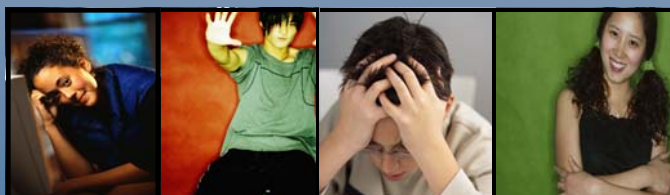




Virginia Beach Parents Resources Guide



The Virginia Beach Parents Resources Guide was developed by the Virginia Beach Youth Opportunities Team (YOT) in partnership with agency members of the Gang Strategy Task Force. The YOT's *Mission is to work together to insure the health, success and well-being of all Virginia Beach youth through: awareness, education and training; partnerships and prevention with a Vision of saying with certainty "All our children are well."* They have taken on the Developmental Assets approach to Youth Development as the framework for their planning and program implementation and for mobilizing the community around the healthy development of all Virginia Beach youth.

USING THIS GUIDE

This guide was written for concerned Virginia Beach parents and citizens to assist them with preventing and identifying gang involvement by their children or in their neighborhood. It is divided into four sections:

Prevention: Programs and opportunities that keep young people engaged and involved in positive things making them less likely to join a gang. The Prevention section of this guide is intended to provide ideas for involving young people in activities that build Developmental Assets *and* for involving the family and community in the lives of youth.

Intervention: Programs and services for young people who are already engaged in negative behavior and require re-direction.

Enforcement: What programs are in place to address active criminal gang activity?

Information: Who do I call for general information about programs and services?

WHAT'S INSIDE...

Prevention

Boys & Girls Club of America	4
City of Virginia Beach Department of Parks and Recreation	5
City of Virginia Beach Parks & Recreation/Youth Opportunities Office/PLAY Team	5-6
Virginia Cooperative Extension.....	6
Virginia Beach City Public Schools.....	7-8
Seton Youth Shelters.....	8-12
YMCA of South Hampton Roads	12

Intervention

Child & Youth MHSA Services, Dept. of Human Services	13-14
City of Virginia Beach Parks & Recreation/Youth Opportunities Office/Adventure Quest.....	14
Seton Youth Shelters.....	14
Virginia Beach City Public Schools.....	15-16

Law Enforcement

Virginia Beach Police Department.....	17-19
Virginia Beach Court Services Unit.....	19

Information

Graffiti Hotline (Housing & Neighborhood Preservation)	20
Virginia Beach Department of Human Services.....	21
Virginia Beach Public Libraries.....	21
Virginia Beach Court Services Unit.....	22
Virginia Beach City Public Schools.....	22-23
City of Virginia Beach Youth Opportunities Office	23

40 Developmental Assets™

40 Developmental Assets and Gang Involvement.....	24
External Assets	25
Internal Assets	26

Additional Website Links	27
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Prevention

Programs and opportunities that keep young people engaged and involved in positive things making them less likely to join a gang. The Prevention section of this guide is intended to provide ideas for involving young people in activities that build *Developmental Assets* and for involving the family and community in the lives of youth.

Boys and Girls Club of America

Gang Prevention/Intervention Through Targeted Outreach

Syomn Miller

Phone: 368-4445

Website: www.bgca.org



BOYS & GIRLS CLUB

- The Targeted Outreach program was implemented by the Boys and Girls Club of America in response to the number of youth gangs growing in cities and expanding to suburban and rural communities. This program has both prevention and intervention components and targets youth ages 6-18. Through referrals from schools, courts, law enforcement and community youth service agencies, the tested and proven Targeted Outreach program identifies and recruits delinquent youth, or those "at risk" of delinquency, into ongoing Club programs and activities. This initiative is sponsored by the Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice.

City of Virginia Beach, Department of Parks and Recreation

Parks and Recreation Administration

Phone: 385-1100

Email: fun@VBgov.com

Experience the Fun!
Virginia Beach Parks and Recreation

- Before and after school programs, summer camps, youth sports, swimming lessons, arts and crafts programs, dance, therapeutic recreation, life skills development.
- Eligibility requirements vary by program.
- Fees vary by program; fee waivers available to qualified applicants.

