What We Can Do

for Children, Youth & Families:

Update from the 2012 Developmental Assets Survey

Arlington County Board
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Amy Yamashiro, Data Coordinator
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

- At Risk (0-10 Assets): 10%
- Vulnerable (11-20 Assets): 43%
- Adequate (21-30 Assets): 38%
- Optimal (31-40 Assets): 9%

Over half of Arlington youth are Vulnerable or At Risk.
• Each Vulnerable or At Risk youth has fewer than half of the thriving indicators.
More Assets ⇒ Fewer Risk Behaviors

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

- **At Risk (0-10 Assets)**: 7.9
- **Vulnerable (11-20 Assets)**: 4.9
- **Adequate (21-30 Assets)**: 2.7
- **Optimal (31-40 Assets)**: 0.8

Average Number of Risk Behaviors (out of 24 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

- Alcohol (30 days)
  - At Risk: 40%
  - Vulnerable: 34%
  - Adequate: 22%
  - Optimal: 7%

- Marijuana (12 months)
  - At Risk: 48%
  - Vulnerable: 38%
  - Adequate: 20%
  - Optimal: 7%

- Hit Someone (12 months)
  - At Risk: 42%
  - Vulnerable: 27%
  - Adequate: 15%
  - Optimal: 6%

- Skipped School (4 weeks)
  - At Risk: 59%
  - Vulnerable: 37%
  - Adequate: 27%
  - Optimal: 10%

- Attempted Suicide (Lifetime)
  - At Risk: 30%
  - Vulnerable: 15%
  - Adequate: 9%
  - Optimal: 3%

Percent of Arlington Youth

- More Assets, less substance abuse and other risky behavior.
- Building Assets is prevention.
A national push for preventing tobacco continues to make a difference.
Alcohol use is decreasing with no change between 2009 and 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

Depression (Past Month)
Grades 8, 10, & 12: Asset Trend Data 2001-2012

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

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

- 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.
Opportunities for youth to be a resource (e.g., youth voice, useful roles, etc.) in the community have increased, but are still low.
Despite ongoing efforts, this indicates youth still do not feel valued by the community.
The Partnership is currently engaging the community to build these three Assets, which are important for success throughout life.
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                  | 21. Achievement motivation          |
| 2. Positive family communication  | 22. School engagement               |
| 3. Other adult relationships      | 23. Homework                        |
| 4. Caring neighborhood            | 24. Bonding to school               |
| 5. Caring school climate          | 25. Reading for pleasure            |
| 7. Community values youth         | 27. Equality and social justice     |
| 8. Youth as resources             | 28. Integrity                       |
| 9. Service to others              | 29. Honesty                         |
| 10. Safety                        | 30. Responsibility                  |
| 11. Family boundaries             | 31. Restraint                       |
| 12. School boundaries             | 32. Planning and decision-making    |
| 13. Neighborhood boundaries       | 33. Interpersonal competence        |
| 14. Adult role models             | 34. Cultural competence             |
| 15. Positive peer influence       | 35. Resistance skills               |
| 16. High expectations             | 36. Peaceful conflict resolution    |
| 17. Creative activities           | 37. Personal power                  |
| 18. Youth programs                | 38. Self-esteem                     |
| 20. Time at home                  | 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)**

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

- 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)

<table>
<thead>
<tr>
<th>Nine risk behaviors relate to substance use</th>
<th>Fifteen risk behaviors include anti-social behavior, violence, school truancy, depression, and attempted suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Use (Past 30 days)</td>
<td>Sexual Intercourse (Lifetime)</td>
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<tr>
<td>Got Drunk (Past 2 weeks)</td>
<td>Shoplifted (Past 12 months)</td>
</tr>
<tr>
<td>Tobacco Use (Past 30 days)</td>
<td>Vandalism (Past 12 months)</td>
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<td>Smokeless Tobacco Use (Past 12 months)</td>
<td>Trouble with Police (Past 12 months)</td>
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<tr>
<td>Inhalants (Past 12 months)</td>
<td>Hit Someone (Past 12 months)</td>
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<tr>
<td>Marijuana Use (Past 12 months)</td>
<td>Physically Hurt Someone (Past 12 months)</td>
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<tr>
<td>Other Drug Use (Past 12 months)</td>
<td>Used a Weapon to Get Something (Past 12 months)</td>
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<tr>
<td>Drinking and Driving (Past 12 months)</td>
<td>Been in a Group Fight (Past 12 months)</td>
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<tr>
<td>Rode with Drinking Driver (Past 12 months)</td>
<td>Carried a Weapon for Protection (Past 12 months)</td>
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<td>Threatened Physical Harm (Past 12 months)</td>
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<td>School Truancy (Past 4 weeks)</td>
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<td></td>
<td>Gambling (Past 12 months)</td>
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<td></td>
<td>Eating Disorder (Lifetime)</td>
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<td></td>
<td>Depression (Past month)</td>
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<tr>
<td></td>
<td>Attempted Suicide (Lifetime)</td>
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- More Developmental Assets ⇒ Fewer Risk Behaviors