



What We Can Do for Children, Youth & Families:

Update from the 2012 Developmental Assets Survey

*Arlington County Board
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The Developmental Assets Survey

- **Developmental Assets**

- **40** measures of healthy development that promote positive outcomes and protect youth against risk behaviors.
 - Family Support, Youth as Resources, Responsibility

- **Thriving Indicators**

- **8** skills, behaviors, and attitudes that signal optimum youth development.
 - Succeeds in School, Values Diversity, Maintains Good Health

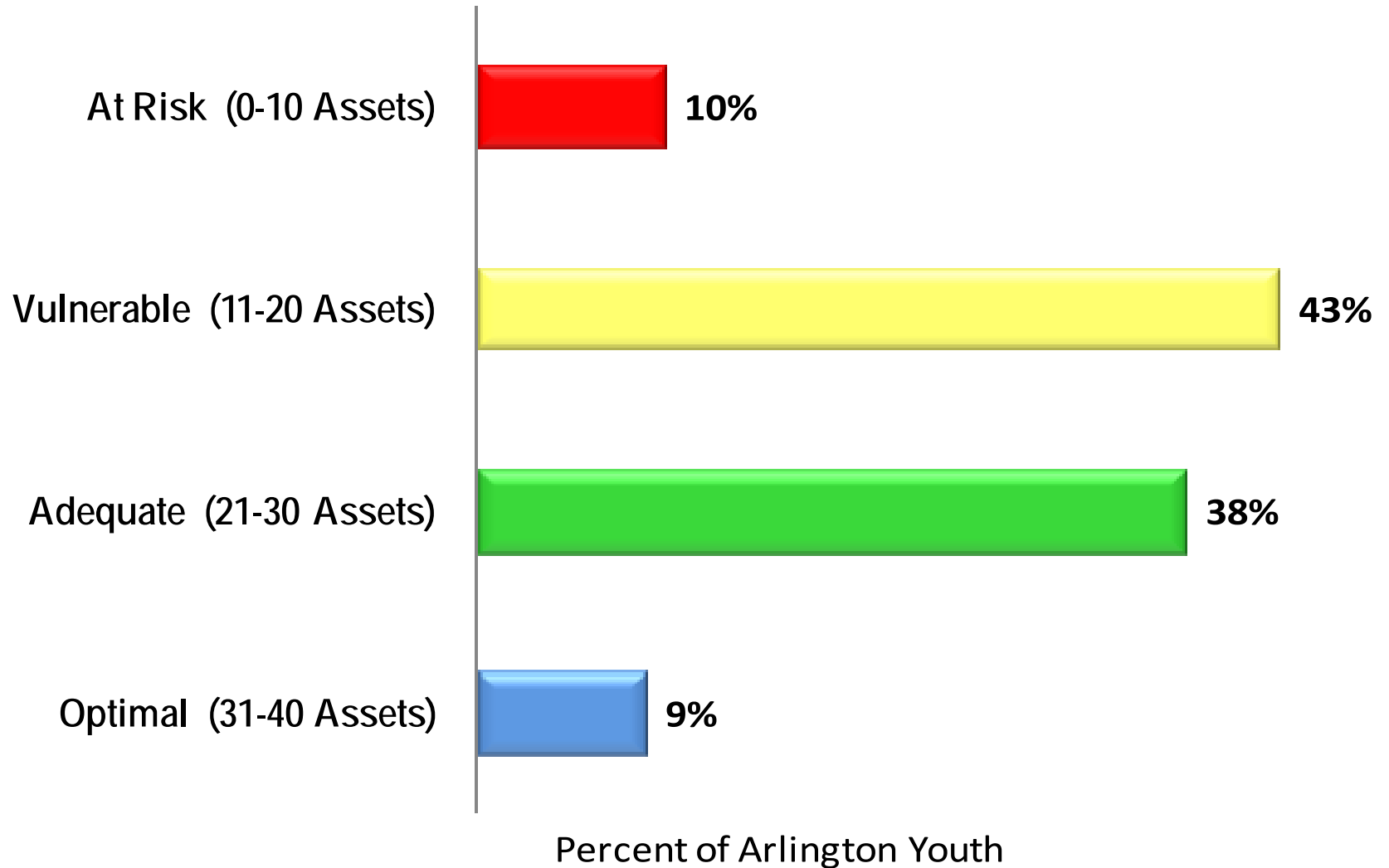
- **Risk Behaviors**

- **24** negative behaviors
 - **9** relate to substance use
 - **15** relate to anti-social behavior, violence, school truancy, depression, and attempted suicide

The Importance of Building Assets

Level of Assets

Arlington Youth (Grades 8, 10, & 12): 2012 Assets Survey

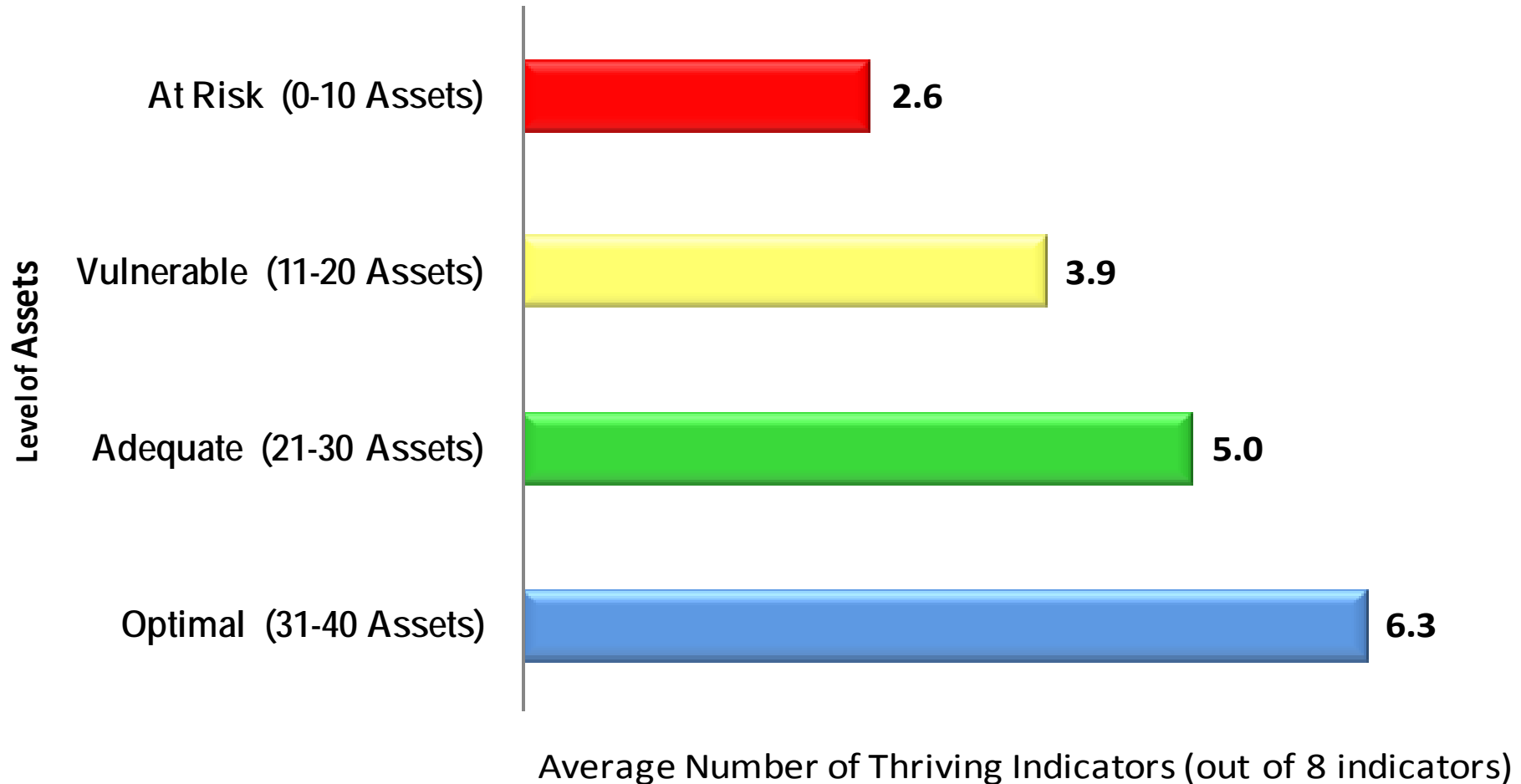


- Over half of Arlington youth are **Vulnerable** or **At Risk**.

