

Internal Assets	
Type of Asset	Ways to Help Develop This Asset
Positive Identity	Help your child set goals and work to achieve those goals by following through on decisions
Positive Values	Give your teen chores to do around the house
Commitment to Learning	Participate in new and different activities with your child or visit new places and discuss the related history
Social Competencies	Teach adolescents how to independently plan for an activity or trip

External Assets	
Type of asset	Ways to Help Develop this Asset
Support	Model good behavior and communication with other adults so your child sees what a positive relationship can look like
Empowerment	Help your teen find opportunities to carrying out simple acts of kindness or service to others
Boundaries and Expectations	Ensure your teen experiences consistent boundaries and appropriate expectations that are placed by parents/guardians, teachers, and the community
Constructive Use of Time	Provide your teen with free time for them to relax and do what they want, create intentional family time with limited use of screen time, and explore your teen's spiritual development