



Asset-Building Ideas

for Youth

You can make a difference for yourself and your peers by learning about and building the developmental assets. Some teenagers have start by learning the names of more of their peers at school. Some build assets by befriending younger children. Others have focused their efforts on making a difference in their congregation or community Here are ideas on how to get started as an asset builder:

- ~ Learn the names of your neighbors (including adults, children, and other teenagers). Ask one of your parents to introduce you to neighbors you don't know.
- ~ **Post the 40 developmental assets in your room or in your locker. Choose a different asset each day and focus on nurturing it for your friends.**
- ~ Sample a variety of experiences and activities in music, theater, art, and athletics, at school and in your community
- ~ **Participate in at least one club, group, team, or sport—or find something creative that appeals to you, like acting or music.**
- ~ Get to know an adult you admire.
- ~ **Replace put-downs with affirmations.**
- ~ Become a walking example of asset building. Learn more about the research and the implications of the asset framework.
- ~ Write a **note to or call one of the main asset builders in your life. Thank her or him for making a difference in your life.**
- ~ Think of your best friends. Do they build you up or drag you down? How do they build assets for you? How do you build assets for them?
- ~ **Go out of your way to greet your neighbors.**
- ~ Limit the amount of television you watch. Choose shows you really like and not just whatever is on.
- ~ Take a conflict-mediation course.
- ~ Start a **book club with friends and read just for fun.**
- ~ Practice different ways of saying no when people try to get you to do things that you don't really want to do.