More Assets ⇨ More Thriving Indicators

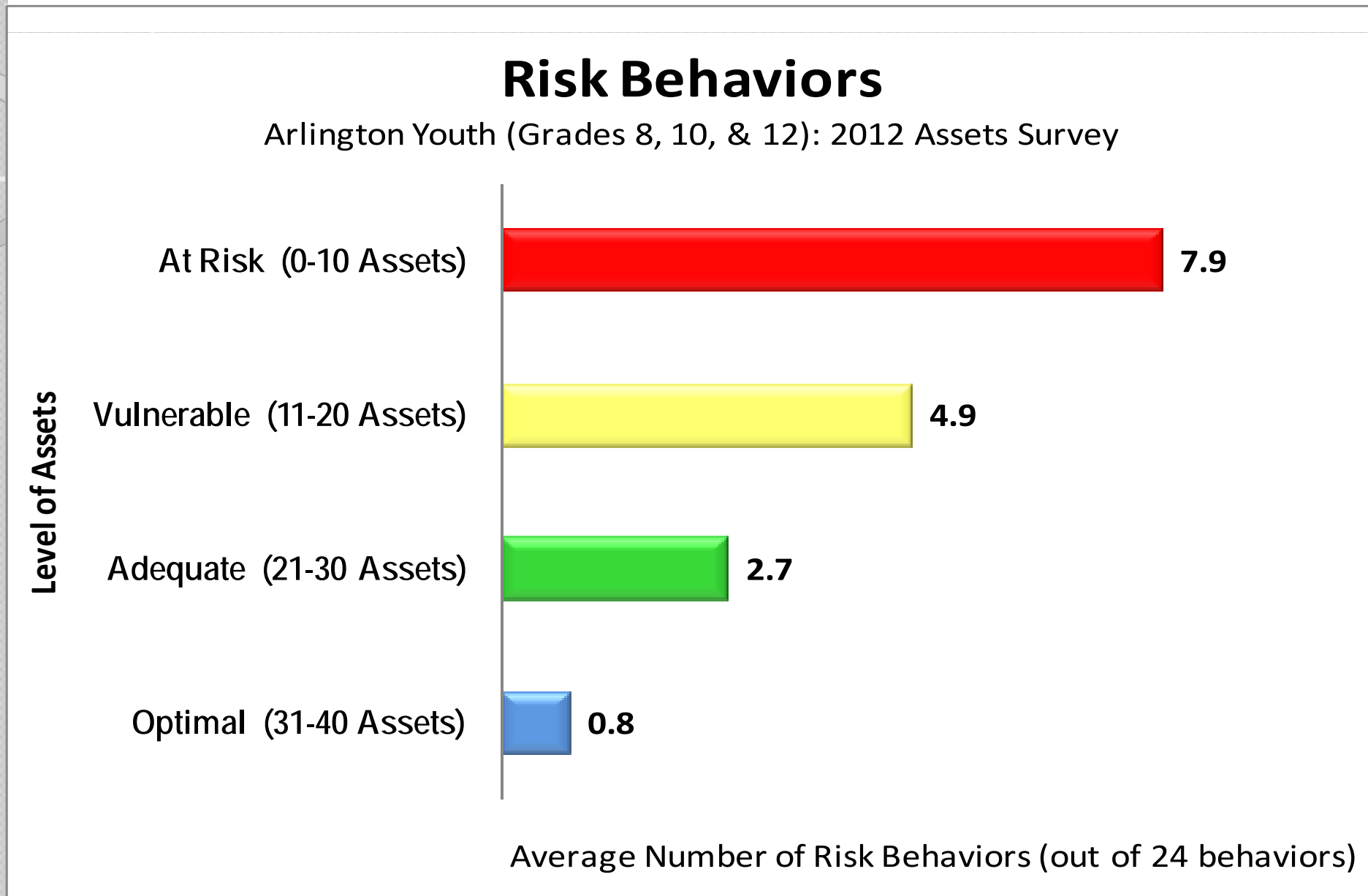
Thriving Indicators

Arlington Youth (Grades 8, 10, & 12): 2012 Assets Survey



- Each **Vulnerable** or **At Risk** youth has fewer than half of the thriving indicators.

More Assets ⇔ Fewer Risk Behaviors

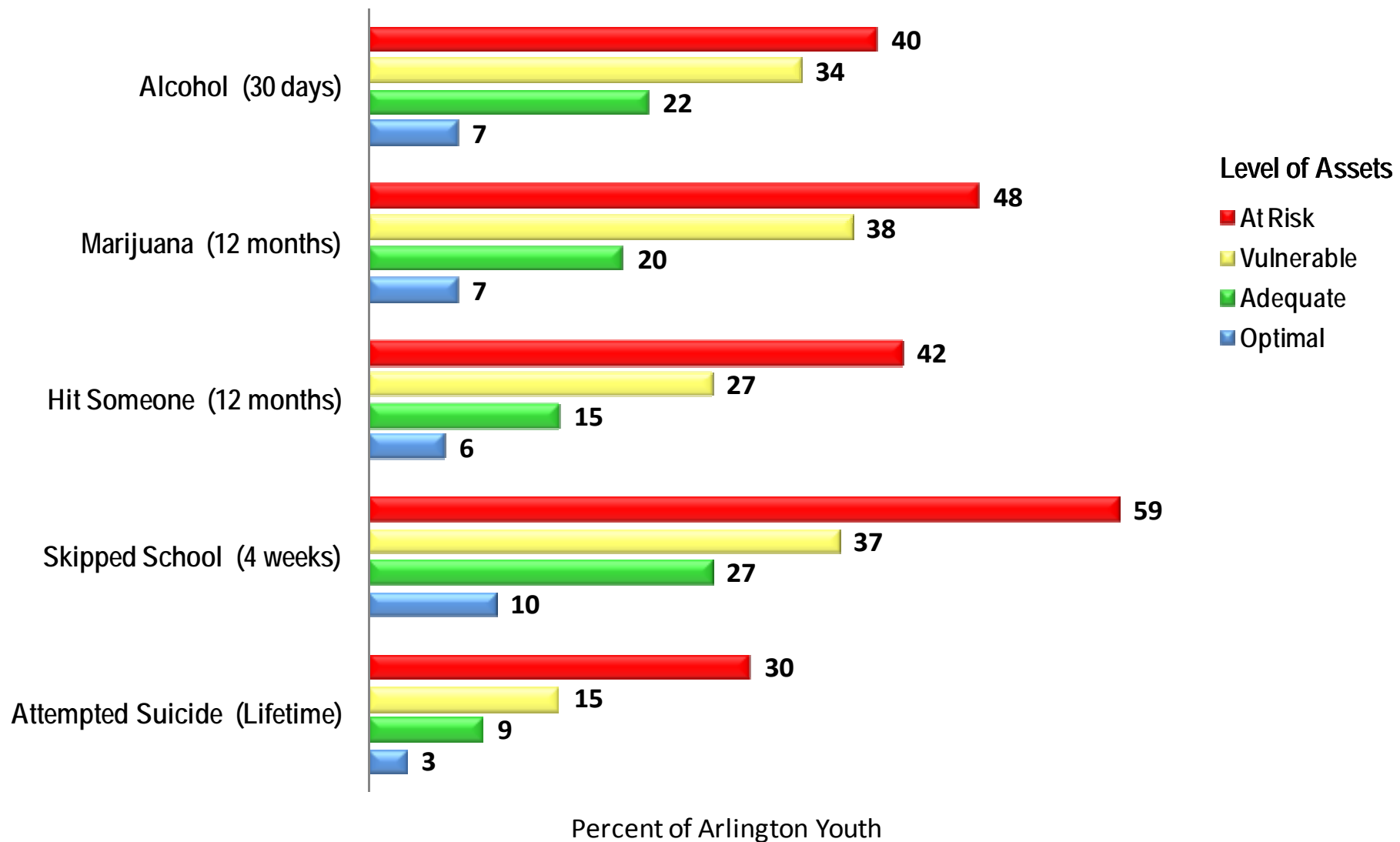


- Each **At Risk** youth engages in about **8** risk behaviors.
- Each **Vulnerable** youth engages in about **5** risk behaviors.

