

Article #39

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 45% report that they experience the asset *Planning and decision making*.

Asset #32: Planning and decision making—Young person knows how to plan ahead and make choices.

Consider this . . .

It is important for adults to teach and model these skills, but the only way for young people to truly develop them is to practice what they've learned and observed.

Try this . . .

Adults:

- Involve young people in planning within your family (such as a project, a budget, a vacation, or a celebration).
- As a family, divide household responsibilities and hold each member accountable for her or his tasks.

Youth:

- Use a planner to keep track of commitments.
- When you have long-term homework assignments or projects, develop a plan that includes a timeline for when you want to have different elements completed.

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