

## Article #32

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 87% report that they experience the asset *Caring*.

### **Asset #26: Caring—Parent(s) tell the child it is important to help other people.**

*Consider this...*

This asset is about more than just thinking it's important to help other people; it means being willing to invest time and/or money to help others and to "make the world a better place."

*Try this...*

Adults:

- Teach younger children about caring by helping them care for pets.
- Encourage youth (especially boys) to talk about their feelings.
- Show young people how to care about others by caring for and about them.
- When you teach youth about money and finances, include charitable giving.
- Together with youth, create a list of "random acts of kindness" and commit to doing one each week (or day or hour!).
- Be sure that youth understand that showing you care doesn't require money. Expressing sympathy or understanding, or offering to help with a project or task can be great ways to let someone know you care.

Youth:

- Instead of spending money on holiday gifts for each other, ask your family to donate to another family or a social service organization in need.
- Show you care at school by doing small acts of kindness for classmates and teachers (say something nice, hold a door open, smile).
- Find a community organization and volunteer your time to help.

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