More Assets ⇨ Less Risky Behavior

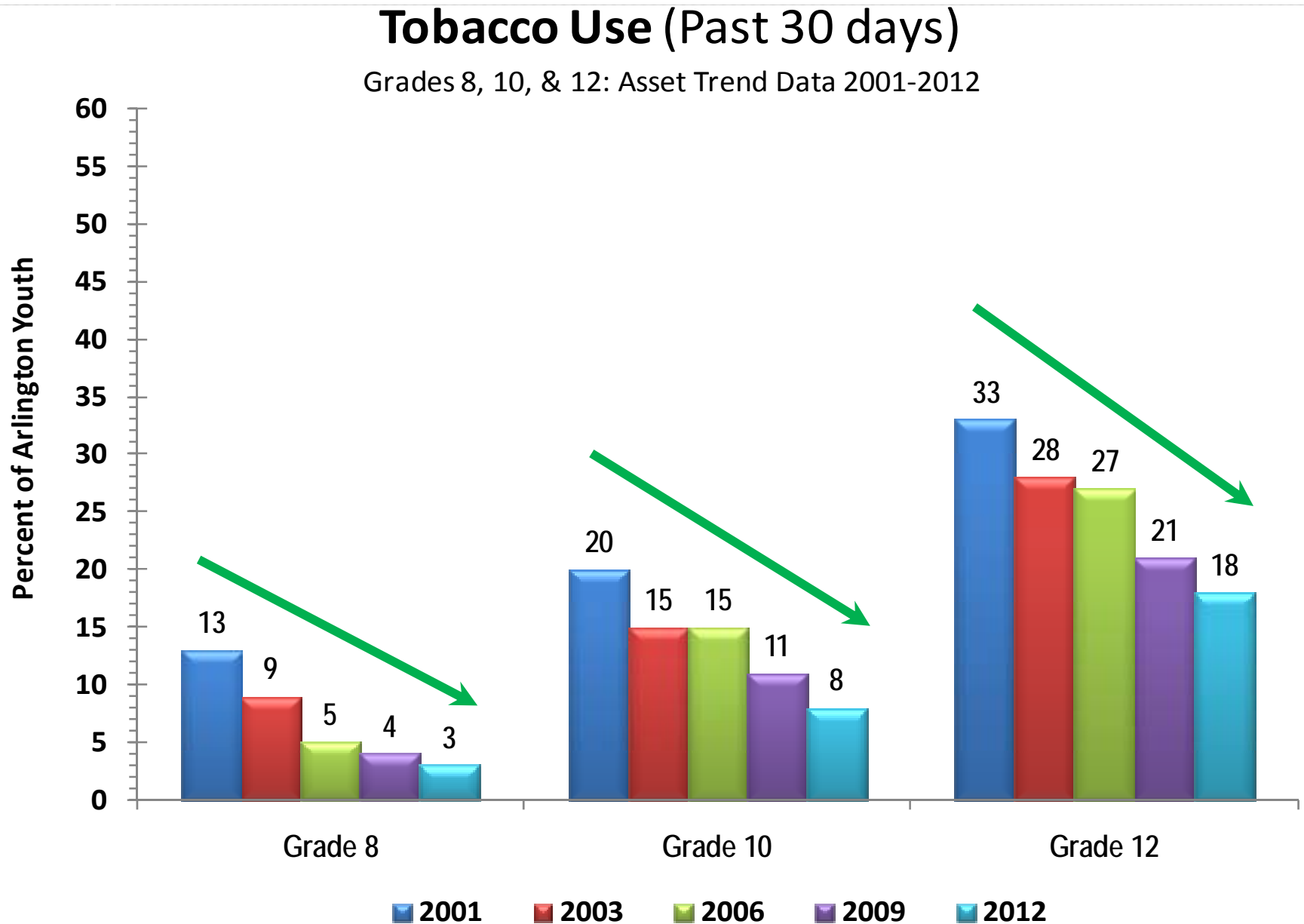
Selected Risk Behaviors by Level of Assets

Arlington Youth (Grades 8, 10, & 12): 2012 Asset Survey



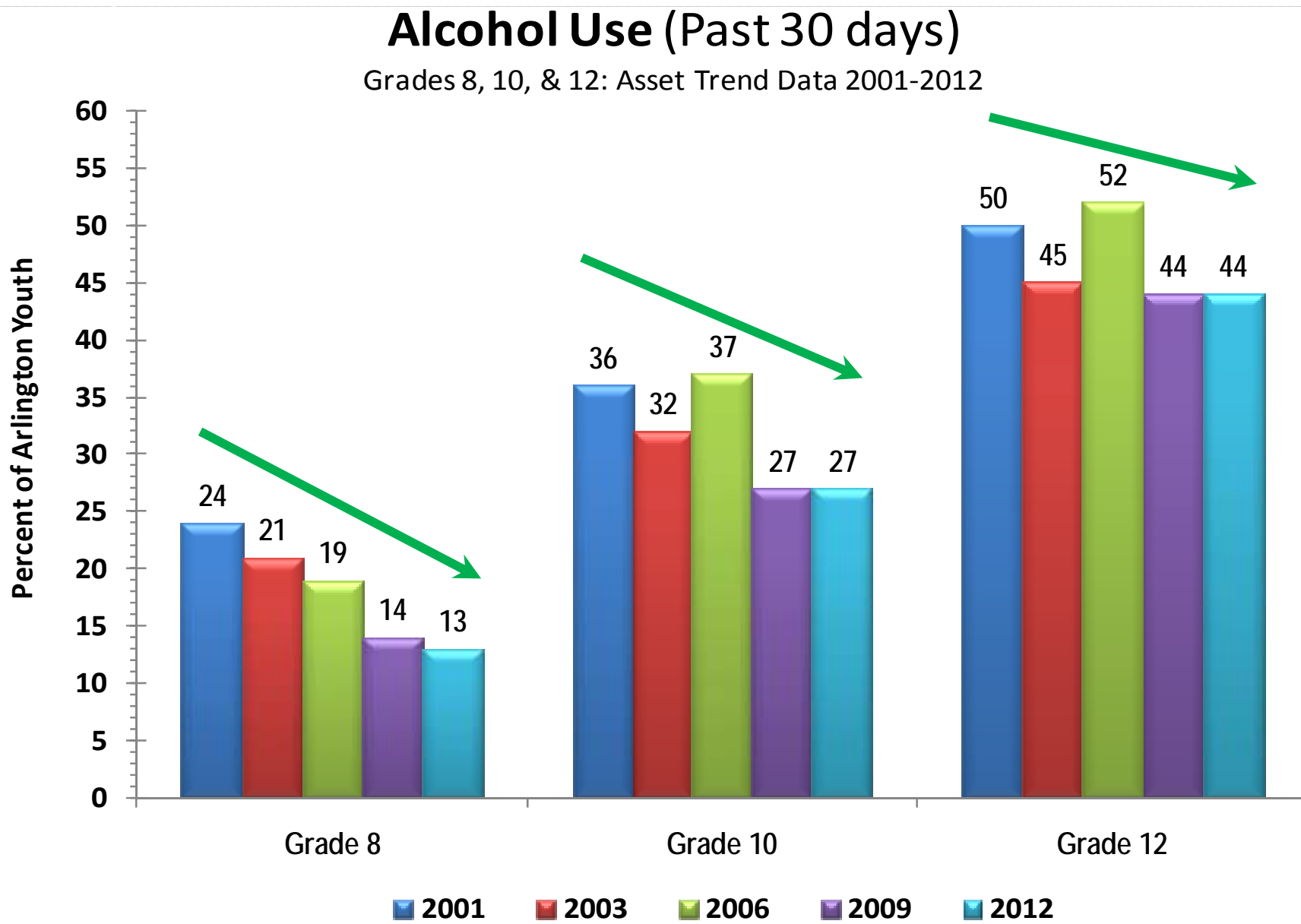
- **More Assets, less substance abuse and other risky behavior.**
- **Building Assets is prevention.**