City of Virginia Beach Parks & Recreation Youth Opportunities Office

PLAY Team Programs

Erin J. Wall

Phone: 385-0464

Email: yopps@VBgov.com



- Youth, ages 11-17
- PLAY (Promoting Leisure Activities for Youth) Team programs encourage positive youth development through the provision of recreation services, life skills and other special programs. Such programming explores, cheerleading, gender specific topics, youth leadership, music industry, and anti-bullying/gang prevention.
- Must be a Virginia Beach Resident
- Minimal Cost

6 Prevention

Youth Opportunities Office Continued...

Middle School Programs

Sean Clark

Phone: 385-0464

Email: yopps@VBgov.com

- Middle School Programs are available for rising 6th through rising 9th graders at select middle schools. Youth will be exposed to positive peer interaction through developmental activities, themed special events, sports, group games, trips, special guests, creative and artistic expression through the arts along with other new and exciting experiences.
- Call for details.
- Summer: \$87 per week
Before School: \$42 per 2 week session + \$15 registration fee

Virginia Cooperative Extension

4-H Clubs of Virginia Beach

Lindsey W. Dawley

Phone: 385-4769

Email: liwhite1@vt.edu

Website: www.ext.vt.edu/resources/4h



- 4-H is the youth development education program of Virginia Cooperative Extension. 4-H is committed to assisting youth, and those adults working with them, in acquiring the knowledge, life skills, and attitudes that will enable them to become self-directing, contributing, and productive members of society. The central theme of 4-H education is "learn by doing." 4-H participants are all youth, age 5 to 19, taking part in programs provided as the result of actions planned and initiated by Extension personnel in cooperation with volunteers. 4-H is characterized as being community centered, volunteer led, extension staff supervised, research based, home and family oriented, publicly and privately funded and responsive to change.
- No dues or joining fees– FREE



Virginia Beach City Public Schools

Technical and Career Education

Dr. Patrick M. Konopnicki

Phone: 468-2038

Email: Patrick.Konopnicki@vbschools.com

- Technical and career education courses provide skills and knowledge for students considering careers after graduation from high school as well as students who will be seeking employment after the completion of college. Technical and career education courses offer both one-and two year career /vocational preparation in the following areas: Business and Information Technology, Marketing Education, Technology Education, Trade and Industrial Education, and Work and Family Studies.
- Program is for Middle and High School students.

Middle School Student Activities/Athletics Program

Contact Student Activities Coordinator at student's middle school.

- Every middle school offers the opportunity to participate in activities based on their interest and needs. The Intramural Program is available to all students with activities determined by each school's interest. The activity program also provides for clubs, organizations, and special interest activities; such as yearbooks, newspaper, and SCA. Each middle school offers a middle school interscholastic competition program. Eligible students must earn at least a 2.0 grade point average each semester.

High School Student Activities/Athletic Program

Contact Student Activities Coordinator at student's high school.

- Each high school offers a variety of clubs based on school interests. Varsity and junior varsity athletics, and any other academic or

 **8 Prevention**

Virginia Beach City Public Schools Continued...

athletic activities involved in competition between/among schools have specific eligibility requirements determined by the Virginia High School League.

- Contact the Student Activity Coordinator for specific eligibility requirements based on the activity/sport.

Partners In Education/Volunteers in Education

Melissa T. McQuarrie

Phone: 263-1936

Email: Melissa.mcquarrie@vbschools.com

- Through partnerships, volunteers, mentorships, and a targeted parent/family involvement outreach, VBCPS works to ensure student success through meaningful community collaboration. Research supports the link between community engagement and student achievement. Therefore, the school division works diligently to support and maintain this collaboration through its community engagement efforts.

Seton Youth Shelters

Mentoring Children of Prisoners

Kathy Jeffries, Executive Director

Phone: 963-5795 ext: 105

Email: kjeffries@setonyouthshelters.org

- Mentoring Children of Prisoners has been incorporated into our crisis shelters and youth and family services.
- Using a consistent approach to Youth Development, our team of credentialed staff will match children, ages 4 to 18, with a qualified mentor in Hampton Roads and Eastern Shore areas. We strongly believe positive adult interaction and guidance lay the foundation for at-risk youth to build character, high self-esteem and integrity.

- Any Child or Youth 4-18 yrs. old and one or both parents are incarcerated.
- No charge.

