

# The Building Blocks to Wholeness

## 40 DEVELOPMENTAL ASSETS\* For Young People

### EXTERNAL ASSETS

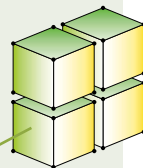
#### SUPPORT

1. Family support
2. Positive family communication
3. Other adult relationships
4. Caring neighbourhood
5. Caring school climate
6. Parent involvement in schooling



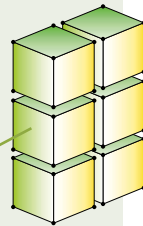
#### EMPOWERMENT

7. Community values youth
8. Youth as resources
9. Service to others
10. Safety



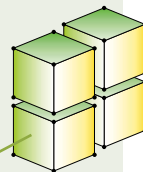
#### BOUNDARIES & EXPECTATIONS

11. Family boundaries
12. School boundaries
13. Neighbourhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations



#### CONSTRUCTIVE USE OF TIME

17. Creative activities
18. Youth programmes
19. Faith community
20. Time at home

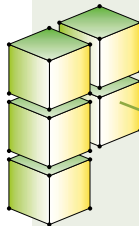


"POSITIVELY TRANSFORMATIONAL"

### INTERNAL ASSETS

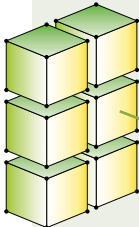
#### COMMITMENT TO LEARNING

21. Achievement motivation
22. School engagement
23. Homework/personal study
24. Bonding to school
25. Reading for pleasure



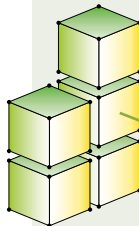
#### POSITIVE VALUES

26. Caring
27. Equality and social justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint



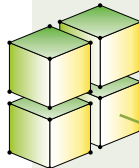
#### SOCIAL COMPETENCE

32. Planning and decision making
33. Interpersonal competence
34. Cultural competence
35. Resistance skills
36. Peaceful conflict resolution



#### POSITIVE IDENTITY

37. Personal power
38. Self-esteem
39. Sense of purpose
40. Positive view of personal future



"NURTURING RESILIENCY"

Through counting the number of Assets a person has, where there is a deficiency in their life, programmes and activities can then be intentionally placed to effectively build a person up.

Less than 10 = high risk of problematic behaviour    More than 30 = higher chance of achieving your full potential

**BUILT THROUGH POSITIVE, NURTURING & EFFECTIVE RELATIONSHIPS**