A National Effort ⇨ Community Success



- A national push for preventing tobacco continues to make a difference. 7

Update on Community Efforts

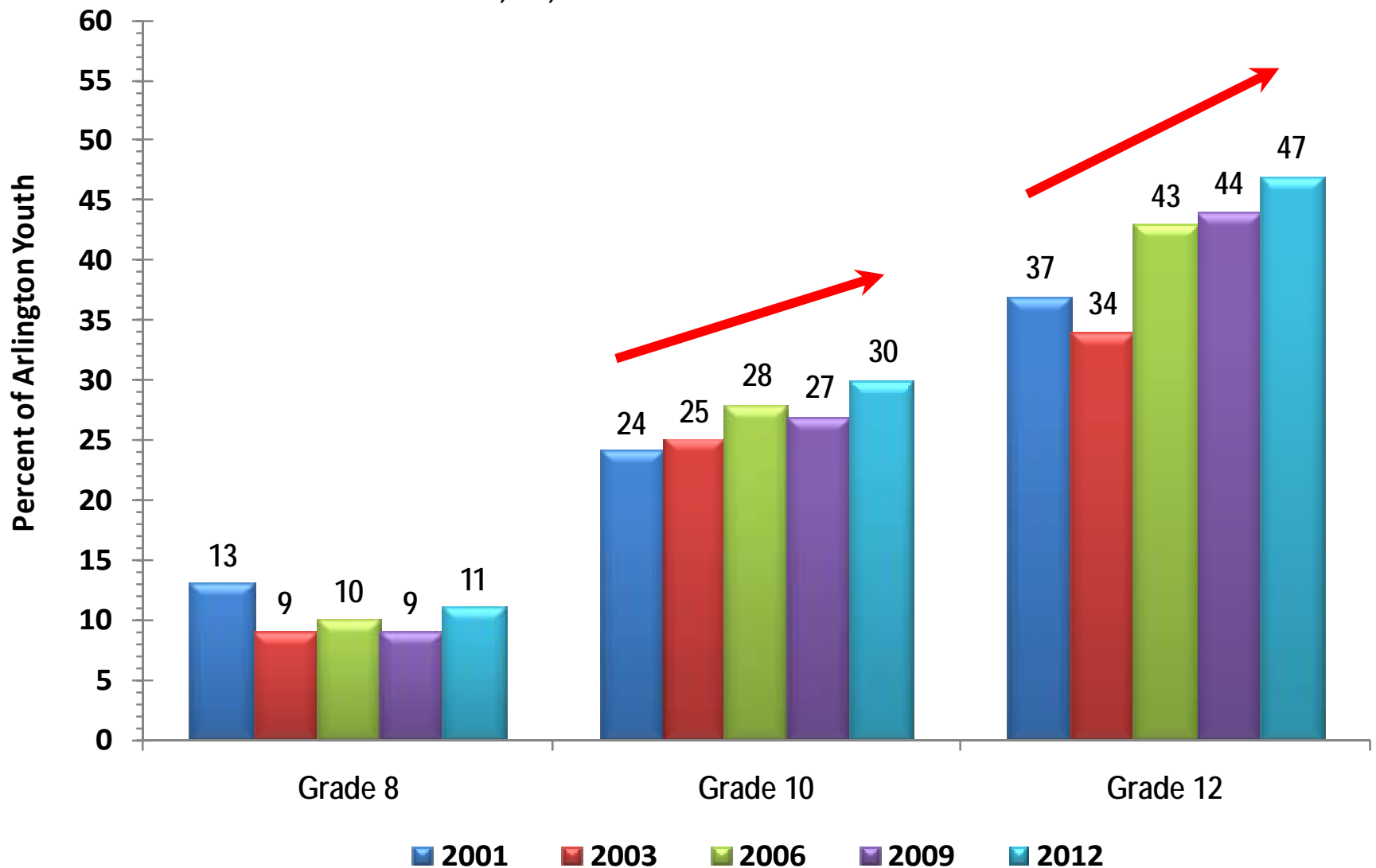


- Alcohol use is decreasing with no change between 2009 and 2012.

New Area of Concern

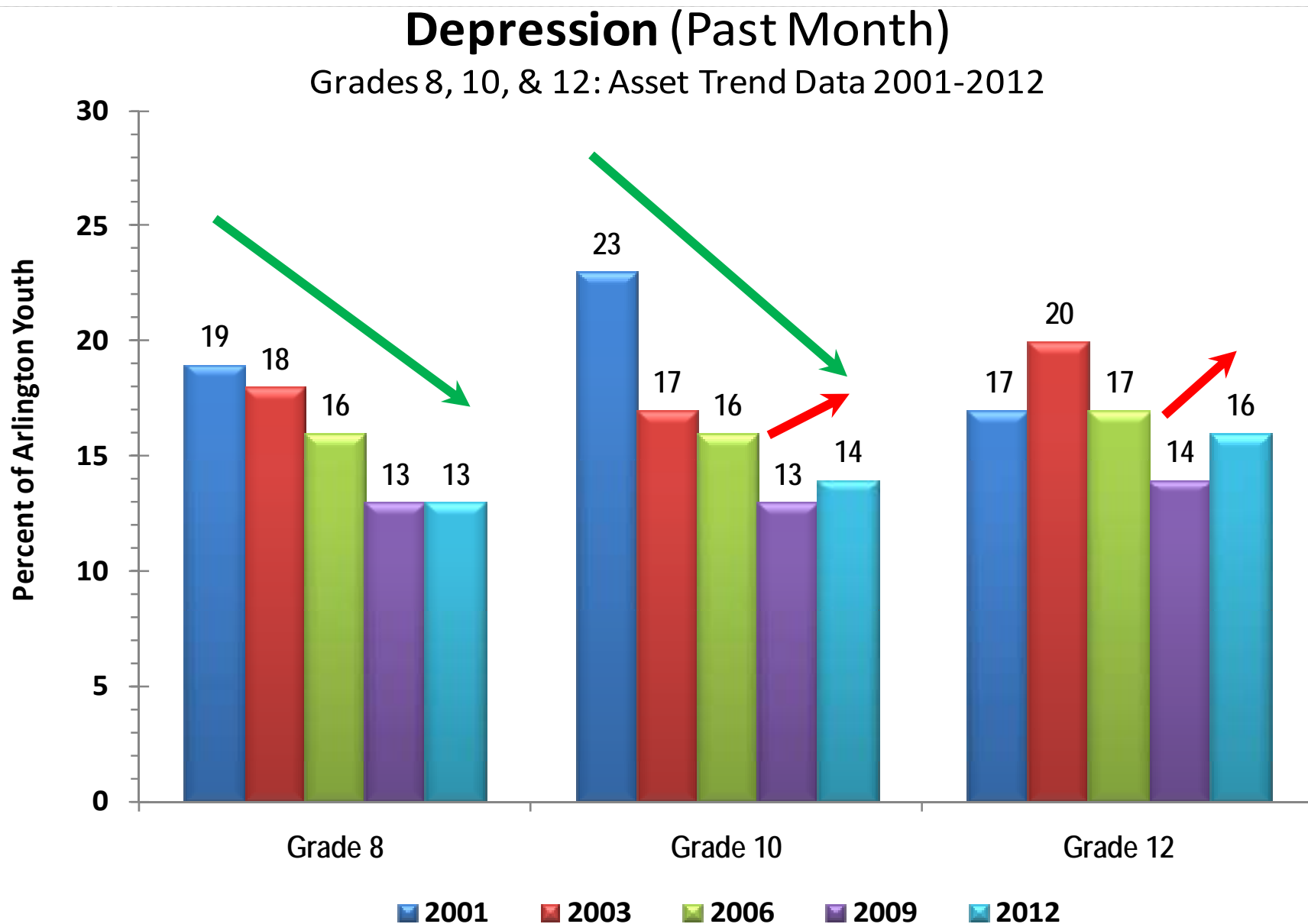
Marijuana Use (Past 12 months)

Grades 8, 10, & 12: Asset Trend Data 2001-2012



- Other research indicates building Assets related to setting clear rules or boundaries and supporting youth lead to less substance abuse.