Seton Youth Ambassadors

Kathy Jeffries, Executive Director

- Youth Ambassadors are a Seton Youth Shelters sponsored volunteer youth organization comprised of area youth from 12 to 17 years old. Youth Ambassadors strive to increase outreach to youth in crisis, provide youth input for Seton Youth Shelters programs, serve on our Shelters Speakers Bureau and assist Seton Youth Shelters, through youth/adult partnerships, in fulfilling its mission.
- Demonstrating our commitment to Youth/Adult Partnerships, two Youth Ambassadors serve as voting members of Seton Youth Shelters Board of Directors. Youth Ambassadors have served on the Board of Directors for the Mid-Atlantic Network for Youth and Families, received the 2004 Volunteer Hampton Roads Achievement Award/Youth Group Division and the 2003 Safe Harbor Award. Seton Youth Ambassadors provide a unique youth presence for Seton Youth Shelters and the Tidewater community. Youth Ambassadors are a vital group of volunteers who have ideas, energy, and the opportunity to reach teens in crisis.
- No Charge

Boys' Shelter & Girls' Shelter

Paul Saley, Director of Youth Shelters

Boys': 498-4673

Girls': 306-1840

Hotline: 498-HELP

Email: dmount@setonyouthshelters.org

- Seton Youth Shelters provides 24-hour emergency shelter for youth ages 9 to 18 years.

 **10 Prevention**

Seton Youth Shelters Continued...

This program serves runaway/homeless youth and youth in crisis within their family, school and/or community. Seton Youth Shelters operates two shelters in Virginia Beach, one for boys and the other for girls. In our shelters, residents are provided youth advocacy and individual/family crisis counseling. Case management activities facilitate coordination of services, community referrals and aftercare follow-up. Youth who enter the shelter program attend local public schools, unless parents provide transportation to their home school. Youth who are unable to attend school receive homebound education from a licensed teacher. Our shelters also provide community-based psycho-educational groups that address a variety of topics and serve to increase youth awareness of community resources.

- No Charge.

Youth and Family Counseling Services

Renee Dupuis, Director of Youth and Family Counseling

Phone: 306-1840

Hotline: 498-HELP

- Youth & Family Counseling Services provides crisis counseling and referral services for youth and families without admission to a shelter program. This program utilizes a brief solution-focused counseling approach with the goal of helping parents and their youth maintain a healthy relationship. Can also provide assistance for intervention.

◇ *Parent Education*

(Incorporating the nationally renowned *Active Parenting* curriculum) A multi-sensory program designed to help parents understand their youth's inevitable developmental changes, while encouraging positive communication to resolve conflict in the home and out. Classes are held three times a year.

Registration is required.



◇ *Anger Management Program [AMP]*

The Anger Management Program assist youth to increase their skills in managing anger, communication and self-esteem. AMP is offered quarterly, meeting once a week for six weeks. Registration is required. Contact 306-1840.

◇ *Parent Support Group*

Seton Youth Shelters offers a weekly parent support group for parents whose youth are in crisis.

◇ *Drug Education For Youth [D.E.F.Y.]*

D.E.F.Y. is an early intervention program designed for youth who have a history of using or abusing substances. D.E.F.Y. consists of substance abuse evaluations, referrals, drug education groups, and individual and family counseling.

- No Charge

School Based Services

Ali Wininger, Director of School Based Programs

Phone: 498-4673

Hotline: 498-HELP

Email: awininger@setonyouthshelters.org

- Youth 9-18 years of age.
- Our School Based Programs provides a diverse population of high school students the opportunity to build new life skills that promote development into successful young men and women. Experienced Seton Youth Shelters group facilitators conduct seminars in local high schools, combining crisis counseling with education and youth advocacy. School Based Services also provides family crisis counseling for students when needed and works collaboratively with school administration, guidance counselors and teachers to meet the needs of their students.
- No Charge.



Seton Youth Shelters Continued...

Street Outreach Programs

David E. Mount, Director of Street Outreach Programs

Phone: 963-5795 ext: 103

Email: dmount@setonyouthshelters.org

- Youth up to 21 years of age.
- Our Street Outreach Programs conduct direct street outreach to youth ages 9 and 21 in our communities. Through three foundation programs: Crow's Nest Youth Outreach Centers, Van Outreach Programs and Special Outreach Projects, we offer on-site crisis counseling, crisis intervention, food, clothing, hygiene items, emergency shelter for youth between 9 and 18, substance abuse and sex education, community referrals and written educational information.
- No Charge

YMCA of South Hampton Roads

Outreach Programs

Merv Pitchford

Phone: 962-5515

Email: mpitchford@ymcashr.org

- Parenting, Junior Golf, Computer Education, and Smoking Education Programs.
- No eligibility required.
- No cost involved.

