



Developmental Assets

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

Asset #10 – Safety

It should be no surprise that Safety is one of 40 Developmental Assets proven to prevent substance abuse, violence and vandalism. More importantly, building these assets in children helps them grow up healthy, responsible and caring.

This May the Mayerthorpe & Area FCSS focuses on safety through the grade 9 Prevention of Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y.) Program, as well as the elementary school bike rodeo!

Research shows that young people who feel safe in their surroundings are more likely to make positive contributions. The key to safety is to create and maintain an environment that minimizes fear and maximizes opportunities to take healthy risks.

Tips for building this asset

Some media reports fuel reality-based fears, such as crimes and accidents. You may inadvertently add to young people's insecurity by feeling anxious yourself and believing the world is dangerous. Young people pick up on adults' attitudes and beliefs even if they don't tell children how they're feeling. Be aware of your behavior, body language, and words – and those coming from others. When you talk to young people about particularly upsetting or frightening events, remind them such occurrences aren't common. Point out the many ways people take care of one another to be safe.

In your home and family: Discuss with your child suggestions for how to remain safe in certain circumstances, and role-play situations. For example, create and practice an escape plan in case of a fire in your home. Identify a neighbor your child can go to in an emergency.

In your school or youth program: Discuss with young people what it means to be safe at school or in your program. Encourage them to tell you – or other caring adults – if their safety ever feels threatened.