

The Search Institute has identified positive experiences and qualities that all of us have the power to bring into the lives of children, which are called developmental assets.

- Everyone can build assets.
- All young people need assets.
- Relationships are key.
- Asset building is an ongoing process.
- Consistent messages are important.

Nationwide surveys of our youth have shown that assets are powerful influences on adolescent behavior. The more assets our children have, the more likely they will exhibit leadership, good health, and success in school for a brighter future.

Adolescent Health

The goal of adolescent health is to promote healthy lifestyle choices that increase the overall health and wellness among the adolescent population of Calvert County.

Partnerships among community agencies and groups as well as the school system will encourage the development of self sustaining programs.

Such a collaborative effort will utilize resources that provide for health education, outreach, and prevention services that will be most effective for our youth.

Healthy lifestyle choices, avoidance of risky behaviors, and family communication are key components of both the mental and physical well being of our adolescent population.

Health promotions will ultimately benefit all adolescents as well as the entire community of Calvert County in order to encourage a lifetime of healthy choices.



Asset
Building
Ideas
for
Young
People

The Asset Approach to Healthy Development and a Positive Environment

Support

Find other caring adults to participate regularly in each child's life.

- Plan family and neighborhood events to make connections.
- Participate in school events and volunteer.

Commitment to Learning

Encourage children to learn more about their interests.

- Delight in their discoveries.
- Contribute to their collections.
- Help them become an expert at something.

Positive Identity

Teach children to begin to take pride in their family and cultural heritage.

- Listen to their stories.
- Create a tradition with them and keep it.

Social Competency

Have family meetings where children have input and a voice in decision making.

- Welcome their suggestions.
- Ask them to help you.

Empowerment

Do simple acts of community service, such as collecting cans of food for a food bank.

- Encourage them to help others.
- Introduce them to people of excellence.

Positive Values

Teach children how to care for a special toy, outfit, pet, or plant, but do not let children care for pets entirely by themselves.

- Help them learn from mistakes.
- Keep the promises you make.
- Catch them doing something right.

Constructive Use of Time

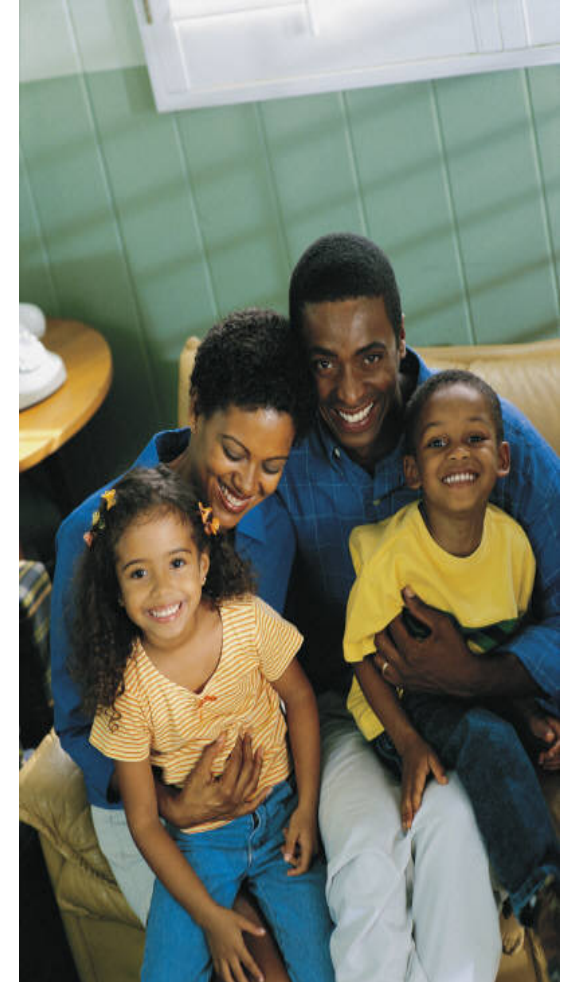
Introduce children to museums, children's plays, and other events that welcome young children.

- Build something together.
- Participate on a community sport team.

Boundaries and Expectations

Be calm when children act out in highly emotional ways.

- Love them, no matter what.
- Let them make mistakes.
- Give them space when they need it.
- Suggest better behaviors when they act out.



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