

Article #19

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 91% report that they experience the asset *high expectations*.

Asset #16: High expectations—Both parent(s) and teachers encourage the young person to do well.

Consider this . . .

High expectations contribute to young people's sense that they can achieve—they know that others believe they can do great things. However, not everyone has the same “best.” Expectations should be high but reasonable and in line with a young person's strengths and talents.

Try this . . .

Adults:

- Talk with young people about their expectations for themselves. Encourage them to find a balance between thinking big and not putting too much pressure on themselves.
- Share stories of people you know or know about who have overcome obstacles and achieved their goals.
- Encourage young people to take positive risks. Help them see “mistakes” and “failures” as opportunities to grow and learn.
- Compare young people only to themselves.
- Have high expectations for yourself.
- Make clear to young people what your expectations are for them.

Youth:

- Have high expectations for yourself.
- Let your family know that you appreciate their support (thank them for attending school conferences, for showing up at your basketball games, for coming to your spring play).
- Take advantages of opportunities to lead (speak up for students who may not have a voice, campaign for class officer).
- Learn what your community expects of young people. Learn about the laws that affect you and the consequences of breaking those laws.

From *Get the Word Out: Communication Tools and Ideas for Asset Builders Everywhere*.

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