



# Building the **Positive-Values Assets**

All young people need positive values to help guide their choices. Here are ideas on how to build the six Positive-Values assets for children and youth at different ages:

<b>Ages Birth to 1</b>	<ul style="list-style-type: none"><li>• Create a caring atmosphere for babies at home, in child-care centers, and in other places.</li><li>• Encourage families to talk about their values while modeling and teaching them as their children grow.</li></ul>
<b>Ages 1 to 2</b>	<ul style="list-style-type: none"><li>• Teach children to care for others, such as by sharing or giving hugs.</li><li>• Interact with children in loving, respectful, and caring ways.</li></ul>
<b>Ages 3 to 5</b>	<ul style="list-style-type: none"><li>• Teach children how to care for special things, such as toys, outfits, or plants, by themselves.</li><li>• Encourage parents to explain their values simply to children when they see others behaving in ways they value or do not value.</li></ul>
<b>Ages 6 to 11</b>	<ul style="list-style-type: none"><li>• Have children write thank-you notes or show their appreciation in some other way whenever they receive gifts.</li><li>• Encourage families to participate in service activities together.</li><li>• Talk to children about specific examples of people acting on their values.</li></ul>
<b>Ages 12 to 15</b>	<ul style="list-style-type: none"><li>• Interact in caring, responsible ways with people of all ages. Encourage youth to do the same.</li><li>• Watch television or read books together and discuss the characters' values.</li><li>• Talk to young people about your values regarding honesty; sexual activity; alcohol, tobacco, and other drug use; and other topics.</li></ul>
<b>Ages 16 to 18</b>	<ul style="list-style-type: none"><li>• Encourage teenagers to volunteer with at least one organization.</li><li>• Together write letters to the editor of a local newspaper or to politicians about your views on issues.</li><li>• Talk with teenagers about how their values guide their choices and behaviors. Let them know how your values influence you.</li></ul>