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Tool Kit for Mentors & Other Caring Adults

The concept of assets in young people was developed by Search Institute and introduced in the early 1990s. Based on surveys of nearly 100,000 youth in grades 6 - 12, the concept shows the power of 40 different assets in the lives of youth. The more assets young people have in their lives, the more likely they are to make positive, healthy decisions about their behavior. Young people with more assets are also less likely to get involved with health-compromising behavior such as alcohol and other drug use, violence, and early sexual activity. These assets help young people grow up healthy, caring, and responsible.

Twenty of the assets are EXTERNAL ASSETS and twenty are INTERNAL ASSETS. Mentors and other caring adults can particularly work toward development of the internal assets.

This ***Tool Kit for Mentors & Other Caring Adults*** was created as curriculum to utilize in developing the 20 Internal Assets in a young person. It is recommended that you perform the activities along with the young person to increase trust and develop a bond. It is further recommended that this curriculum be combined with other fun activities that you both enjoy.

Rogers County Volunteers for Youth

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