

# The Asset Approach

## 40 Elements of Healthy Development (Search Institute)

- Research based factors essential to young people's success
- Opportunities, skills, relationships, values and self perceptions that all young children need in their lives to grow up healthy and responsible

- Asset categories

-External Assets – relationships and activities that create a positive environment for young children

-Internal Assets - reflect internal values, skills and beliefs that young people need to truly engage with and function in the world around them

- External Assets

Support: Young people need care, love and acceptance

Empowerment: Young People need to feel valued

Boundaries and Expectations: Young people need clear rules and consistent consequences

Constructive Use of Time: Young people need opportunities outside of school to learn and develop skills and interests

- Internal Assets

Commitment to Learning: Young people need to know the importance of learning and belief in their abilities

Positive Values: Young people need to develop strong values to help them make healthy life choices

Social Competencies: Young people need skills to interact effectively with others and to cope with new situations

Positive Identity: Young people need to believe in their own self worth and to feel they have control over things that happen to them

Available: Network of Care Website