The First Tee of Hampton Roads

Kristal Swen

Phone: 563-8990

Email: kswem@ymcashr.org

- Boys & Girls ages 5-17
- Classes teach youth golf skills and incorporate life skills such as respect, sportsmanship, and honesty.
- \$90 per child (class) \$125 per child (summer camp)

Intervention

Programs and services for young people who are already engaged in negative behavior and require re-direction.

City of Virginia Beach, Department of Human Services
Child and Youth MHSA Services

Outpatient individual/family counseling/Intensive Outpatient Program (IOP):

Bill Butler, Clinical Services Coordinator

Phone: For Questions: 437-6203 or 437-6200

For Intake: 437-6258

Email: wbutler@VBgov.com

- The Outpatient Program, the IOP (Intensive Outpatient Program), and MST (Multi-Systemic Therapy) are for adolescents and their families. A clinical intake is done to assess needs and allow for differential assignment. The IOP is usually assigned when the adolescent is court-mandated and has a significant drug problem as well as other problems. MST is court-referred and includes home-based counseling with primary attention to the parents. The Outpatient Program is individually designed based on mental health and behavioral needs. Ages typically go up to and include 17, plus family members. When an older person (18 or 19) is still in high school and living at home he or she is still eligible.

City of Virginia Beach Human Services Continued...

- We also have programs for Seriously Emotionally Disturbed children in the schools (*these school based programs require eligibility through the Special Education process with Virginia Beach City Public Schools*) and after-school respite for children with the same kinds of problems. Younger children and their families can also be seen in the Outpatient Program.
- Fees are set based upon insurance/Medicaid co-pay standards. If no coverage is present, a fee is set based upon ability to pay. We find we can help most uninsured clients get coverage through Medicaid or FAMIS.

**City of Virginia Beach, Department of Parks and Recreation
Youth Opportunities Office**

Adventure Quest

Bryant Fields, Recreation Specialist

Phone: 385-0425

Email: bfields@VBgov.com

- This program is designed to expose youth to natural outdoor environments, through experiential activities. Youth will be involved in training shelter animals from the Virginia Beach SPCA, as well as grooming and feeding of horses from a local facility. These activities will allow youth to gain knowledge and respect for outdoor environments, and will also lead to improvements in their self-esteem, ability to handle their stressors and ability to work with others in a group setting.
- Must be a Virginia Beach Resident.
- Minimal Costs.

Seton Youth Shelters

Boys' Shelter & Girls' Shelter/Street Outreach Programs/School Based Services/Youth and Family Counseling Services

More information on these programs can be found on pages 8-12

Virginia Beach City Public Schools

Substance Abuse Intervention Program

Sharon L. Gray, Alternative Education Coordinator

Phone: 263-1449

Email: Sharon.Gray@vbschools.com

- The Substance Abuse Intervention Program (SAIP) is a ten-day instructional program designed for students who are first-time violators of School Board policies regarding drug and alcohol use and abuse. Students are offered this substance abuse program in lieu of long-term suspension from school. Students may also volunteer to participate in this program. The Virginia Beach Department of Human Services provides ten interactive, instructional sessions focusing on substance abuse education and responsible thinking skills. Students participate in one-on-one mentoring sessions to develop their assets and resiliency to resist at-risk behaviors and complete academic assignments provided by their home school. Students are provided two forms of support when they return to their home school. Staff from the Virginia Beach Department of Human Services schedule follow-up visits with students in thirty and sixty day intervals to support students in their efforts to remain drug free. Virginia Beach City Public Schools Student Support Specialists continue the mentoring component established during SAIP to strengthen student's positive development assets.
- First-time violators of School Board policies regarding drug and alcohol use and abuse may be placed in the program. Contact us for more information on eligibility.
- Program is for Grades 6-12.
- No cost

Virginia Beach City Public Schools Continued...

