

## Article #24

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 26% report that they experience the asset *Time at home*.

**Asset #20: Time at home—Young person is out with friends “with nothing special to do” two or fewer nights per week.**

*Consider this . . .*

Young people can find themselves with too little to do or too much to do, depending on their circumstances. Ideally, time spent at home is a balance of unstructured play or “leisure,” being with family, and being alone.

*Try this . . .*

Adults:

- Limit TV time. Try to watch shows as a family and talk about the content.
- Eat meals together whenever possible. Turn off the television and don't answer the phone. Encourage conversation.
- Have regular family meetings to discuss household responsibilities and other issues.
- Clean your home together as a family.
- If possible, limit the number of hours young people spend working outside the home to no more than 15 hours per week.

Youth:

- Make the most of the time you spend with your family (play games together, talk, listen to music).

- Invite friends over on some nights to give your parents/guardians a chance to get to know your friends.

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

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