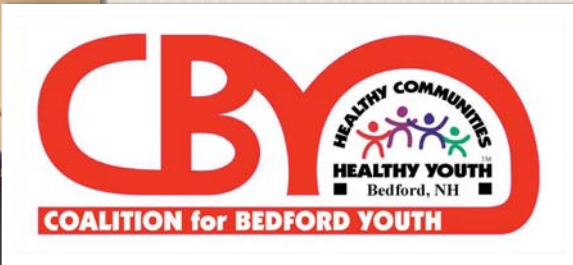


# COALITION FOR BEDFORD YOUTH



Coalition for Bedford Youth  
PO Box 10113  
Bedford, NH 03110  
CBYNH.org  
[info@cbynh.org](mailto:info@cbynh.org)

## The External Developmental Assets

As young people grow and learn, they depend a great deal on the adults in their world to guide them. A strong community of caring adults—providing support, empowerment, boundaries and expectations, and opportunities for enriching activities—helps young people develop the internal qualities of commitment to learning, positive values, social skills, and positive identity. In short, young people depend on caring adults to provide the external assets that lead to a positive environment. External Assets include

the first four asset categories that make up Search Institute's 40 Developmental Assets, the qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

Research shows that young people need certain external structures, relationships, and activities in place in their lives to grow up healthy. Search Institute has identified the following ingredients, known as the external assets, as keys to creating a positive environment for young people: Support,

Empowerment, Boundaries and Expectations, and Constructive Use of Time.

Creating a strong foundation in a young person's life doesn't have to be difficult or overwhelming. Taking time, remaining patient, and giving a whole lot of love and caring will take you far. For most young people, their family is the center of their lives. Show your children you love them, and also value each one of them as individuals.

© 2007 by Search Institute®



LURGIO LION'S DEN  
TALENT SHOWCASE



STAND BY ME



SEARCH INSTITUTE SURVEY  
RESULTS- BEDFORD, NH

# The External Developmental Assets

## We're all in this together

As young people grow and learn, they depend a great deal on the adults in their world to guide them. A strong community of caring adults—providing support, empowerment, boundaries and expectations, and opportunities for enriching activities—helps young people develop the internal qualities of commitment to learning, positive values, social skills, and positive identity. In short, young people depend on caring adults to provide the external assets that lead to a positive environment. **External Assets** include the first four asset categories that make up Search Institute's 40 Developmental Assets, the qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

RESEARCH SHOWS THAT YOUNG PEOPLE NEED CERTAIN EXTERNAL STRUCTURES, RELATIONSHIPS, AND ACTIVITIES IN PLACE IN THEIR LIVES TO GROW UP HEALTHY.

© 2007 by Search Institute®

## Here are the facts

Research shows that young people need certain external structures, relationships, and activities in place in their lives to grow up healthy. Search Institute has identified the following ingredients, known as the external assets, as keys to creating a positive environment for young people: Support, Empowerment, Boundaries and Expectations, and Constructive Use of Time.

## Tips for building these assets

Creating a strong foundation in a young person's life doesn't have to be difficult or overwhelming. Taking time, remaining patient, and giving a whole lot of love and caring will take you far. For most young people, their family is the center of their lives. Show your children you love them, and also value each one of them as individuals. Clearly communicate to one another your family's values, boundaries, and expectations (as well as those of the community). Give young people the appropriate amount of freedom to make their own decisions depending on their ages, but also offer options along the way.

## TIPS FOR BUILDING ASSETS

*In your home and family:* Post a list of the 40 Developmental Assets on your refrigerator door. Each day, do at least one thing to build assets for each family member.

*In your neighborhood and community:* Learn the names of young people who live around you. Find out what interests them and ask them about those interests.

*In your school or youth program:* Plan asset-building activities as part of curriculum or program. For example: engage young people in service-learning projects, social skills training, or reading for pleasure.

What to learn more about the 40 Developmental Asset and ideas for helping young people build them? Visit [www.search-institute.org/assets](http://www.search-institute.org/assets).

## HOW CAN YOU HELP?

### ONLINE SHOPPING

Do you shop online for yourself or your business often? Shop over 800 stores using iGive and a portion of your purchase is donated to CBY... FREE! Visit [www.iGive.com/cby](http://www.iGive.com/cby)

### WEBSITE MANAGER

Update website with upcoming activities, past events, and post pictures. Please contact CBY at [info@cbynh.org](mailto:info@cbynh.org)

### DATA BASE MANAGER

Input information into computer files; such as parent contact info, who has attended events, and evaluation responses. Please contact CBY at [info@cbynh.org](mailto:info@cbynh.org)

### EVENT PLANNER

Plans an event such as a car wash, service clean up day, etc. Please contact CBY at [info@cbynh.org](mailto:info@cbynh.org)

### STORAGE SPACE

Storage space (6ftx8ft area) with adult access only. This small amount of space may be in your home or place of business. Please contact CBY at [info@cbynh.org](mailto:info@cbynh.org)

The Search Institute has been conducting a survey asking over 3 million youth about the developmental assets for more than 45 years. The Bedford School District has conducted this survey every 4 years since 1998. The survey has a positive focus but also identifies risky behavior and helps analyze problems that need to be solved in each particular community.

