

## Search Institute's Family Assets Framework

Search Institute has identified the following key qualities that help all kinds of families be strong. When families have more of these research-based assets, the teens and adults in the family do better in life.

### NURTURING RELATIONSHIPS

1. Positive communication
2. Affection
3. Emotional openness
4. Support for sparks

### ESTABLISHING ROUTINES

5. Family meals
6. Shared activities
7. Meaningful traditions
8. Dependability

### MAINTAINING EXPECTATIONS

9. Openness about tough topics
10. Fair rules
11. Defined boundaries
12. Clear expectations
13. Contributions to family

### ADAPTING TO CHALLENGES

14. Management of daily commitments
15. Adaptability
16. Problem solving
17. Democratic decision making

### CONNECTING TO COMMUNITY

18. Neighborhood cohesion
19. Relationships with others
20. Enriching activities
21. Supportive resources

For information on the research behind the Family Assets and definitions of each asset, visit  
[www.search-institute.org/familyassets](http://www.search-institute.org/familyassets)

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## THE AMERICAN Family Assets STUDY

[www.search-institute.org/familyassets](http://www.search-institute.org/familyassets)