Ongoing Area of Concern

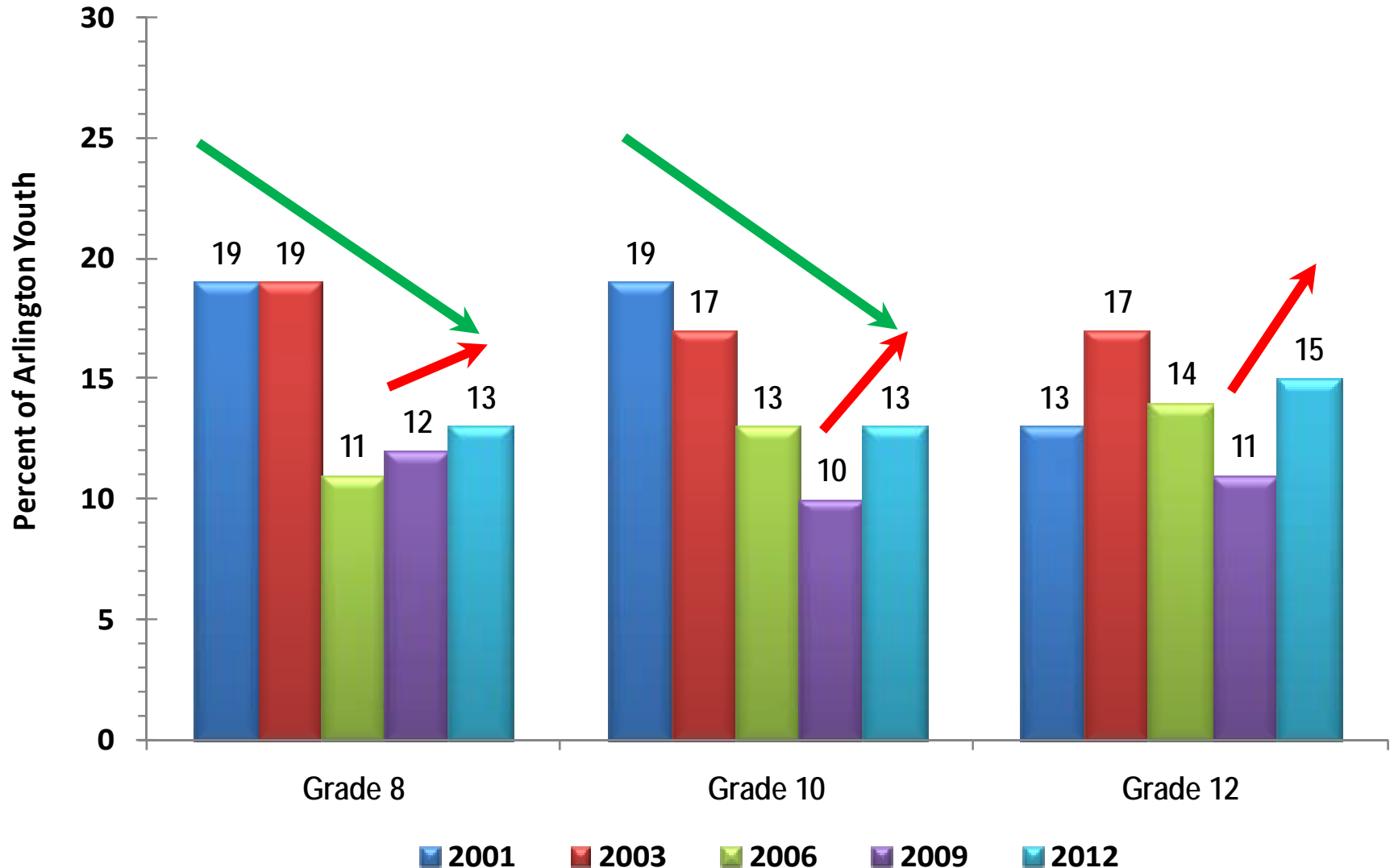


- Trends are down, but the apparent uptick in grades 10 and 12 is of concern.

Ongoing Area of Concern

Attempted Suicide (Lifetime)

Grades 8, 10, & 12: Asset Trend Data 2001-2012

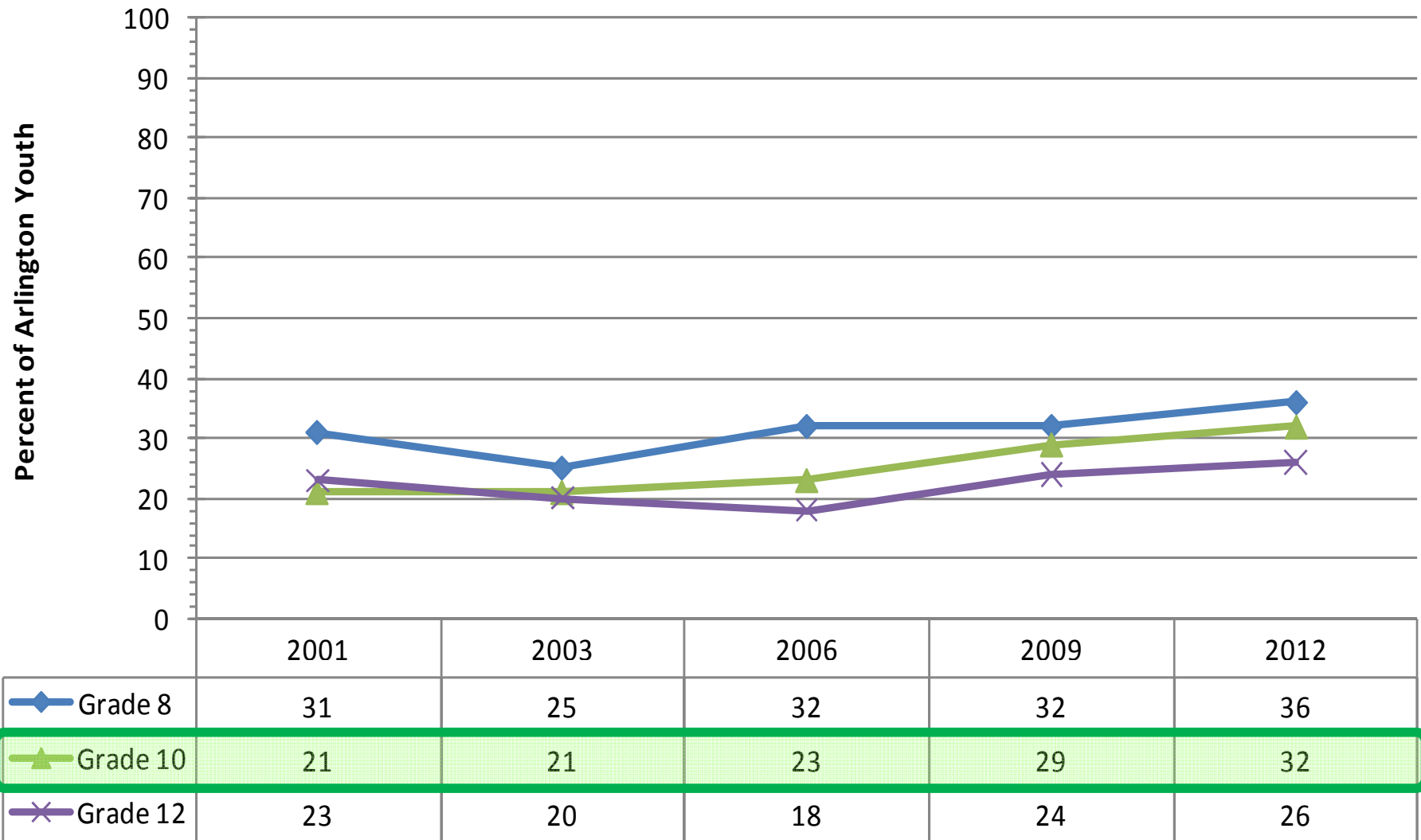


- The recent uptick is of concern. Note: This risk behavior is reported as in the youth's lifetime (e.g., "Have you ever...?").

