

You are an Asset Builder if you...

- :: Eat at least one meal a day with those important to you
- :: Know the names of young people in your neighborhood
- :: Attend school-sponsored concerts, plays or sporting events
- :: Take time to talk with young people who live near you or work with you
- :: Thank the people who have had a positive influence on your life
- :: Volunteer
- :: Send a note to a relative or friend just to say, "You're on my mind"
- :: Model a positive, healthy lifestyle
- :: Admit when you made a mistake
- :: Inspire a young person's creativity
- :: Include young people in meaningful conversations
- :: Love the young people in your life, no matter what

As you can see, it's the little things we can do to be more involved, concerned, or understanding that truly create a positive impact on our community and our young people.

For more information or to schedule a presentation on how you or your organization can become involved in asset building, or to inquire about available mini-grant funds, please contact us at 908-204-3068 or visit us on the web at www.bernardsassets.org.



A Cooperative Initiative of The Bernards Township Health Department and Municipal Alliance
assets@bernards.org 908.204.3068
www.bernardsassets.org

The 40 Developmental Assets

EXTERNAL ASSETS

- :: **Support**
 - Family Support
 - Positive Family Communication
 - Other Adult Relationships
 - Caring Neighborhood
 - Caring School Climate
 - Parent Involvement in Schooling
- :: **Empowerment**
 - Community Values Youth
 - Youth as Resources
 - Service to Others
 - Safety
- :: **Boundaries & Expectations**
 - Family Boundaries
 - School Boundaries
 - Neighborhood Boundaries
 - Adult Role Models
 - Positive Peer Influence
 - High Expectations
- :: **Constructive Use of Time**
 - Creative Activities
 - Youth Programs
 - Religious Community
 - Time at Home

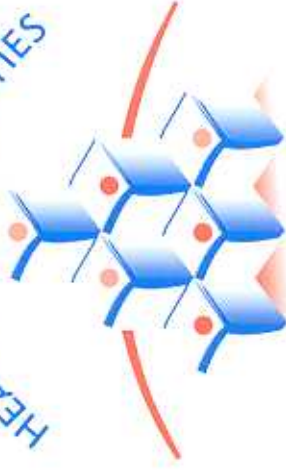
INTERNAL ASSETS

- :: **Commitment to Learning**
 - Achievement / Motivation
 - School Engagement
 - Homework
 - Bonding to School
 - Reading for Pleasure
- :: **Positive Values**
 - Caring
 - Equality and Social Justice
 - Integrity
 - Honesty
 - Responsibility
 - Restraint
- :: **Social Competencies**
 - Planning and Decision Making
 - Interpersonal Competence
 - Cultural Competence
 - Resistance Skills
 - Peaceful Conflict Resolution
- :: **Positive Identity**
 - Personal Power
 - Self-Esteem
 - Sense of Purpose
 - Positive View of Personal Future

For more information on Search Institute, please visit www.search-institute.org

The Power of Many.

HEALTHY COMMUNITIES



Building Youth

Strengthening Our Community Through Asset Development

Building YOUTH is made possible by funding from the Office of Juvenile Justice and Delinquency Prevention, Drug Free Communities Support Program to the Bernards Township Health Department and Municipal Alliance.

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Building Youth, Building Community

In an asset-building community, caring for young people is not the sole responsibility of families or schools or professional care providers. All residents - parents, neighbors, educators, business people, senior citizens and others - see themselves as guardians of the community's young people. The entire community recognizes its responsibility in strengthening the whole asset foundation.

As a result, asset-building communities provide a sense of harmony in the messages that people hear. It's a practical application of "actions speaking louder than words".

Building YOUTH is a grass-roots effort being initiated by the Bernards Township Health Department and Municipal Alliance. This initiative addresses the need for young people to grow up in a caring, concerned, and nurturing community. By investing new resources, energy, and creativity, Building YOUTH emphasizes the basic building blocks needed to help all of our young people succeed.

Based upon the Search Institute's "40 Developmental Assets" framework, Building YOUTH is not a "program", but rather a movement that seeks to unite Bernards Township residents around a shared vision while using the assets as a focal point for strengthening our community.

These "assets" - the building blocks that all people from all walks of life can nurture - have been researched extensively during child development and have been shown to lead to healthy and positive outcomes. The 40 Developmental Assets help young people make wise decisions, choose positive paths, and grow up competent, caring and responsible. In fact, the more assets a person has, the more likely it is that they will do well in school, care about their health and contribute to their community.

The Power of Many...



Building Youth A Community of Caring People

- Schools** – Schools have a unique opportunity to promote ASSET building. When they fulfill their leadership potential and use their unique position to be advocates for children and families and creators of safe places, schools become ASSET builders for the entire community.
- Parents & Guardians** – Most parents have to occasionally deal with difficult issues. Research shows that one of the best ways to deal with problems is to focus on the positives. By concentrating on building developmental ASSETS, our young people are more likely to grow up healthy and competent.
- Congregations** – Congregations are in a unique position to build developmental ASSETS. They have the power to build intergenerational relationships; reach out and work with parents; and have a public presence with the potential for leadership, advocacy and service.
- Businesses** – Whether for profit or nonprofit, businesses have a lot of influence when it comes to ASSET building. Enriching the lives of children and youth is not only good for society in general, but it can also be good for business.
- Coaches** – Coaches can help young people develop confidence and self-esteem, learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. They have the ability to turn team-building activities into ASSET building moments on a regular basis.
- Volunteers** – Volunteers who work with youth can be great ASSET builders! Often, volunteers have special skills – listening, leadership, and experience with peaceful conflict resolution. Service is an important component of ASSET building, and young people need high-quality volunteer opportunities.
- Neighbors** – A neighborhood is more than a place where people sleep or grab a bite to eat. A neighborhood can and should be an important community in which people of all ages feel cared for and secure. Little things we do create these types of ASSET rich communities – start by learning the names of your neighbors.