

Los Altos/ Los Altos Hills

Community Values Youth

Helping Kids Thrive

ONLY 20% OF TEENS FEEL VALUED BY OUR COMMUNITY

TOGETHER WE CAN CHANGE THIS STATISTIC

WHAT ARE DEVELOPMENTAL ASSETS?

Developmental Assets are the building blocks to healthy development for all youth, regardless of community size, gender, socioeconomic status, race or ethnicity. The 41 Developmental Assets are the common sense positive experiences and qualities that help to influence choices young people make.

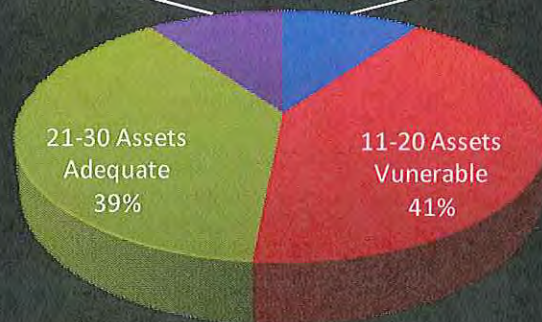
Assets help young people become caring, responsible, successful adults. The more Assets young people have, the less likely they are to engage in high-risk behaviors and the more likely they are to THRIVE.



MVLA High School District Levels of Assets

31-40 Assets
Thriving
10%

0-10 Assets
At Risk
10%



For more information contact:

Los Altos Community Foundation at

www.losaltoscf.org

Or

Project Cornerstone at

projectcornerstone.org

The Power of Developmental Assets

Youth with 21-41 Assets are more likely to:

1. Help others
2. Feel valued in their community
3. Maintain good health
4. Overcome adversity
5. Succeed at school

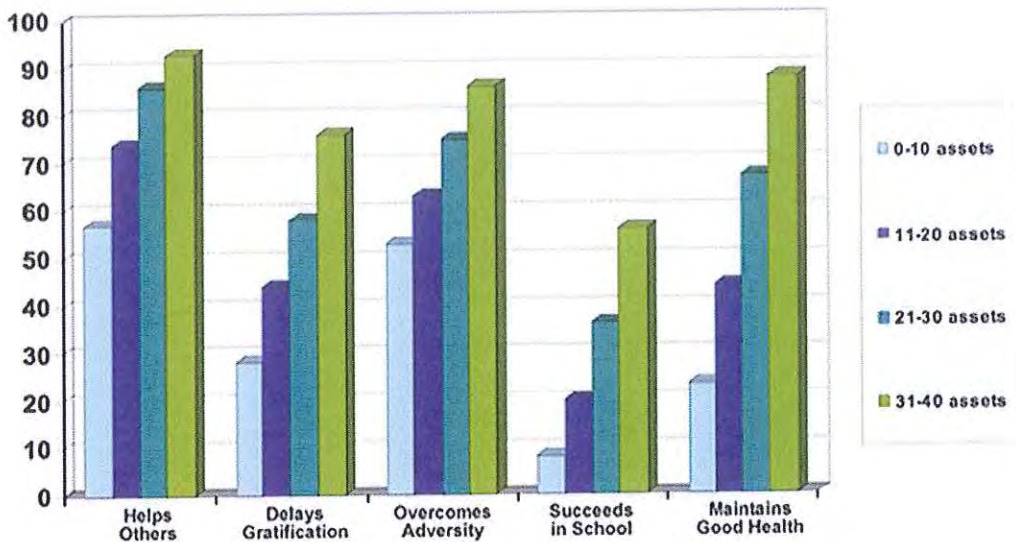


Youth with 0-20 Assets are more likely to:

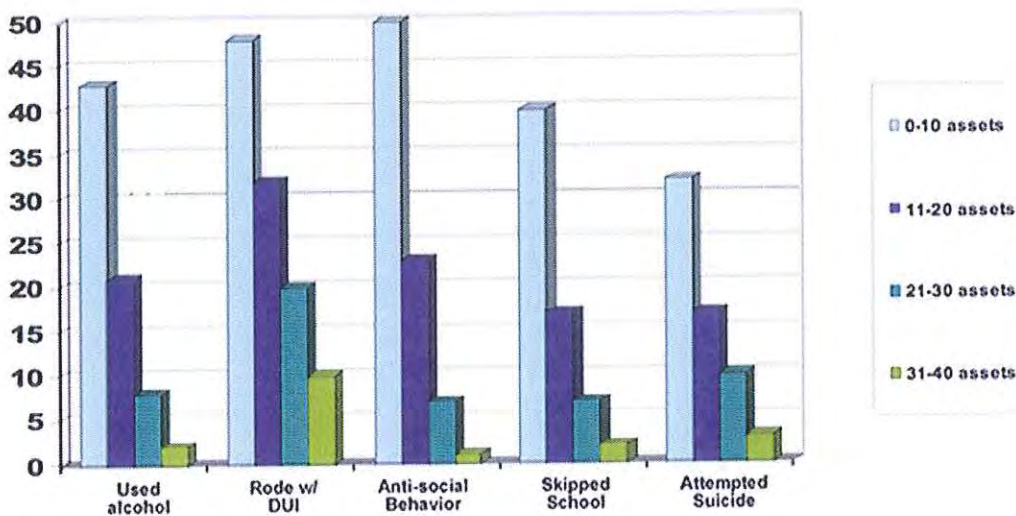
1. Identify themselves as depressed
2. Try drugs, alcohol and tobacco
3. Get into gambling
4. Attempt suicide
5. "Have violence outbursts"

