As an adult, you can help young people thrive by building their developmental assets in a supportive, genuine and caring way. It’s rewarding and easy. Here’s some tips to get you started today:

- **Commit to at least one act of asset building every day.**

- **Support efforts to create or expand opportunities for children and youth to participate in teams, clubs, and organizations.**

- **Learn more about asset building.** You can do this by attending a training session, talking with others who know about the assets, and surrounding yourself with reminders about their importance, such as having photos of young people in your life.

- **Build at least one informal, ongoing, caring relationship with a child or adolescent.**

- **Examine your attitudes about children and youth.** See young people as resources rather than as problems.

- **Model a positive, healthy lifestyle, such as finding peaceful ways to resolve conflicts (asset #36); being motivated to achieve (asset #21); and increasing family communication (asset #2).**

- **Support local efforts to provide safe spaces for young people to meet and spend time together.**

- **Organize a drive for musical instruments, toys, or athletic equipment for a school or youth program.**

- **Expect young people to behave responsibly.** Let them know what you expect from them—before there is trouble.

- **Look out for the children and youth around you.** Help keep them safe. Report dangerous and inappropriate behaviors to parents, school officials, or law enforcement officers.

- **Take time to nurture your own assets by spending time with supportive people, using your time constructively, and reflecting on your own values.**

The developmental assets® are 40 opportunities, skills, relationships, values, and self-perceptions that all young people need to succeed. From Pass It On! 150 Tip Sheets for Asset Builders—copyright © 1999 by Search Institute®, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 612-376-8955; 800-888-7828; www.search-institute.org. This handout may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.