Choices Program

Sharon L. Gray, Alternative Education Coordinator

Phone: 263-1449

Email: Sharon.Gray@vbschools.com

- Choices is an after-school, ten (10) session instructional program. The Choices curriculum provides students with information and activities to develop skills necessary to make appropriate choices and understand the impact of anti-social behavior on their lives and the lives of their families and communities. Group discussions, modeling, coaching, and practice to increase the student's decision-making ability and self-regulation are included in this discipline intervention program. VBCPS Student Support Specialists and certified prevention specialists from the City of Virginia Beach Department of Human Services teach research-based social skills curriculum. Parents/guardians must attend one meeting to review the program's expectations and curriculum. At this meeting parents are given the opportunity to meet one-on-one with the Choices staff to discuss their concerns. When students complete the Choices program, they are assigned to their home school's Student Support Specialist for supplementary support services. Placement in Choices is offered to students in lieu of suspension. Contact us for more information on program.
- The principal, parent/guardian, hearing officer, or School Board Discipline Committee may initiate the placement process as an alternative to suspension. The Choices program is designed to serve eight to ten students at one time in an after-school program in the student's home school. Contact us for more information on eligibility.
- This program is for Secondary students who consistently demonstrate inappropriate behaviors, excluding truancy, that interfere with learning.
- No cost.

Law Enforcement

What is being done when there is active gang activity and involvement?

Virginia Beach Police Department

Community Orientated Policing (COP)

Contact COP Sergeant at each Precinct (Listed below)

- Each police precinct has a squad of officers dedicated to discovering ways with which to more effectively address specific crime and disorder problems in particular neighborhoods by developing and nurturing a partnership with the community and other city agencies. The COP officers enlist the help and services of other departments and community groups through these partnerships in order to improve the quality of life of our citizens.

Precincts:

- 1st Precinct—2509 Princess Anne Rd.—Municipal Center, Bldg. 11
Direct: (757) 385-4377
- 2nd Precinct—820 Virginia Beach Blvd.
Direct: (757) 385-2700
- 3rd Precinct—926 Independence Blvd.
Direct: (757) 385-2703
- 4th Precinct—840 Kempsville Rd.
Direct: (757) 385-2800



Virginia Beach Police Department Continued...

Criminal Intelligence Unit (CIU)

Sergeant Ken Dimitry

Phone: 427-1749

Email: kdimitry@VBgov.com

- The Special Investigation's Criminal Intelligence Unit is responsible for collecting, collating, analyzing and disseminating information related to street gangs, graffiti subversion groups, outlaw motorcycle gangs and vice related activities. Additionally, CIU provides informational presentations to various city and community groups in an effort to promote public awareness on criminal groups. The newest project is the implementation of public gang forums with the intent of raising public awareness regarding gangs, sharing prevention strategies, and highlighting how citizens can get involved.

Crime Prevention Unit

Sergeant Randy Zeltmann

Phone: 385-1067

Email: rzeltman@VBgov.com

- The principle objective of the Crime Prevention Unit is to form a liaison between law enforcement and the community in the prevention of crime so as to provide for a safer city by preventing and/or reducing crime through educating the public and forming community partnerships. Crime prevention is defined as the anticipation, recognition, and appraisal of a crime risk and the initiation of some action to remove or reduce it.
 - ◇ Neighborhood Watch - Neighborhood Watch is a program involving the joint efforts of the Virginia Beach Crime Prevention Steering Committee, the Police Department, and the Community. It is designed to enhance neighborhood security, heighten the community's power of observation, and to encourage mutual assistance and concern among neighbors.

School Resource Officer (SRO)

Contact SRO for each Middle or High School

- The School Resource Officer (SRO) will facilitate the development of positive relationships by instilling an atmosphere of approachability, mutual respect, and trust within the school to which the officer is assigned. This is done to create safe, secure schools while developing and maintaining a successful working relationship between police, school administrators' staff, parents, and students.

Crime Solvers

Detective Bureau

Phone: 385-4101



- Virginia Beach Crime Solvers was founded in 1982, to promote the welfare of the community and to lessen the burdens of the federal and local government by:
 - ◇ Assisting law enforcement agencies in the apprehension and conviction of criminals, recovery of stolen property and illegal narcotics.
 - ◇ Encouraging the public to cooperate with law enforcement agencies.
 - ◇ Creating and circulating films, videos, sound tapes and printed material about crime prevention and Crime Solvers.

Virginia Beach Court Service Unit**CSU Gang Services**

Olympia A. Perkins

Phone: 385-8020

- The VB Court Service Unit provides an evidence-based program for gang identified youth who are on probation. A support group is also available for parents concerned about their child's involvement in gangs.

