

Healthy Community • Healthy Youth® Initiative of Livingston



Children do well when there are..

- ✂ Caring and supportive relationships**
- ✂ High expectations for success**
- ✂ Opportunities for meaningful involvement**
- ✂ Opportunities to develop meaningful life skills**

Developmental Assets



40 key building
blocks that are
critical for
young people's
development

External Assets

These come from outside teens - from us, other people, institutions, etc. They surround teens with the support, boundaries and structure that they need to survive.



EXTERNAL ASSETS

SUPPORT

- Family support
- Positive family communication
- Other supportive adult relationships
- Caring neighborhood
- Caring school climate
- Parent involvement in schooling

EMPOWERMENT

- Community values youth
- Youth as resources
- Service to others
- Safety

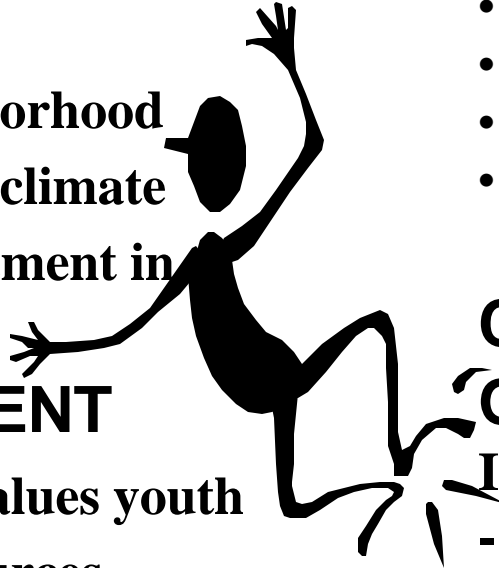
BOUNDARIES & EXPECTATIONS

- Family boundaries
- School boundaries
- Neighborhood boundaries
- Adult role models
- Positive peer influence
- High expectations

CONSTRUCTIVE USE OF TIME

Involved in:

- creative activities
- youth programs
- religious community
- time at home



Internal Assets



These are the commitments, attitudes, values and skills that support youth from within.

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

External Assets



Internal Assets

developmental
Asset-Building
in livingston

Objectives

- To involve all sectors of our community in a process of strategic plan development to institutionalize developmental asset building throughout Livingston.
- To experience a process that individuals and organizations can adapt and use to strengthen the focus of asset-building in particular areas of responsibility.

