

Simple Asset Building Ideas

Helping Kids Succeed - Alaskan Style

These simple ideas were collected from Alaskan families. They are based in the Assets Framework. Assets are the key building blocks necessary for young people to become healthy, caring, resilient and successful!

- Greet them by name
- Smile, wink & joke with them
- Include them in conversations
- Praise them & give specific compliments
- Help them with homework
- Hug them or pat their back
- Pray with them
- Plan something together
- Display their photographs
- Answer their questions
- Ask for their help and ideas
- Go for walks together
- Discuss their dreams and fears
- Tell them stories
- Steam together
- Set goals and take on challenges together
- Be consistent with them
- Explain your reasons to them
- Attend their games, performances and events
- Have them teach you something
- Open your home to their friends
- Go hunting and camping together
- Listen to them
- Be open with your feelings
- Offer options when they ask for your help
- Allow them to make choices and mistakes
- Do things their way sometimes
- Go berry picking and make jam
- Give them space when they need it
- Create a tradition and keep it
- Talk proudly about them to friends when they are near
- Exercise together
- Be available to them every day
- Vote with their needs in mind
- Be spontaneous and silly sometimes
- Expect their best, not perfection
- Honor who they are
- Love them no matter what

Building Blocks of Life

The 8 types of Assets ALL Kids Need

Research has found the more assets young people have the more likely they are to have positive healthy attitudes and behavior; and the less likely they are to engage in risk behaviors: alcohol/drug use, violence and early sexual activity.

SUPPORT

Experiencing people who are accepting and loving at home, school and in the community.

EMPOWERMENT

Feeling respected, valuable and safe. Having a meaningful role in home and community life.

BOUNDARIES AND EXPECTATIONS

Knowing the rules, consequences and high standards people have for them. Having positive role models.

CONSTRUCTIVE USE OF TIME

Being involved in enriching and structured activities.

COMMITMENT TO LEARNING

Believing that education is important.

POSITIVE VALUES

Caring for others, acting responsibly and holding high standards for self.

SOCIAL COMPETENCIES

Developing interpersonal and life skills.

POSITIVE IDENTITY

Feeling connected to family and culture. Believing in their purpose, potential and personal power.

To find more about Asset Building, or to get the books *Helping Kids Succeed-Alaskan Style* and *Helping Little Kids Succeed-Alaskan Style*, contact:

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