
Positive Parenting: The 40 Developmental Assets

Beaumont Parenting Program, Kim Steggles, MA, LLP

OVERVIEW

What are Developmental Assets?

Why are assets important?

Action steps for building assets.

What are Developmental Assets?

40 Building Blocks
that all children and teens
need to grow up

HEALTHY

CARING

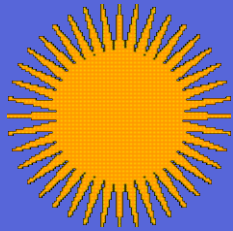
and

PRODUCTIVE.

DEVELOPMENTAL ASSETS™

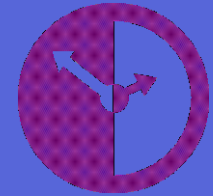
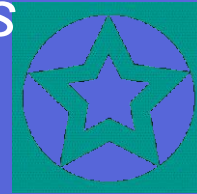
Two types and eight categories

Support



Empowerment

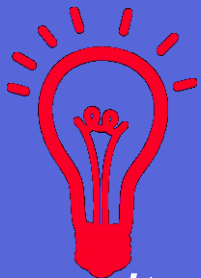
*Boundaries &
Expectations*



*Constructive Use
of Time*

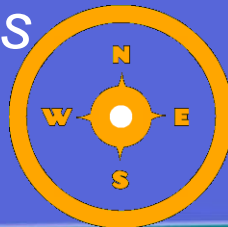
External Assets

Internal Assets

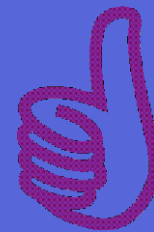


*Commitment
to Learning*

*Positive
Values*



*Social
Competencies*



*Positive
Identity*

The Categories of Developmental Assets

External Assets

- Support
- Empowerment
- Boundaries and Expectations
- Constructive Use of Time

Internal Assets

- Commitment to Learning
 - Positive Values
 - Social Competencies
 - Positive Identity
-

Support



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

External Assets

Empowerment

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



External Assets

Boundaries and Expectations



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

External Assets

Constructive Use of Time

- 17. Creative activities
- 18. Youth programs
- 19. Religious community
- 20. Time at home

External Assets



Commitment to Learning

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



Internal Assets

Positive Values

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



Internal Assets

Social Competencies



32. Planning and decision making

33. Interpersonal competence

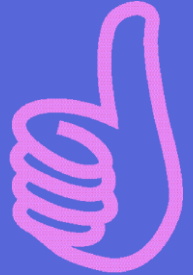
34. Cultural competence

35. Resistance skills

36. Peaceful conflict resolution

Internal Assets

Positive Identity



37. Personal power

38. Self-esteem

39. Sense of purpose

40. Positive view of personal future

Internal Assets

The More Assets Young People Have, The More Likely They Are To:

Succeed in school by getting mostly A's & B's

Help friends or neighbors.

Value getting to know people of many racial/ethnic groups

Be a leader of a group.

The More Assets Young People Have, The More Likely They Are To:

Pay attention to healthy nutrition and exercise

Avoid doing dangerous things

Save money instead of spending it right away

Refuse to give up when things get difficult

What makes the Asset-Building Difference?

From:

Young people's problems

Professionals' work

Young people absorbing resources

Programs

Troubled young people

Accountable only for own
behavior

Incidental asset building

Blaming others

To:

Young people's strengths

Everyone's work

Young people as resources

Relationships

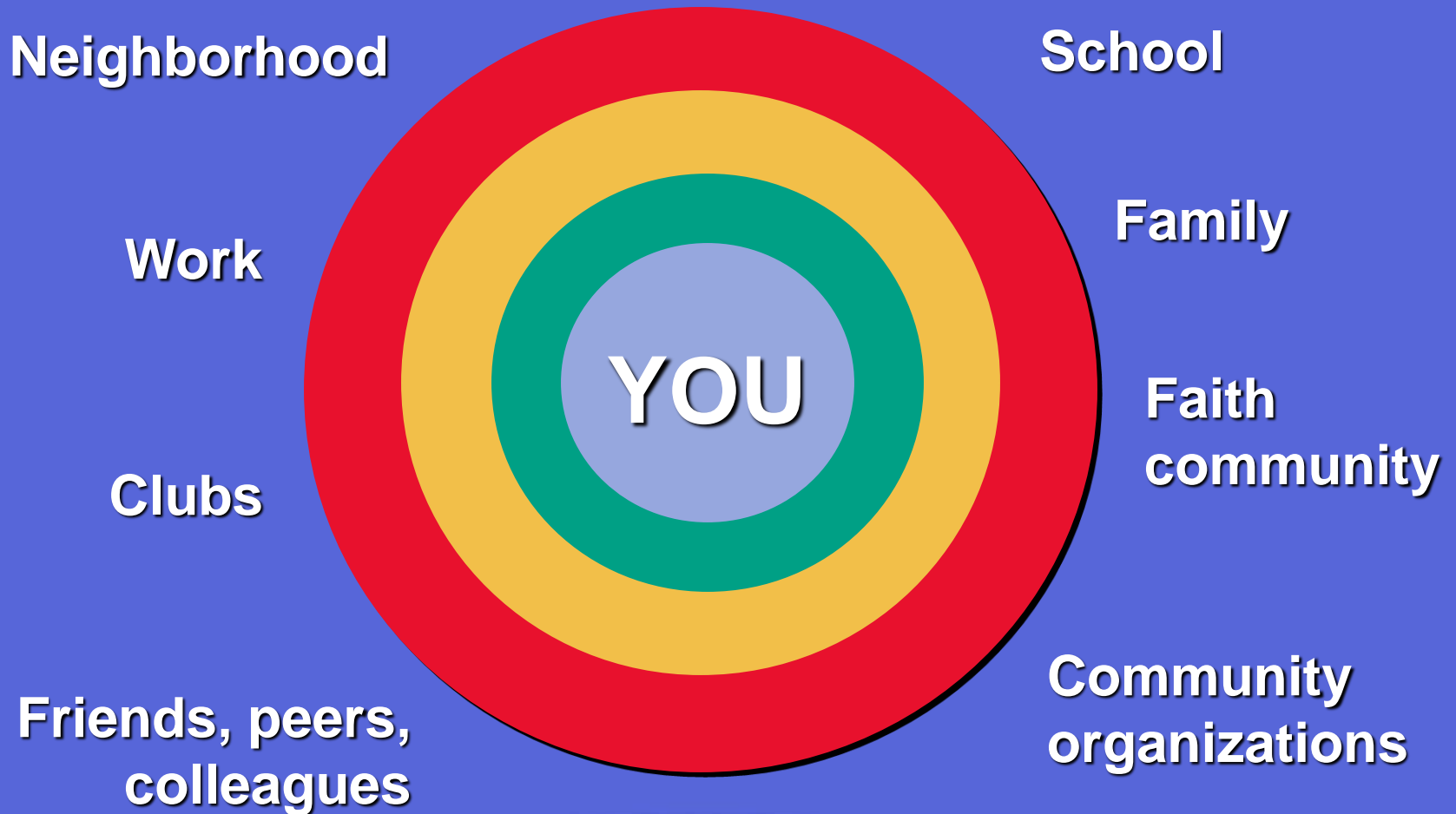
All young people

Accountable as well for
other adults' behavior

Intentional asset building

Claiming responsibility

Circles of Influence



Principles of Asset Building

- All young people need assets.
 - Everyone can build assets.
 - Relationships are key.
 - Asset building is an ongoing process.
 - Consistent messages are crucial.
 - Repetition is important.
-

Strategies for Action

- ▶ ● **Make It Simple**
 - ▶ ● **Make It Possible**
 - ▶ ● **Make the Most of Your Available Time**
 - ▶ ● **Commit and Don't Forget**
-

Words to Action

Making Change Happen

What can you do today?

Make a commitment!