Goals

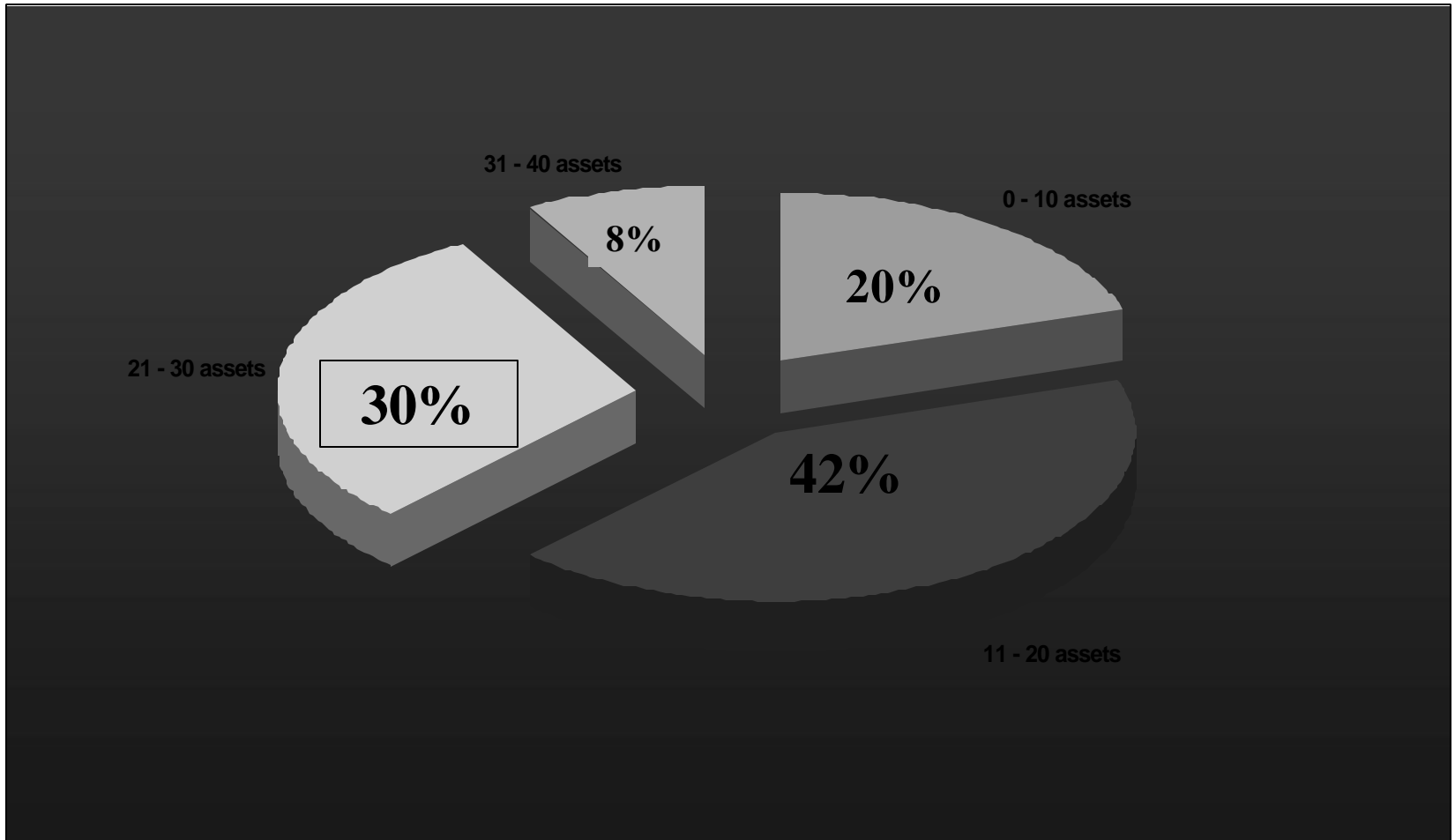
- Understand the concept of developmental assets and show how they influence youth behavior
- Show how the asset/resiliency model differs from problem-focused approaches
- Deliver practical examples of activities and community projects

