



Developmental Assets

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

Asset #35 – Resistance Skills

Creating an environment in which children receive appropriate, positive feedback and reinforcement about their strengths, skills and competencies is the key to building good resistance skills. And, resistance skills is one of 40 Developmental Assets, together which have been proven to prevent substance abuse, eating disorders, suicide, bullying and a variety of other social problems. More importantly, these assets help children grow up healthy, caring and responsible.

When children are involved in positive, loving environments, they begin to resist pressure from peers to participate in unacceptable or risky behaviors, are able to begin to sense danger accurately and to seek help from trusted adults. They also learn to stay away from people who are likely to get her or him in trouble and are able to say “no” to doing wrong or dangerous things.

- Create a safe and loving environment to allow resistance skills to grow.
- Reinforce strengths and skills in children to promote anti bullying behavior.
- Make a habit of giving ten words of acknowledgement each day to a child and watch the closeness grow.
- Help children substitute empowering thoughts and words into everyday statements, encourage them to do the same with the people around them.
- Create a ‘resistance theme’ – a positive theme each week such as courage; read about it, discuss it and practice it.
- Discuss the effects of bullying with your child and empower them to “resist” bullying behaviors and to seek help from a trusted adult if they recognize the signs of bullying around them.
- Encourage children to be an “anti-bullying role model” to others and reinforce this with positive feedback to help build their resistance skills.
- Invite your child to read “Have You Filled a Bucket Today” and learn about how easy and rewarding it is to express kindness and appreciation on a daily basis.