

## **Developmental Assets**

Developmental assets are the 40 building blocks young people need to thrive. The more assets young people have the more likely they are to exhibit positive development and resist negative behavior. Children need our help and support to develop assets in their lives. We are committed to building assets in the youth and children we serve at the YMCA. While we build many assets in our programs, below are lists of the top assets we intentionally work on to build in our various programs.

### **CAMP**

**Asset 14** - Adult Role Models: Our camp directors and staff model positive, responsible behavior.

**Asset 17** - Creative Activities: Campers do activities that encourage and enhance their creativity.

**Asset 33** - interpersonal Skills: Children are encouraged to positively interact with others.

**Asset 8** - Self-Esteem: Our staff and activities help kids feel successful and good about themselves.

### **AQUATICS**

**Asset 3** - Adult Relationships: Swim instructors give kids support as they learn a valuable life skill.

**Asset 16** - Expectations for growth: Children are encouraged to do well and develop new skills.

**Asset 18** - Out-Of-Home Activities: Children are able to participate in activities outside of the home.

**Asset 22** - Engaged in Learning: Swim instructors help kids become excited about learning to swim.

### **TEEN PROGRAMS**

**Asset 8** - Youth As Resources: Teens are encouraged to take leadership in planning activities.

**Asset 14** - Adult Role Models: Our teen program staff give teens positive role models to look up to.

**Asset 17** - Creative Activities: Teens nurture their creativity through a variety of specialty classes.

**Asset 6** - Caring: Teens are encouraged to help others and show kindness to those around them.

### **HEALTH & FITNESS**

**Asset 3** - Adult Relationships: We encourage adults and youth to have healthy relationships with each other.

**Asset 14** - Adult Role Model: Our staff and adult members model positive, responsible behavior.

**Asset 8** - Self Esteem: Youth and adults improve self esteem by participating in regular physical activity.

**Asset 1** - Restraint: Youth that are physically active are less likely to be involved in risky behavior.