MICHIGAN STATE UNIVERSITY | Extension

Building Strong Adolescents

Building Strong Adolescents is a Michigan State University Extension program designed to help the parents and other primary caregivers of young people aged 12 to 19. The program takes a positive, asset-building approach to parenting that is built around the Search Institute's 40 Developmental Assets. Program participants will learn methods for surrounding teens with positive relationships and helping them learn the skills they'll need to prepare for successful adulthood.

The overall goal of *Building Strong Adolescents* is to help parents and caregivers approach parenting in ways that will facilitate asset development in their adolescents.

The overall objectives of the materials are to help participants:

- Explore the relationship between adolescent development and the need for clear but flexible boundaries.
- Connect the principles of asset development with typical situations that may arise with their teens.
- Develop a plan to increase their teens' Developmental Assets.