

What are Developmental Assets?

External Assets

Support is about youth having people and places that make them feel cared about and welcome. Think about providing your Little Buddy with opportunities to experience support from numerous nonfamily adults, positive family communication and a caring neighborhood.

Empowerment is about young people feeling valued for who they are and being given opportunities to shine. It's also about feeling safe, because it's tough to be your best if you feel scared. Think about ways you can provide your Little Buddy with opportunities to experience empowerment by being in a safe environment and providing service to others.

Boundaries and Expectations are about knowing and understanding the rules of behavior in families, schools, and communities. This category is also about adults and peers encouraging young people to be their best. Think about ways you can provide your Little Buddy with opportunities to experience boundaries and expectations through adult role models, family, positive peer influences, and high expectations.

Constructive use of Time is about youth have people and activities in their lives that are fun and challenging. It is also about having high-quality time at home. Think about ways you can provide your Little Buddy with opportunities to experience constructive use of time through creative activities, religious community and time at home.

Internal Assets

Commitment to Learning is about doing well in school, but it is also about taking advantage of all opportunities to learn whenever they happen. Think about ways you can provide your Little Buddy with opportunities to experience a commitment to learning through achievement motivation, doing homework, and reading for pleasure.

Positive Values define who young people are and how they interact with others. Think about ways you can provide your Little Buddy with opportunities to experience positive values such as integrity, honesty, and responsibility.

Social Competencies are about getting along with all kinds of people and being able to navigate through the rough waters of decision making in today's society. Think about ways you can provide your Little Buddy with opportunities to experience social competencies such as friendship skills and peaceful conflict resolution.

Positive Identity is about youth feeling good about themselves and knowing they can succeed in life. It's about looking forward to the future. Think about ways you can provide your Little Buddy with opportunities to experience positive identity by building her or his self-esteem, sense of purpose and personal view of the future.