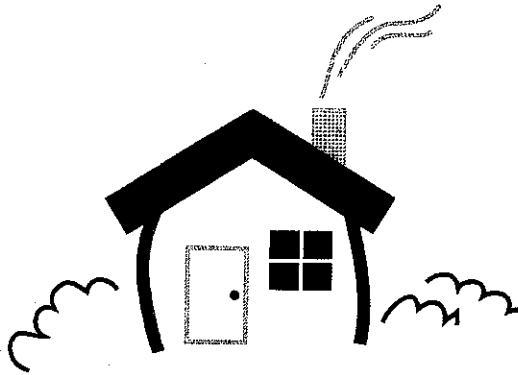


THE POWER OF ONE

Helping young people get the assets they need is like exercising your right to vote: It's important, it's powerful, it can be done after a lot of deliberation or on the spot, it's relatively easy, and it's *your* power—no one can do it for you. Asset building is like voting in another important way: Not enough people do it! Studies show that while the majority of Americans say they believe it's a good idea to contribute to the healthy development of young people, very few actually take action.

Fortunately, unlike voting, you can build assets every day, everywhere, as many times as you want. Once you start looking, you'll find plenty of opportunities that fit your time, energy, resources, commitment, and comfort level. You'll probably surprise yourself by coming up with some unique ideas that fit your personality and lifestyle. Here are some examples, from simple and straightforward to challenging and complex. Some will work best for youth, some for adults. Most, though, can be modified or adapted by anyone.



In a Home

ANYONE

- Learn more about the assets by checking out Search Institute's Web site at www.search-institute.org. Or call 800-888-7828 for more information.
- Contact local media to encourage positive coverage of children and youth.
- Check out organizations that serve youth in your community and make a donation (whatever amount you are comfortable with) to one or more of them.

YOUTH

- Post the 40 Developmental Assets where you live. Choose a different asset each day and focus on ways to help build it for and with friends or siblings.
- Talk about the 40 Developmental Assets with your family. Which assets do family members think are the strongest in your family?
- If you have friends over, be sure to introduce them to your parents or guardians.

ADULTS

- If you entertain friends in your home, pick a time to include their children.
- Offer to help your children with their homework.
- Send a friendly note to a young relative or friend, just to say "you are on my mind."



In a Neighborhood

ANYONE

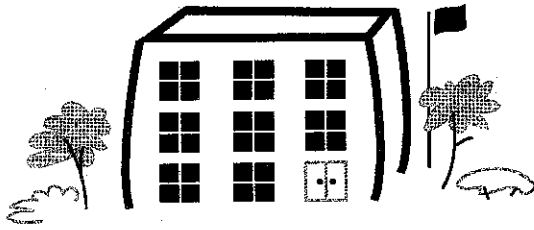
- Learn the names of your neighbors of all ages.
- Treat all neighbors with respect and courtesy; expect them to treat you the same way.
- Start or join a neighborhood watch or block club.

YOUTH

- Ask a parent or guardian to introduce you to neighbors you don't know.
- Discuss with other young people in your neighborhood what's good about where you live. Also talk about ways you could improve the neighborhood.
- Volunteer to help a neighbor with babysitting or chores around her or his home (such as yard work, pet care, or cleaning).

ADULTS

- Take time just to hang out with the young people on your block or in your building.
- Offer to help a young neighbor with a project or task (such as building or repairing something or a tough homework assignment).
- Let neighborhood youth know when their behavior is inappropriate or out-of-bounds.



In a School

ANYONE

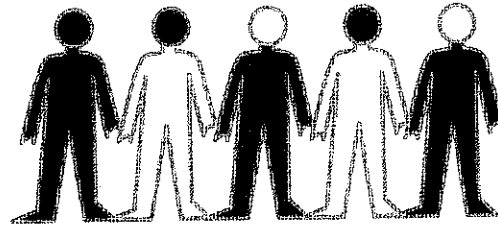
- Attend school-sponsored concerts, plays, or sporting events.
- Thank a teacher, principal, custodian, substitute, or anyone else for their efforts.
- Work with your school community to create a list of shared values for the school.
- Attend a school board meeting. Share information about the assets and direct board members and attendees to Search Institute's Web site (www.search-institute.org).

YOUTH

- Come to class prepared (homework done, pens and paper for taking notes, and so on).
- Treat your classmates and your teachers with respect. Expect the same in return.
- Form study groups with your friends. Ask for help when you need it, and offer help when you can.
- Organize a book club. Read *Step by Step: A Young Person's Guide to Positive Community Change*, a guidebook written for youth by youth (available as a free download at www.search-institute.org/tools/free-e-product-downloads).

ADULTS

- Join a parent-teacher organization or other type of advisory group. Ask to give a brief presentation about the Developmental Assets.
- Volunteer your time (such as read to students, chaperon a field trip, or help out at an event).
- Organize a book club. Read *Great Places to Learn: Creating Asset-Building Schools That Help Students Succeed* (available from Search Institute).



In a Community

ANYONE

- Treat children, youth, and adults with respect.
- Volunteer in an organization that serves families and youth.
- Send your local officials (mayor, council members, and so on) information about the assets. Try *You Can Make a Difference for Kids* (available from Search Institute).

YOUTH

- Participate in at least one club, group, team, or sport—or find something creative that appeals to you, such as acting or music.
- Build a relationship with a child through baby-sitting, tutoring, or volunteering as a coach or coaching assistant.
- Become involved in a social issue that interests you, such as affordable housing, discrimination, hunger, child abuse and neglect, or the environment.

ADULTS

- Support local efforts to provide safe spaces for young people to meet and spend time together.
- Build at least one informal, ongoing, caring relationship with a child or adolescent.
- Model a positive, healthy lifestyle. This includes finding peaceful ways to resolve conflicts, being motivated to achieve, and advocating and working for equality and social justice.