Resiliency

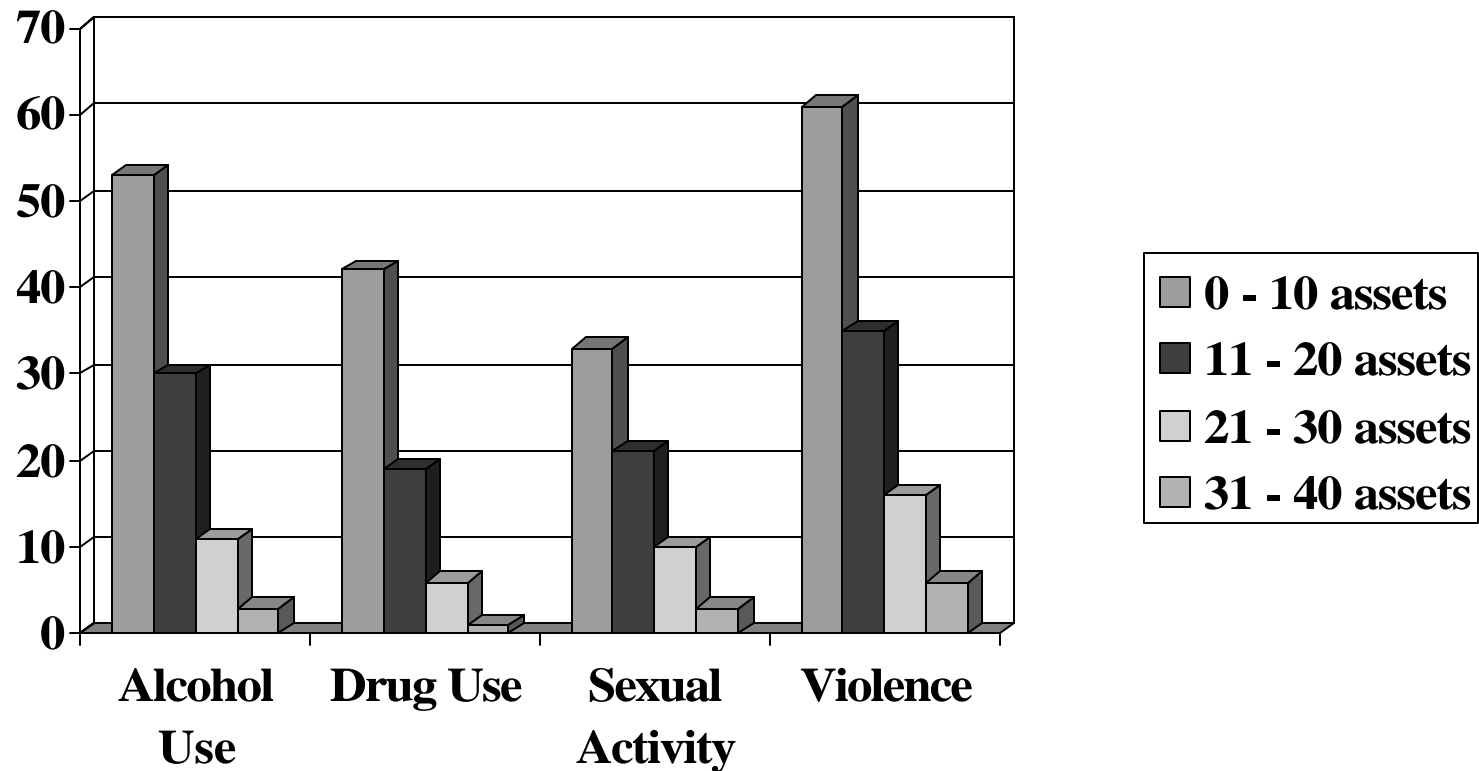
**the ability to
succesfull
y adapt to
adversity
and
challenge**



