# ASSET–BUILDING IDEAS
## FOR ALL ADULTS

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.**

- 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.

- **Learn the names of children and teenagers who live near you or who work in shops or community centers you frequent. Greet them by name.**

- 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.**

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

- **Take time to play or talk with young people who live near you or work with you.**

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

- 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.**

- Thank people who work with children and youth (teachers, youth group leaders, coaches, clergy, and others).

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

- 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.**