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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