

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

- **Positive communication**—Family members listen attentively and speak in respectful ways.
- **Affection**—Family members regularly show warmth to each other.
- **Emotional openness**—Family members can be themselves and are comfortable sharing their feelings.
- **Support for sparks**—Family members encourage each other in pursuing their talents and interests.

Establishing Routines

- **Family meals**—Family members eat meals together most days in a typical week.
- **Shared activities**—Family members regularly spend time doing everyday activities together.
- **Meaningful traditions**—Holidays, rituals, and celebrations are part of family life.
- **Dependability**—Family members know what to expect from one another day-to-day.

Maintaining Expectations

- **Openness about tough topics**—Family members openly discuss sensitive issues, such as sex and substance use.
- **Fair rules**—Family rules and consequences are reasonable.
- **Defined boundaries**—The family sets limits on what young people can do and how they spend their time.
- **Clear expectations**—The family openly articulates its expectations for young people.
- **Contributions to family**—Family members help meet each other's needs and share in getting things done.

Adapting to Challenges

- **Management of daily commitments**—Family members effectively navigate competing activities and expectations at home, school, and work.
- **Adaptability**—The family adapts well when faced with changes.
- **Problem solving**—Family members work together to solve problems and deal with challenges.
- **Democratic decision making**—Family members have a say in decisions that affect the family.

Connecting to Community

- **Neighborhood cohesion**—Neighbors look out for one another.
- **Relationships with others**—Family members feel close to teachers, coaches, and others in the community.
- **Enriching activities**—Family members participate in programs and activities that deepen their lives.
- **Supportive resources**—Family members have people and places in the community they can turn to for help.

For information on the research behind the family assets, visit www.search-institute.org/familyassets

For practical ways to build assets in your family, visit www.ParentFurther.com/familyassets

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