

Article #45

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 57% report that they experience the asset *Personal power*.

Asset #37: Personal power—Young person feels he or she has some influence over things that happen in his or her life.

Consider this . . .

A sense of personal power is perhaps best captured in what is known as the Serenity

Prayer: “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Try this . . .

Adults:

- Whenever you hear a young person say, “I can’t...” help them make the shift to, “I can find a way to...”
- Encourage young people to take responsibility for some things in their lives (and then let them deal with both the positive and negative consequences of their actions).
- Support young people’s healthy choices.

Youth:

- When you are feeling down and nothing is going your way, do something that reminds you that you do have choices.
- When you are offered a chance to try something new and interesting (like snowboarding, salsa dancing, or singing in your school chorus), let go of fear and find the courage to give it a try!

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

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