Information

Who do I call for general information about programs and services?

GRAFFITI HOTLINE

Virginia Beach Department of Housing and Neighborhood Preservation — Code Enforcement

Code Enforcement

Phone: 385-4421

www.VBgov.com/housing

- The Graffiti Hotline allows individuals to report instances of graffiti on private property. The City offers free removal or covering of graffiti on private residential or commercial properties.
- Code Enforcement maintains the safety and appearance of Virginia Beach's existing buildings through the inspection of properties throughout the city. Code Enforcement inspectors respond to complaints about housing and property maintenance violations, patrol their assigned areas for violations, conduct systematic exterior inspections of neighborhoods on an as needed basis, notify property owners of violations and take appropriate legal action to obtain compliance.

City of Virginia Beach, Dept. of Human Services,
MHSA Division: Project LINK

Mom's Support Group

Suzanne Phelps, Parent Education Facilitator
Phone: 437-6175
Email: sphelps@VBgov.com

Cleriece Whitehill, Project LINK Coordinator
Phone: 437-6172
Email: cwhitehi@VBgov.com

- Mom's Support Group is aimed primarily at women in recovery from substance abuse issues, but is open to the general public. Uses the Partners in Parenting curriculum; focuses on parenting issues, healthy relationships; discipline alternatives, etc.
- Open to mothers or other female caregivers.
- No cost.

Virginia Beach Public Libraries

Library collection including reference, circulating, audiovisual, and online materials.

Nancy Rankins
Email: nrankins@VBgov.com
Phone: 385-2610

VIRGINIA BEACH
PUBLIC LIBRARY
*discover the world

- Virginia Beach Public Libraries provide access to books, videos, and magazine articles to help youth and adults learn about gangs and identify risk factors for gang involvement. Using these free resources, youth and adults can begin the informed dialogue necessary to formulate effective responses and alternative to gang involvement.
- Must have a valid library card (no cost or age requirement.)

Virginia Beach Court Service Unit

CSU Gang Services

Olympia A. Perkins

Phone: 385-8020

- Probation Officers and supervisors are available as speakers to discuss the juvenile justice system and laws that affect juveniles.

Virginia Beach City Public Schools

School Social Work Services

M. Gay Thomas, Coordinator School Social Work Services

Phone: 263-2300

Email: m.gay.thomas@vbschools.com

- Social Work Services provides comprehensive school social work services to parents, students and school staff, addressing barriers that limit a student from receiving full benefit from their educational experience.
- Referrals are generated from principals, parents, teachers, guidance counselors, the Student Support Team, the Special Education Committee, and Central Administration. The school social workers provide links to community resources as well as direct services to their clients.



Guidance and Counseling

Contact your student's guidance counselor at their school.

- Virginia Beach City Public Schools offers a comprehensive K-12 school counseling program that is an integral part of each school's total educational program designed to promote the academic, social, and career development of all students. As an essential part of the instructional program, school counseling helps to build a foundation for student learning and academic success. Our comprehensive school counseling programs are developmentally designed to serve all students and include the following services: counseling services; classroom guidance services, consultation services, and coordination.

City of Virginia Beach Parks & Recreation: Youth Opportunities Office

Barbara A. Brinson, Youth Opportunities Coordinator
Phone: 385-0464
Email: yopps@VBgov.com

- The Youth Opportunities Office (YOO) connects citizens to programs and opportunities for young people. The YOO will assist agencies and community groups with developing youth as leaders as they work in partnership with adults. The mission of the YOO is to ensure positive youth development of all Virginia Beach youth through education and awareness, collaboration, recreation, and specialized programs.



THE 40 DEVELOPMENTAL ASSETS™ AND GANG INVOLVEMENT

Created by the Search Institute, the 40 Developmental Assets™ (see pages 25 & 26) are building blocks that help young people grow up healthy, caring and responsible. The more Assets a young person has, the **more likely they are to make good decisions** and the **less likely they are to become involved in problem behaviors** such as: alcohol use; illicit drug use; sexual activity; violence; and school problems

There is no single reason why young people become involved in gangs. However, we know that gang membership provides a sense of belonging and membership, something *all* young people seek. As parents and as a community, we can provide young people with ongoing positive opportunities and experiences that reduce their time and desire to participate in negative and criminal activities, *as well as* produce a sense of belonging.