Building Assets in the Family

Positive Family Communication

Grades 8, 10, & 12: Asset Trend Data 2001-2012

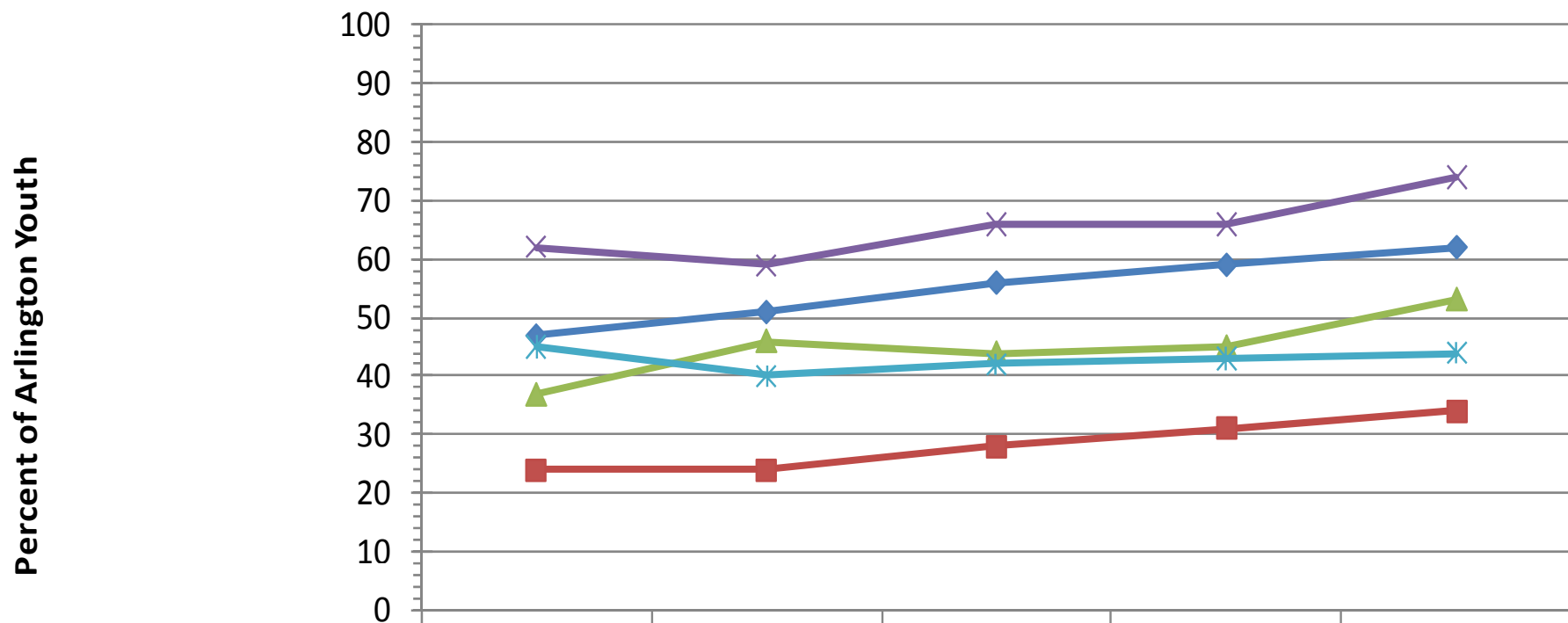


- **Positive Family Communication is increasing, but remains very low.**
- **This support to youth is associated with substance abuse prevention.**

Building Assets in the School Community

Assets of Particular Interest to Arlington Public Schools

Asset Trend Data for Grade 10: 2001-2012



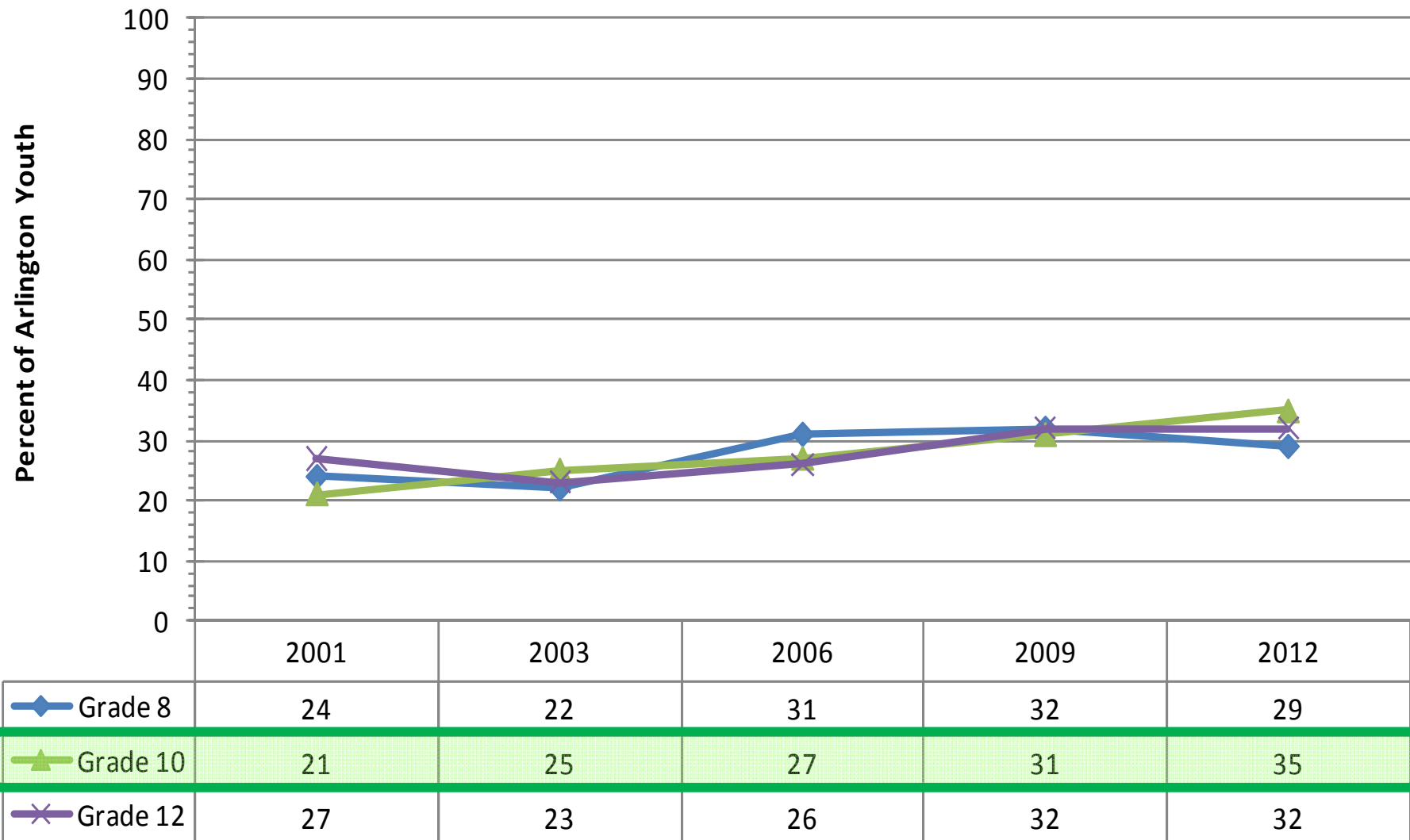
	2001	2003	2006	2009	2012
■ Caring school climate	24	24	28	31	34
▲ High expectations	37	46	44	45	53
✕ Achievement motivation	62	59	66	66	74
◆ School engagement	47	51	56	59	62
* Interpersonal competence	45	40	42	43	44

- A decade of progress building Assets with Arlington Public Schools.

