



Developmental Assets

There are 40... How many does your child have?

Asset No.37 – Personal Power

A new year has begun and many adults have made resolutions to take control over their lives and make healthier and more responsible choices in 2010. Rather than doing this once a year, parents and other adults can model personal power and empower young people throughout the year. It is important for children to learn that they can influence control over things that happen to them. That is why **Personal Power** is asset 37 of the 40 Developmental Assets, the qualities, experiences and relationships that help young people grow up healthy, caring and responsible.

A sense of personal power gives young people the confidence to embrace positive attitudes and behaviors, and walk away from risky situations and behaviors. About 42 percent of young people, ages 11 – 18, feel that they have control over things that happen to them according to Search Institute surveys. In February 2008, 53% of Grade 4 – 6 girls and 62% of Grade 4 – 6 boys reported having this asset.

Ideas for building this asset:

In your home and family: Teach your child practical skills, such as how to change a tire, cook a meal, and sew on a button. Well-prepared young people are more likely to feel a sense of personal power.

In your neighborhood and community: Support young people's efforts to be industrious. For example, buy lemonade from their lemonade stand, read their homemade newspaper, attend a play they put on in their garage.

In your school or youth program: Challenge the young people in your class or program to come up with a creative way to raise money for an underprivileged family or a charity in your area. Then put the plan into action. Serving others helps young people realize they can make a difference in the world, which gives them an enormous sense of personal power.