The results help the Bedford community identify positive behaviors already developed within their youth as well as which specific risky behaviors are prevalent in this population. Results indicate higher numbers of thriving indicators (positive behaviors and outlooks) lead to less risk taking. These thriving attitudes are reinforced by increased developmental assets. 46% of youth in Bedford report have 21-30 of the 40 Developmental Assets.

Results are compared after each survey. Good news for Bedford - over the past 4 years there has been a decrease reported in the following behaviors: depression, hitting someone, attempted suicide, TV overexposure, victim of violence, and being home alone. There are also concerns for the Bedford community - youth have reported increased involvement with the following risky behaviors: prescription drug use, carrying a weapon, skipping school, drinking parties, and having sex 3+ times/life.

Helping to develop the 40 Developmental Assets within our youth will ensure teens become caring, healthy, and responsible adults. Everyone can help develop the assets, and it is easy to do!

*More information can be found at [cbynh.org](http://cbynh.org)*

## LION'S DEN TALENT SHOWCASE



CBY HOSTED THEIR FIRST LURGIO LION'S DEN TALENT SHOWCASE. THE EVENT WAS HUMOROUSLY HOSTED BY CBYer, JIM FOLEY, AND LURGIO'S PRINCIPAL, ED JOYCE. TWELVE TALENTED ACTS DISPLAYED THEIR ABILITIES TO 200 AUDIENCE MEMBERS. CBY IS HOPING TO CONTINUE THIS EVENT ANNUALLY.

## STAND BY ME



ONCE AGAIN CBY PRESENTED 3 WORKSHOPS AT STAND BY ME. THE TASK DEVELOPMENT TEAM EXPLAINED THE FUN-DAMENTALS OF CBY TO 7TH GRADERS AND THEIR PARENTS. ALONG WITH BASIC INFORMATION ABOUT CBY, PRESENTERS DISCUSSED THE BENEFICIAL ASPECTS OF POSITIVE ASSETS BUILDING AND HOW INDIVIDUALS AND COMMUNITIES CAN HELP YOUTH BECOME HEALTHY ADULTS. CAREFULLY INTEGRATED ACTIVITIES KEPT EVERYONE ENGAGED AND HAVING FUN WHILE LEARNING, AND THE ATTENDEE FEEDBACK WAS OVERWHELMINGLY POSITIVE.

## SEARCH INSTITUTE RESULTS BEDFORD, NH



EVERY FOUR YEARS, THE BEDFORD SCHOOL DISTRICT CONDUCTS A SURVEY PRODUCED BY THE SEARCH INSTITUTE. A VARIETY OF QUESTIONS REGARDING POSITIVE ASSETS AND RISK TAKING BEHAVIORS ARE ASKED TO 7TH AND 8TH GRADE BEDFORD STUDENTS. MORE ABOUT THESE RESULTS ARE AVAILABLE AT [CBYNH.ORG](http://CBYNH.ORG).

# CBYERS IN ACTION



## UPCOMING EVENTS

1. SUMMER CULTURAL SERIES: TUESDAYS  
JULY 19- AUGUST 9
2. DODGEBALL TOURNAMENT:  
AUGUST 2ND
3. COLLABORATION WITH HISTORICAL SOCIETY:  
COMMUNITY CENTER

## PAST EVENTS

1. LION'S DEN TALENT SHOWCASE
2. STAND BY ME
3. ROTARY ROAD RACE
4. SPRINGFEST

CHECK OUT CBYNH.ORG FOR MORE DETAILS!

## A VERY BIG THANK YOU THIS MONTH TO...

CBY is a non-profit organization which depends on its community to help it operate smoothly. The Task Development team uses donations from these groups/ organizations/ individuals for event supplies, community activities, National Conference travel funds, leadership conferences, and much more. The past few months, various community members and groups have donated their time, facility, or made monomial donations. A very big thank you to

*individual contributions from various community members, Parent Volunteers, Vachon Dental, Ed Joyce, Yvette Vachon- Asset Champion and CBY Founder who recently retired, St. Elizabeth Seton Church, and the Bedford School District.* CBY is thankful for the support from the community. Without your support the Town of Bedford would not benefit from the great work of the Coalition for Bedford Youth.