Building Assets in the Wider Community

Youth as Resources

Grades 8, 10, & 12: Asset Trend Data 2001-2012

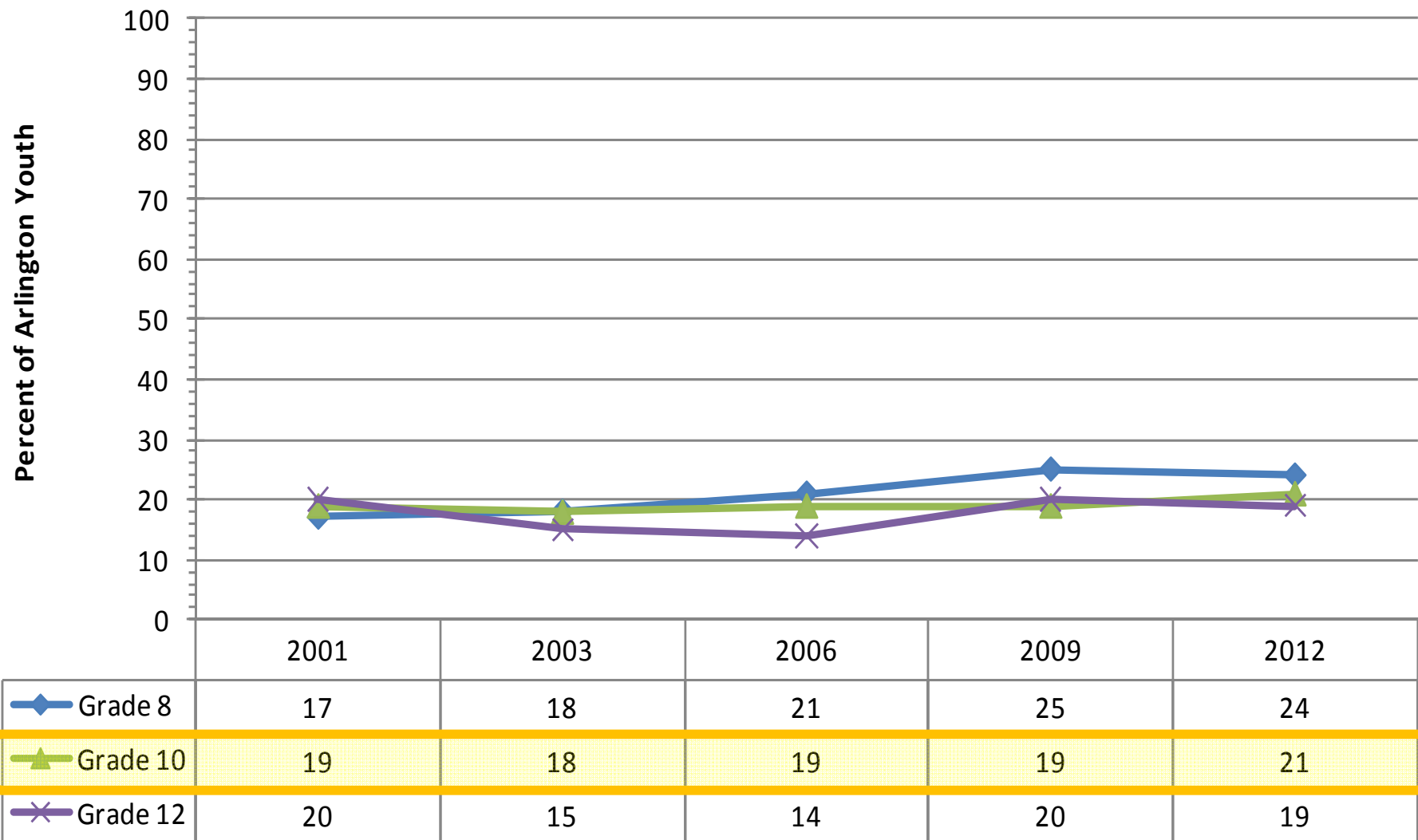


- Opportunities for youth to be a resource (e.g., youth voice, useful roles, etc.) in the community have increased, but are still low.

Building Assets in the Wider Community

Community Values Youth

Grades 8, 10, & 12: Asset Trend Data 2001-2012

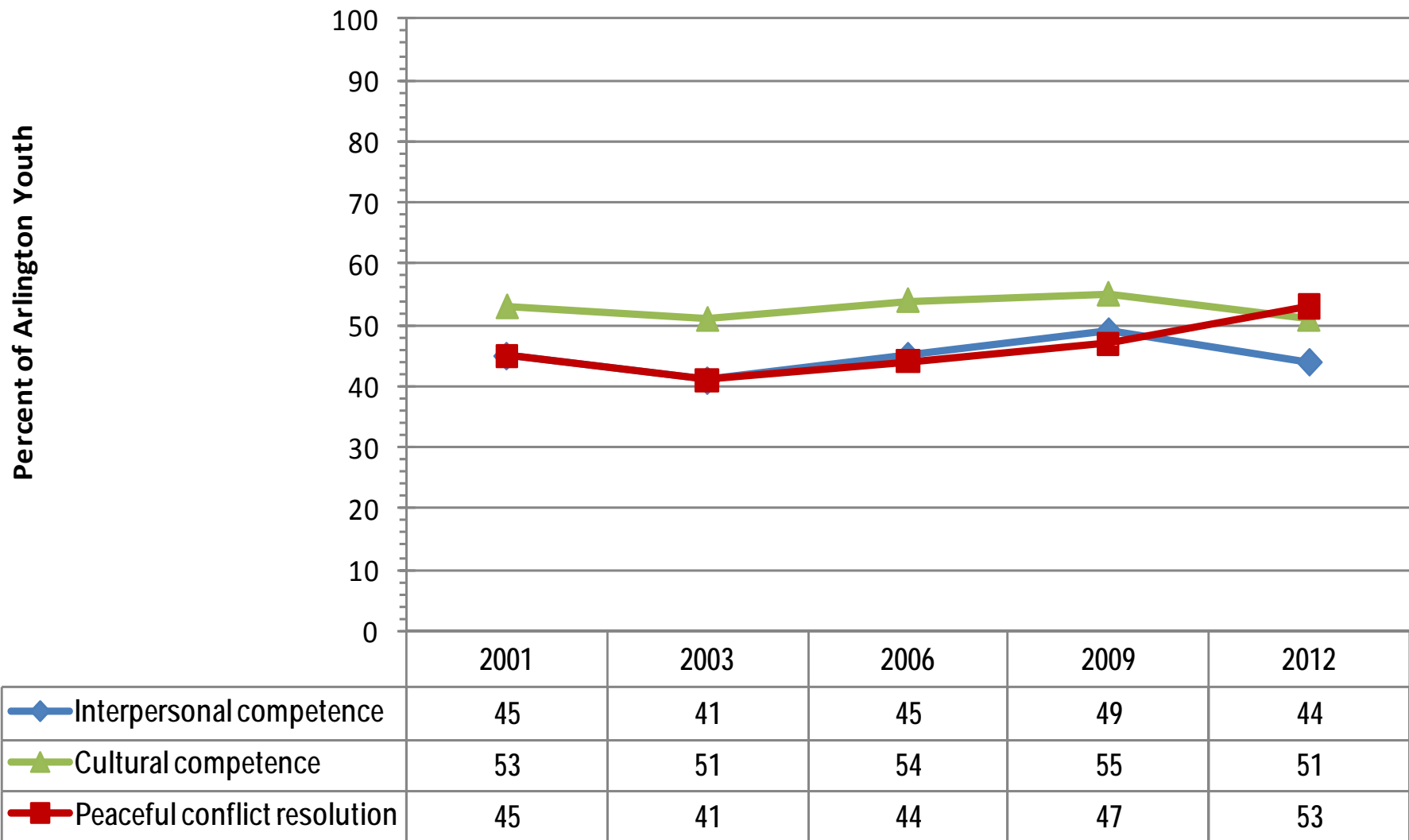


- **Despite ongoing efforts, this indicates youth still do not feel valued by the community.**

