



Asset #37: Personal Power



Youth are more likely to grow up healthy when they have control over things that happen to them.

Personal power also pertains to the way children cope with difficulties and stress. Children with personal power use positive coping strategies.



Traits of Children With Personal Power:

- They believe that when good things happen to them, they somehow contributed to or had some control in that event.
- They do not blame themselves for bad things happening to them; instead, the focus on positive steps they can take to remedy the situation.
- They are active, not passive.
- They feel empowered, not helpless or victimized.
- They believe they can make a difference.

