school climate	Both adults and young people contribute to the school's climate. Respect and listen to all ideas.
	6. Parent involvement in school	Volunteer for field trips and school events. Ask young people about school. Post student art on the fridge.
<b>EMPOWER US</b>	7. Community values youth	Stop at lemonade stands!
	8. Youth as resources	Ask young people to help. Have them pick up your mail when you're out of town; ask them to explain how to use your cell phone; or invite them to help plan a neighborhood gathering.
	9. Service to others	Pay it forward- opens doors for others, do a chore for a neighbor, offer a helping hand.
	10. Safety	Plan ahead: set a code phrase your child can use when he/she wants to be picked up from an uncomfortable situation.
<b>EXPECT THE BEST</b>	11. Family boundaries	Set clear expectations for kids; acknowledge their freedom by adjusting rules as they grow.
	12. School boundaries	Establish fair rules while recognizing that each individual is unique.
	13. Neighborhood boundaries	Get to know neighbor children and their families. Praise a child who is doing something right. Respectfully address a young person who is doing something out of line.
	14. Adult role models	Set an example by being involved in the community. Encourage young people to participate in activities with you.
	15. Positive peer influence	Encourage children to invite their friends home so you can get to know them.
	16. High expectations	Help kids set steps as they continue to strive for a bigger goal.
<b>GET US INVOLVED</b>	17. Creative activities	Ask young people what they are interested in—it may not be what you expect. Provide opportunities to pursue those interests.
	18. Youth programs	Encourage young people to be involved in activities, showing your support by being involved as well.
	19. Religious community	Provide opportunities to be involved in a faith community and its activities.
	20. Time at home	Create a healthy home environment so that staying home is not considered a punishment, but a welcoming, safe place to be.
<b>MAKE LEARNING A PRIORITY</b>	21. Achievement motivation	Acknowledge the benefits of working hard and trying your best on schoolwork.
	22. School engagement	Check in with young people about what they are learning in school.
	23. Homework	Make sure young people are doing their homework AND understanding it.
	24. Bonding to school	Whether or not you are a parent, volunteer at school. Opportunities vary from carnivals, to helping in the cafeteria to tutoring.
	25. Reading for pleasure	Spend time reading with young people. Find out what books they enjoy and share a book you enjoy.
<b>SHOW US POSITIVE VALUES</b>	26. Caring	Be caring towards kids to set a good example.
	27. Equality & social justice	The Golden Rule is true: Treat others how you want to be treated.
	28. Integrity	Reinforce the importance of young people expressing their beliefs and opinions.
	29. Honesty	Demonstrate honesty by returning money when a clerk makes a mistake or telling the true age of a child even if it means a more expensive admission fee.
	30. Responsibility	Give kids simple tasks, increasing their level of responsibility as they get older.
	31. Restraint	Start talking with kids at a young age about self-respect.
<b>BUILD OUR SKILLS</b>	32. Planning & decision making	Post a home calendar for everyone to use.
	33. Interpersonal competence	Encourage kids to spend time with friends to establish social skills.
	34. Cultural competence	Seek out events in the community to explore a variety of cultures with young people.
	35. Resistance skills	Develop a back-up plan in case young people are in a bad situation.
	36. Peaceful conflict resolution	Keep calm in difficult situations to set a good example for young people.
<b>HELP US GROW</b>	37. Personal power	Let young people have some control by making their own decisions.
	38. Self-esteem	Kids need at least 5 non-parent adults in their lives to cheer them on and provide counsel. Do you fill this role for any young people?
	39. Sense of purpose	Explain to young people why their help is needed and give them specific compliments about the help they provide.
	40. Positive view of personal future	Provide young people with examples of different routes that they can take to success.