

40 BUILDING BLOCKS

FOR HEALTHY YOUTH

The **BUILDING BLOCKS** model highlights the keys for equipping youth to succeed in life.

Through extensive research, Search Institute identified 40 Developmental Assets™ or **BUILDING BLOCKS** that are key resources, skills, relationships, values, and self-perceptions that all young people need in their lives. These assets/blocks enable youth to make wise choices, reduce the chance they will be involved in negative behaviors, and help them grow into caring, responsible individuals.

The more assets/blocks young people have (31-40 being ideal), the better equipped they are to make wise choices, handle the pressures of daily living, and find meaning and fulfillment in life.



SUPPORT

Family provides love & support 1	Frequently talks with parents seeks parent's advice 2	Has other non-parent adults for support 3	Experiences a caring neighborhood 4	Positive & encouraging school climate 5	Parents are involved in school 6
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EMPOWERMENT

Youth feels that adults in the community value him/her 7	Young people are given useful roles in the community 8	Serves others and the community 9	Feels safe at home, school and in the neighborhood 10
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BOUNDARIES & EXPECTATIONS

Parents discipline & monitor whereabouts 11	School provides clear rules for behavior 12	Neighbors show they care by monitoring youth's behavior 13	Parents are good role models 14	Best friends have responsible behavior 15	Parents & teachers encourage youth to do well 16
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CONSTRUCTIVE USE OF TIME

Involved in music, theatre or other arts 17	Involved in youth/school clubs or sports 18	Regularly attends religious services or activities 19	Regularly spends time at home with family 20
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COMMITMENT TO LEARNING

Motivated to achieve in school 21	Interested in learning new things 22	Regularly spends time doing homework 23	Cares about their school 24	Regularly reads for pleasure 25
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POSITIVE VALUES

Believes it is important to help others 26	Concerned about world issues 27	Can stand up for what they believe 28	Tells the truth 29	Takes responsibility for self 30	Feels it is important not to use alcohol or other drugs and to be respectful 31
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SOCIAL COMPETENCIES

Can plan ahead and make decisions 32	Good at making friends, empathetic & sensitive 33	Comfortable with people of all cultures, races, ethnic backgrounds 34	Can resist negative peer pressure 35	Seeks to resolve conflict nonviolently 36
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POSITIVE IDENTITY

Feels "in control" of their lives 37	Has high self esteem 38	Reports that "my life has purpose" 39	Is optimistic about his/her personal future 40
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This information is taken from *Assets in Action*, Search Institute: Minneapolis, MN, ©1997 www.search-institute.org.

So...make a difference in a young person's life by **BUILDING BLOCKS** today!