The Power of Developmental Assets

Youth with 21-41 Assets are more likely to Participate in Thriving Behaviors



Youth with 0-20 Assets are more likely to Participate in Risky Behaviors



41 Developmental Assets

Search Institute has identified the following “building blocks” of healthy development that help young people grow up healthy, caring, and responsible.

	CATEGORY	DEVELOPMENTAL ASSET NAME AND DEFINITION	
External Assets	Support	1. Family Support - Family life provides high levels of love and support. 2. Positive Family Communication - Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents. 3. Other Adult Relationships - Young person receives support from three or more non-parent adults. 4. Caring Neighborhood - Young person experiences caring neighbors. 5. Caring School Climate - School provides a caring, encouraging environment. 6. Parent Involvement in Schooling - Parent(s) are actively involved in helping young person succeed in school.	
	Empowerment	7. Community Values Youth - Young person perceives that adults in the community value youth. 8. Youth as Resources - Young people are given useful roles in the community. 9. Service to Others - Young person serves in the community one hour or more per week.	
	Boundaries and Expectations	10. Safety - Young person feels safe at home, school, and in the neighborhood. 11. Family Boundaries - Family has clear rules and consequences and monitors the young person’s whereabouts. 12. School Boundaries - School provides clear rules and consequences. 13. Neighborhood Boundaries - Neighbors take responsibility for monitoring young people’s behavior. 14. Adult Role Models - Parent(s) and other adults model positive, responsible behavior. 15. Positive Peer Influence - Young person’s best friends model responsible behavior.	
	Constructive Use of Time	16. High Expectations - Both parent(s) and teachers encourage the young person to do well. 17. Creative Activities - Young person spends three or more hours per week in lessons or practice in music, theater, or other arts. 18. Youth Programs - Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community. 19. Religious Community - Young person spends one or more hours per week in activities in a religious institution. 20. Time at Home - Young person is out with friends “with nothing special to do” two or fewer nights per week.	
	Commitment to Learning	21. Achievement Motivation - Young person is motivated to do well in school. 22. School Engagement - Young person is actively engaged in learning. 23. Homework - Young person reports doing at least one hour of homework every school day. 24. Bonding to School - Young person cares about her or his school.	
	Positive Values	25. Reading for Pleasure - Young person reads for pleasure three or more hours per week. 26. Caring - Young person places high value on helping other people. 27. Equality and Social Justice - Young person places high value on promoting equality and reducing hunger and poverty. 28. Integrity - Young person acts on convictions and stands up for her or his beliefs. 29. Honesty - Young person “tells the truth even when it is not easy.” 30. Responsibility - Young person accepts and takes personal responsibility.	
	Internal Assets	Social Competence	31. Restraint - Young person believes it is important not to be sexually active or to use alcohol or other drugs. 32. Planning and Decision Making - Young person knows how to plan ahead and make choices. 33. Interpersonal Competence - Young person has empathy, sensitivity, and friendship skills. 34. Cultural Competence - Young person has knowledge of and comfort with people of different cultural/racial/ ethnic backgrounds. 35. Resistance Skills - Young person can resist negative peer pressure and dangerous situations. 36. Peaceful Conflict Resolution - Young person seeks to resolve conflict nonviolently.
		Positive Identity	37. Personal Power - Young person feels he or she has control over “things that happen to me.” 38. Self-Esteem - Young person reports having a high self-esteem. 39. Sense of Purpose - Young person reports that “my life has a purpose.” 40. Positive View of Personal Future - Young person is optimistic about her or his personal future. 41. Positive Cultural Identity* - Young person feels comfortable with and proud of her/his identity, including but not limited to disabilities, ethnicity, faith/religion, family status, gender, language and sexual orientation.

