

**Talking Points for  
Developmental Assets  
1-3 minute speech**

**FIRST MINUTE:**

1. Developmental Assets are 40 essential building blocks for the healthy development of young people/youth/children
2. The more assets a kid has, the better off he or she will be
3. The fewer they have, the more likely that he/she will engage in risky behaviors
4. There are 20 External and 20 internal
5. External are those that the community, family, or school provides for them
6. Internal are those that we help to instill in them
7. Cool thing about them is they are:
  - positive (focus on supports to the child),
  - measurable (we do surveys and know how our kids are doing!
  - Intentional (we want everyone to make an effort to build these in our youth)

**SECOND MINUTE** - If you have an extra minute, and their eyes haven't glazed over, you can go into more detail (providing examples, or not):

External Assets looks at things like support, boundaries, empowerment, and constructive use of time.

Examples include

- positive family communication – ability to talk to parents about anything, including tough topics,
- Caring neighborhood, caring school climate – people know youth and are watching out for them
- Youth are valued by the community – people look to them for help, feel that they matter
- Family, school and neighbors provide clear boundaries and expectations
- Kids are involved in extracurricular activities such as art, religious, sports, clubs
- One of my favorite external assets is: \_\_\_\_\_ because \_\_\_\_\_.

Internal Assets look at things like commitment to learning, positive values, ability to get along with others, and positive self identity. Examples include

- Motivation to do well in school, feels connected to school, does her/his HW
- Positive values such as caring, honesty, responsibility, integrity, restraint
- Able to get along, resolve conflicts peacefully, understand and accept others despite differences
- Feels good about self, high self esteem, positive view of the future.
- My favorite of the internal assets is: \_\_\_\_\_ because \_\_\_\_\_.

**THIRD MINUTE**

1. In Arlington, our youth aren't doing so well
2. Youth should have 31-40 of these.
3. On average, Arlington youth have around 20 (slightly higher for girls, slightly lower for boys).
4. Only 9 % of our kids have 'enough' (in the 31-40 range).
5. Over half of our youth have fewer than 20 and are considered vulnerable or at risk.
6. Arlington Partnership for Children, Youth, and Families has been doing surveys of Assets among our youth since 1999 and we have 5 sets of data, so are able to see trends.

**WHAT IS THE ASK?**

- Connect with youth in your social circles (neighborhood, church, elsewhere). Learn their names, talk to them, ask about their lives.
- Look at the 40 Developmental Assets and pick 1-3 that YOU can focus on.