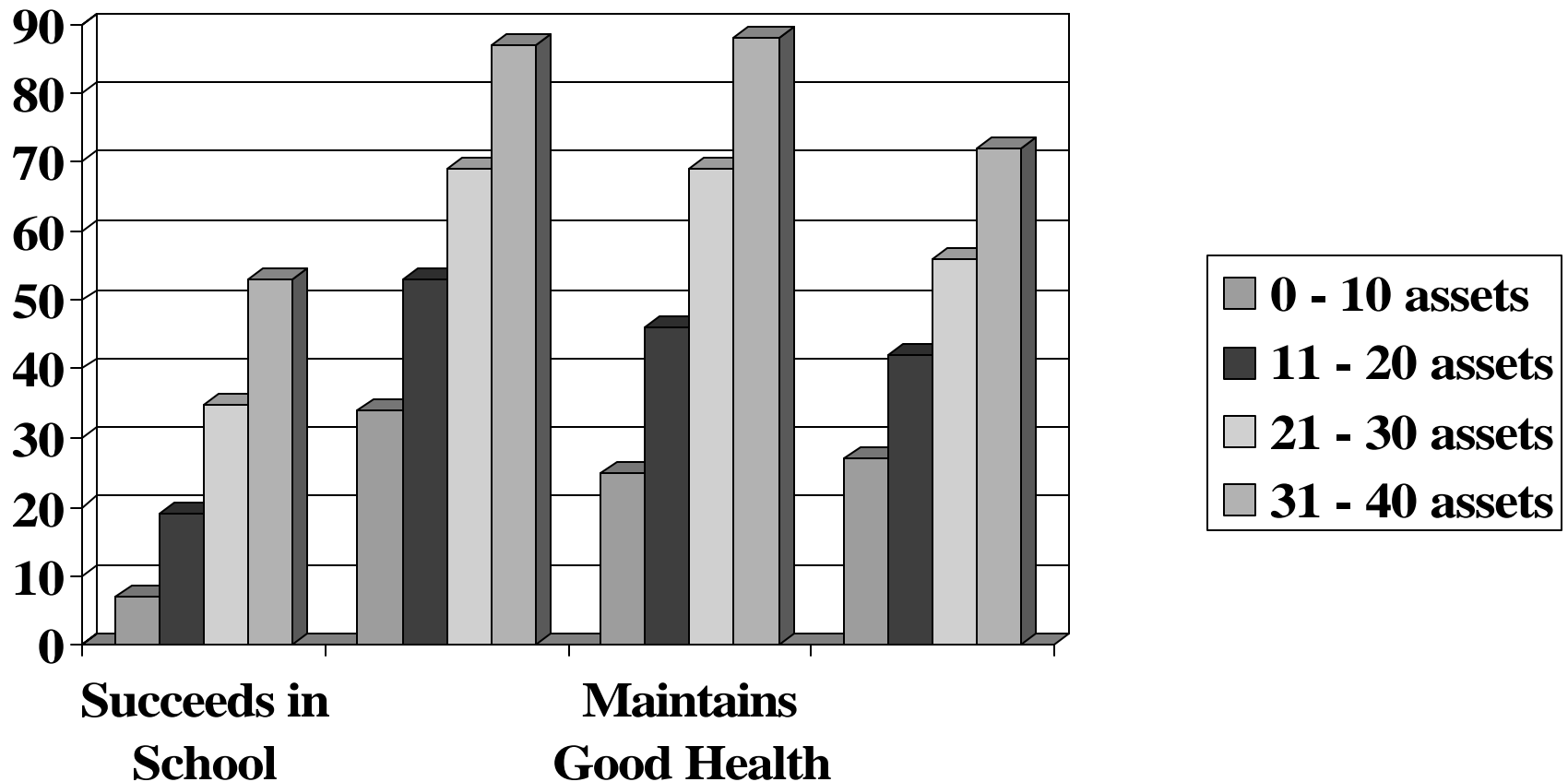
Youth With Different Levels of Assets



The Power of Assets to Protect from High-Risk Behaviors



The Power of Assets to Promote Positive Behaviors



CHARACTERISTICS OF ASSET BUILDING ORGANIZATIONS - WHAT ARE THEY?



Mobilize Asset Building

- Examine internal practices with an asset building focus
- Shape programs and services to advance an asset building vision
- Affirm what is in place
- Empower all members to build assets



Create Asset-Friendly Policies, Systems and Structures

- **Integrate asset building into your mission**
- **Include asset building as part of your daily operation**
- **Support and nurture families so they feel less pulled in so many directions**
- **Intentionally build assets in all young people**
- **Provide opportunities for adults to build relationships with youth**

Reach Outward...

- Work and collaborate with other organizations to educate the community
- Provide leadership
- Provide financial support to community based asset-based efforts
- Engage in advocacy of asset building efforts



4 Ways That Organizations Benefit from Asset Building

- Develop a common language with the greater community.
- Coordinate efforts with other organizations.
- Build credibility and influence within the community.
- Develop support within the community.
- Experience improvement in the organizational climate.
- Experience improvement in the community's climate.

5 Easy Ways to Encourage Asset Building

- 1. Share the concept with all constituencies.**
- 2. Feature an asset of the week/month throughout the community**
- 3 Use your publications to recognize efforts to build assets**
- 4. Share ideas on how to build assets**
- 5. Provide meaningful opportunities for youth to contribute to others**

What Will Assets Look Like in Your Organization?

- **Planning**
- **Budgeting**
- **Programming**
- **Fund Raising**
- **Board Development**
- **Communications**
- **Volunteers**
- **Evaluation**



Another Spoke in the Wheel

Coordinated School Health Program Model

- Health Education Instruction
- Physical Education
- Health Promotion for Staff
- Counseling, Psychological, & Social Services
- Nutrition & Food Services
- Health Services
- Healthy School Environment
- **Parent/Community Involvement**

Shared Vision

“Visions are exhilarating.



They create the spark, the excitement that lifts an organization out of the mundane.”

Peter Senge, The Fifth Discipline

CELEBRATE!



WHAT ISSUES CONCERNING
YOUTH AND THEIR FAMILIES
WOULD BENEFIT
FROM AN ASSET-BASED APPROACH?