There is also no single person or solution that can keep youth out of gangs. The solutions are in our homes and our community. Research tells us that all young people need Developmental Assets and that anyone can do something to make sure they have them. Most importantly, **EVERYONE CAN BUILD ASSETS!!!!**

40 DEVELOPMENTAL ASSETS™

SUPPORT

1. **Family Support**-Family life provides high levels of love and support.
2. **Positive Family Communication**-Young person and her or his parent (s) communicate positively, and young person is willing to seek advice and counsel from parents.
3. **Other Adult Relationships**-Young person receives support from three or more non-parent adults.
4. **Caring Neighborhood**-Young person experiences caring neighbors.
5. **Caring School Climate**-School provides a caring, encouraging environment.
6. **Parent Involvement in Schooling**-Parent(s) are actively involved in helping young person succeed in school.

EMPOWERMENT

7. **Community Values Youth**-Young person perceives that adults in the community value youth.
8. **Youth as Resources**-Young people are given useful roles in the community.
9. **Service to Others**-Young person serves in the community one hour or more per week.
10. **Safety**-Young person feels safe at home, school, and in the neighborhood.

BOUNDARIES AND EXPECTATIONS

11. **Family Boundaries**-Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries**-School provides clear rules and consequences.
13. **Neighborhood Boundaries**-Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models**-Parent(s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence**-Young person's best friends model responsible behavior.
16. **High Expectations**-Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. **Creative Activities**-Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
18. **Youth Programs**-Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
19. **Religious Community**-Young person spends one or more hours per week in activities in a religious institution.
20. **Time at Home**-Young person is out with friends "with nothing special to do" two or fewer nights per week.

EXTERNAL ASSETS

40 DEVELOPMENTAL ASSETS™

COMMITMENT TO LEARNING

21. **Achievement Motivation**-Young person is motivated to do well in school.
22. **School Engagement**-Young person is actively engaged in learning.
23. **Homework**-Young person reports doing at least one hour of homework every school day.
24. **Bonding to School**-Young person cares about her or his school.
25. **Reading for Pleasure**-Young person reads for pleasure three or more hours per week.

POSITIVE VALUES

26. **Caring**-Young person places high value on helping other people.
27. **Equality and Social Justice**-Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity**-Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty**-Young person "tells the truth even when it is not easy."
30. **Responsibility**-Young person accepts and takes personal responsibility.
31. **Restraint**-Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. **Planning and Decision Making**-Young person knows how to plan ahead and make choices.
33. **Interpersonal Competence**-Young person has empathy, sensitivity, and friendship skills.
34. **Cultural Competence**-Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance Skills**-Young person can resist negative peer pressure and dangerous situations.
36. **Peaceful Conflict Resolution**-Young person seeks to resolve conflict nonviolently.

POSITIVE IDENTITY

37. **Personal Power**-Young person feels he or she has control over "things that happen to me."
38. **Self-Esteem**-Young person reports having a high self-esteem.
39. **Sense of Purpose**-Young person reports that "my life has a purpose."
40. **Positive View of Personal Future**-Young person is optimistic about her or his personal future.

INTERNAL ASSETS

ADDITIONAL WEBSITE LINKS:

<http://www.VBgov.com>
City of Virginia Beach

<http://www.usdoj.gov/kidspage/index.html>
Department of Justice Kids and Youth

<http://www.great-online.org/>
Gang Resistance Education Training

<http://www.iir.com/nygc/>
National Youth Gang Center

<http://www.safeyouth.org/scripts/teens/gangs.asp>
**The National Youth Violence Prevention Resource Center
Centers for Disease Control and Prevention and Federal
Partners Working on Youth Violence**

<http://ojjdp.ncjrs.org/>
Office of Juvenile Justice and Delinquency Prevention

<http://www.usdoj.gov/>
United States Department of Justice

http://www.vaag.com/KEY_ISSUES/GANGS/
Virginia Attorney General Robert F. McDonnell

<http://www.vbschools.com>
Virginia Beach City Public Schools



It's Up To You . . .

You can either **PAY NOW** spending your time by getting involved with your child, your school, your neighborhood and your community



OR



you can **PAY LATER** spending your time in court, time away from work, time visiting your child in detention center, jail or worse, time missing your child because they aren't here anymore.



It's Your Choice . . .