

Building Support

The Support Assets (1 to 6) are as follows:

- 1. Family Support:** Family life provides high levels of love and support.
- 2. Positive Family Communication:** Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
- 3. Other Adult Relationships:** Young person receives support from three or more nonparent adults.
- 4. Caring Neighborhood:** Young person experiences caring neighbors.
- 5. Caring School Climate:** School provides a caring, encouraging environment.
- 6. Parent Involvement in Schooling:** Parent(s) are actively involved in helping young person succeed in school.

Children and teenagers need to know they are loved, cared for, and supported. The following ideas and tips can help you build the Developmental Assets* in the support category.

Think about ways you can build these assets

- Ask yourself how your child likes to be supported. Is it by getting hugs? Seeing you come to at-school or out-of-school activities? Do you know? Is it time to ask your child?
- When was the last time you demonstrated support? If you are not sure, check in with your child and ask for suggestions.
- Make your best effort to act on what your child tells you. (And remember that you aren't perfect—and that's okay!)

Have a conversation about . . .

- Which neighbors your child knows and would be comfortable asking for help. If your child doesn't know many neighbors, think about how you both could make some new connections.
- Any adults outside the family your child admires and why.



- One person your child knows cares about him or her at school. If your child seems reluctant to name someone, start by sharing a story about one person you know who cared about you at school when you were your child's age. If your child is simply unable to think of anyone, consider discussing this issue at a school conference. Strong relationships between students and teachers and staff are essential to your child's success in and well-being at school.

Look for and encourage your child's asset-building actions

- When have you observed your child being supportive of others in your family or outside your family?
- Acknowledge your child's actions (for example, "I was really happy when I saw you encouraging your little brother at his ball game").

