

Article #22

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 65% report that they experience the asset *Youth programs*.

Asset #18: Youth programs—Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.

Consider this . . .

These activities offer young people the chance to explore new interests and discover their passions. They provide opportunities for practicing social skills, leadership, cooperation, and teamwork. Through involvement in youth programs, young people ideally develop positive and supportive relationships with adults and peers.

Try this . . .

Adults:

- Make youth programs accessible to all by publicizing them and waiving fees or offering scholarships when possible and appropriate.
- Have a phone number youth can call or a Web site they can visit for information about programs.
- Encourage isolated youth to try new things. Remember that you may have to ask more than once.
- When a young person loses interest in one program, help her or him find something that better meets her or his needs and interests.

Youth:

- Talk with your parents/guardians about your interests. Ask them to help you identify programs, teams, clubs, or organizations in your area that match your interests.
- If you're looking for something beyond what your school has to offer, start a new club or group.

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