



Developmental Assets

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

Asset #15 – Positive Peer Influence

School is almost out for the summer. Just like the rest of the year, summer is an important time for kids to spend time with other young people who act in responsible ways; avoid risky behaviors and who have a positive influence on them. In fact, Positive Peer Influence is one of the 40 Developmental Assets. Together which help children grow up healthy, caring and responsible.

Unfortunately, research shows that young people are more likely to engage in risky behaviors like alcohol and drug use during June and the summer months – a 40% increase compared to other months of the year. Managing who a child spends time with over the summer months helps to ensure a positive peer influence.

Tips for building this asset

- Get to know your child's friends and their parents; discuss your family's values, rules and expectations with them.
- Children often spend time with cousins and other family members during the summer – don't assume their values are the same as yours.
- Regardless of age, monitor young people's activities and behaviors – know where they are, who they are with, and what they are doing.
- Engage children and their friends in summer activities. Studies show that youth involved in constructive and adult supervised activities are less likely to be involved in unhealthy or risky behaviors.
- Encourage positive friendships; if you are concerned that your child's friend may have a negative peer influence, invite them to spend time together in your home where you can monitor their interactions and model healthy behavior.
- Enroll or volunteer in a positive youth group/summer program where healthy peers and role models can be found.