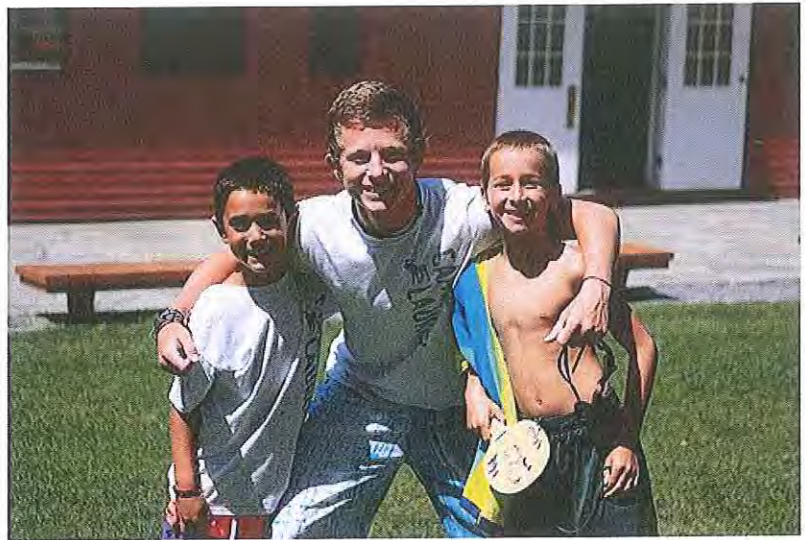
* Project Cornerstone established this asset through local community input.

Take Action!

The good news is that everyone—parents, grandparents, educators, neighbors, children, teenagers, youth workers, employers, health care providers, business people, religious leaders, coaches, mentors, and many others—can build Developmental Assets in youth. Ideally, an entire community will become involved in ensuring that its young people receive the solid developmental foundation they need to become tomorrow's competent, caring adults.

As a Parent or Family Member, You Can ...

- Consistently model – and talk about – your family's values and priorities.
- Regularly include all children in your family in projects around the house, recreational activities of all kinds, and community service projects that benefit people with needs greater than your own.
- Post a list of the Developmental Assets and talk to children about them. Ask teens for suggestions of ways to strengthen their assets as well as yours.



As a Neighbor or Caring Adult, You Can ...

- Invite a young person you know to join you in an activity: play a game, visit a park, or go for a walk together.
- Greet the children and adolescents you see every day.
- Send birthday cards, letters, "I'm thinking of you" notes, or e-messages to a child or adolescent with whom you have a connection.

As a Young Person, You can ...

- Challenge yourself to develop a new interest on your own, or try a new activity through school, local youth programming, co-curricular activities, or faith community youth program.
- Strike up a conversation with an adult you admire, and get to know that person better. See adults as potential friends and informal mentors.
- Look for opportunities to build relationships with younger children through service projects, tutoring, or baby-sitting.

As an Organization Member and/or Businessperson, You can ...

- Highlight, develop, expand, and support programs designed to build assets, such as one-on-one mentoring, peer helping, service learning, and parent education.
- Provide meaningful opportunities for young people to contribute to the lives of others, in and through your organization.
- Develop employee policies that encourage asset building in youth, including flexible work schedules for parents and other employees that allow them to volunteer in youth development programs.

Community Partners



Rotary Club of Los Altos



LOS ALTOS
COMMUNITY
FOUNDATION

est. 1991



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Partners for
New Generations



LOS ALTOS HILLS



CALIFORNIA

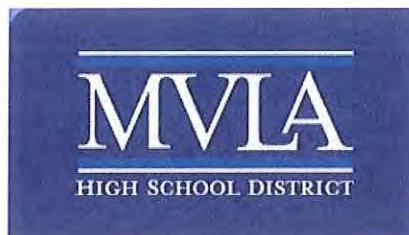


Los Altos Town Crier



LOS ALTOS
SCHOOL DISTRICT

brighter minds make
a world of difference



Pledge to Support Youth

Los Altos/Los Altos Hills Community

I am committed to working together with adults and youth in our community to support youth and develop the assets that are the cornerstones of healthy youth development and a strong community. Our youth not only are the leaders of tomorrow, they bring a vitality to the community today and are an integral part of the quality of life we enjoy. Therefore, on behalf of all the youth of our community, I pledge the following:

- 1. To ensure that young people receive support from nonparent adults. (Asset: #3 Other Adult Relationships)*
- 2. To model positive and responsible behavior. (Asset #14: Adult Role Models)*
- 3. To support useful roles for young people as students, employees, volunteers and family members. (Asset #8: Youth as Resources)*
- 4. To support, encourage, and care for youth in our neighborhood. (Asset #4, 13: Caring Neighborhood. Neighborhood Boundaries)*
- 5. To provide asset rich activities for youth. (Assets #17, 18: Creative Activities, Youth Programs)*

Adults throughout Los Altos/Los Altos Hills are taking a pledge to support youth. Your participation demonstrates your commitment to youth. Your pledge shows that the communities of Los Altos/Los Altos Hills value youth and are taking active steps to help young people grow up to be healthy, caring, and responsible. Occasional updates may be sent to you concerning building assets in our youth. You may unsubscribe at any time. Your email will not be distributed for any other purposes.

Name: _____

Community Group/Business: _____

Email Address: _____

Signature _____ Date _____

I give my permission for my name to be used as a supporter of youth throughout the Los Altos/Los Altos Hills community.

Return signed pledge forms to:

Los Altos Community Foundation

Los Altos/Los Altos Hills Pledge, 183 Hillview Ave, Los Altos CA, 94022 FAX: (650) 949-0807 Email Contact: youth@losaltoscf.org