

Ways I Can Build Internal **Developmental Assets*** with My Family

Things I can say. Behaviors I can model. Actions I can encourage.

INTERNAL ASSETS

COMMITMENT TO LEARNING:

- Achievement Motivation
- School Engagement
- Homework
- Bonding to School
- Reading for Pleasure

WAYS I CAN BUILD THESE

POSITIVE VALUES:

- Caring
- Equality and Social Justice
- Integrity
- Honesty
- Responsibility
- Restraint

WAYS I CAN BUILD THESE

SOCIAL COMPETENCIES:

- Planning and Decision Making
- Interpersonal Competence
- Cultural Competence
- Resistance Skills
- Peaceful Conflict Resolution

WAYS I CAN BUILD THESE

POSITIVE IDENTITY:

- Personal Power
- Self-Esteem
- Sense of Purpose
- Positive View of Personal Future

WAYS I CAN BUILD THESE

One thing I can do in the next 48 hours to build *one* of the internal assets:

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