Building Assets with Peers

Peer-to-Peer Relationship Assets

Asset Trend Data for Grade 8: 2001-2012

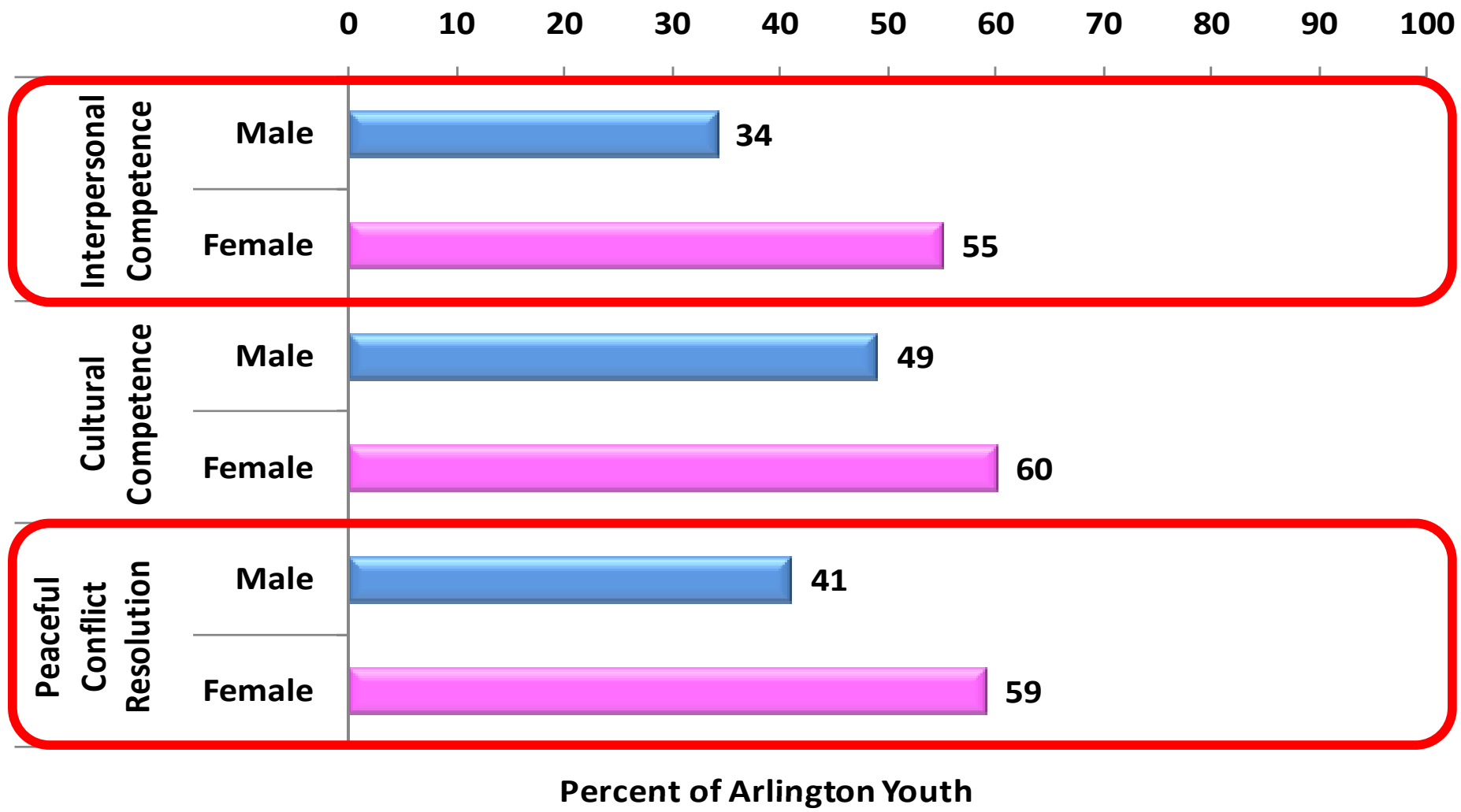


- **The Partnership is currently engaging the community to build these three Assets, which are important for success throughout life.**

Building Assets with Peers by Gender

Peer-to-Peer Relationship Assets by Gender

Grade 8: 2012 Assets Survey



- To increase effectiveness, Asset building strategies may need to be tailored by gender.

What We Can Do as a Community

- **More assets, more positive outcomes & fewer risk behaviors**
 - Developmental Assets nurture youth and provide prevention
- **Shift focus from deficits to assets**
 - Requires a comprehensive and systemic approach to change
- **Areas of concern**
 - Marijuana Use
 - Depression
 - Attempted Suicide
- **When we work together, we can make a difference**

When We Work Together, We Can Make a Difference

- **Our investments over the past decade are working, let's reinforce the momentum.**
- **Examples of community efforts in building assets:**
 - iRIDE – County-wide initiative
 - Teen Network Board – Partnership for Children, Youth and Families
 - Teens Making a Difference – Parks and Recreation
 - Student Advisory Board - Arlington Public Schools
 - TAB (Teen Advisory Board) – Department of Libraries
 - READY Coalition – County-wide initiative
 - Second Chance – County-wide initiative
- **Building Assets to promote positive behaviors and reduce risk behaviors calls for a sustained effort - there is no quick fix.**
- **If we continue to work together and build on our successes **NOW**, then we can be that community where “all young people’s needs are met and their voices heard.”**

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What are the 40 Developmental Assets?

40 Developmental Assets

1. Family support
2. Positive family communication
3. Other adult relationships
4. Caring neighborhood
5. Caring school climate
6. Parent involvement in schooling
7. Community values youth
8. Youth as resources
9. Service to others
10. Safety
11. Family boundaries
12. School boundaries
13. Neighborhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations
17. Creative activities
18. Youth programs
19. Religious community
20. Time at home
21. Achievement motivation
22. School engagement
23. Homework
24. Bonding to school
25. Reading for pleasure
26. Caring
27. Equality and social justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint
32. Planning and decision-making
33. Interpersonal competence
34. Cultural competence
35. Resistance skills
36. Peaceful conflict resolution
37. Personal power
38. Self-esteem
39. Sense of purpose
40. Positive view of personal future

External Assets (1 to 20)

Internal Assets (21 to 40)

What are Thriving Indicators?

- Thriving indicators relate to positive, healthy human development.
- With more assets, youth have more thriving indicators.

Eight Thriving Indicators (Grades 8, 10, & 12)

Succeeds in School	Gets mostly As on report card
Helps Others	Helps friends or neighbors one or more house per week
Values Diversity	Places high importance on getting to know people of other racial/ethnic groups
Maintains Good Health	Pays attention to healthy nutrition and exercise
Exhibits Leadership	Has been a leader of a group or organization in the last 12 months
Resists Danger	Avoids doing things that are dangerous
Delays Gratification	Saves money for something special rather than spending it all right away
Overcomes Adversity	Does not give up when things get difficult

- **More Developmental Assets ⇔ More Positive Outcomes**

What are Risk Behaviors?

- Nine risk behaviors relate to substance use (left column).
- Fifteen risk behaviors include anti-social behavior, violence, school truancy, depression, and attempted suicide (right column).

24 Risk Behaviors (Grades 8, 10, & 12)

Alcohol Use (Past 30 days)
Got Drunk (Past 2 weeks)
Tobacco Use (Past 30 days)
Smokeless Tobacco Use (Past 12 months)
Inhalants (Past 12 months)
Marijuana Use (Past 12 months)
Other Drug Use (Past 12 months)
Drinking and Driving (Past 12 months)
Rode with Drinking Driver (Past 12 months)

Sexual Intercourse (Lifetime)
Shoplifted (Past 12 months)
Vandalism (Past 12 months)
Trouble with Police (Past 12 months)
Hit Someone (Past 12 months)
Physically Hurt Someone (Past 12 months)
Used a Weapon to Get Something (Past 12 months)
Been in a Group Fight (Past 12 months)
Carried a Weapon for Protection (Past 12 months)
Threatened Physical Harm (Past 12 months)
School Truancy (Past 4 weeks)
Gambling (Past 12 months)
Eating Disorder (Lifetime)
Depression (Past month)
Attempted Suicide (Lifetime)

- **More Developmental Assets ⇒ Fewer Risk Behaviors**