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[www.fivepromise.wv.gov](http://www.fivepromise.wv.gov)

## **Examples of Promise Delivery Resources**





### **All Five Resources:**

The Five Promises change lives. Research shows that if the Five Promises, as defined by America's Promise, are consistently fulfilled, they can significantly advance the health and well-being of the next generation – increasing the chances of youth becoming successful adults. When at least four of these promises are at work in young people's lives, they are more likely to succeed academically, socially and civically.




#### **1. Caring adults, personal ongoing relationship with a caring adult- parent, mentor, tutor, coach;**

-  Recruit a specific number of members for specific number of hours per week as mentors, tutors or coaches for children and youth and provide incentives for their participation.
-  Organize a "Lunch Buddy" program with a local school by recruiting your members, senior citizens, business people or other community members to share a lunch period weekly with a child or group of children.
-  Recruit, train and supervise older students as mentors or tutors for younger students.
-  Volunteer as a reading helper or organize a "Read Aloud" program for your school.




#### **2. Safe places in which to learn and grow with structured activities during non-school hours;**

-  Organize and support after school programs in partnership with local churches or community volunteers, offering donations, a nutritious snack or recreational equipment and activities.
-  Recruit a specific number of members as volunteers to staff after school programs.
-  Encourage staff to volunteer to supervise after school tutoring and recreational activities.
-  Organize or assist with summer programs for children to encourage educational opportunities for fun and recreation.




#### **3. A healthy start toward adulthood;**

-  Distribute Children's Health Insurance Program (CHIP) information to parents who may be eligible.
-  Support mini health clinics/seminars for children and adults.
-  Sponsor a child without insurance for a dental check-up or cleaning.

#### **4. An effective education that builds marketable skills;**

-  Develop, support, and/or participate in career exploration days for youth to learn about a variety of professions, and the skills and education needed to perform these jobs.
-  Participate in or sponsor National Groundhog Job Shadow Day (held annually on February 2<sup>nd</sup>) or National Take A Daughter To Work Day (held in April) where students to shadow community members in the workforce.
-  Provide transportation to students wishing to participate in job shadowing programs.

#### **5. Opportunities to help others, give back through community service to others.**

-  Teach responsible citizenship and develop an ethic of service by developing community service projects for and with children and youth.
-  Work with your local school, church youth groups or other youth organizations to organize quarterly food drives, a collection of hats, mittens, or gloves, or coats for kids for your community.
-  Provide children and youth with information on community service opportunities and the benefits to the community and to the child.




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-  Sponsor youth service project by providing materials, food, or rewards (shirts, prizes, discount coupons).

**Great Resources:**

[Delivery of the Five Promises dependent on local Opportunity Indices](#): Opportunity Nation released the 2013 Opportunity Index, a comprehensive measure of economic, educational and civic factors that influence the upward mobility of Americans. The Index measures the climate for upward mobility across the country, ranking all 50 states and Washington, D.C.

How opportunity measures up in your community. [Opportunity Index](#)

Funding Opportunities: <http://www.americaspromise.org/news/funding-opportunities-172>

[West Virginia's Promise-The Alliance for Youth provides VISTA](#) resources to children and youth serving organizations that demonstrate an anti-poverty focus in West Virginia. Promise VISTA members are placed throughout the state in child/youth serving organizations to develop and enhance educational programs focusing on fulfilling the Five Promises. Members identify, enhance and increase community awareness to mobilize communities to provide the Promises to children and youth and to sustain programs by increasing funding to support program development.



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### **Promises and Assets Working Together**

The [5 Promises](#) and the Search Institute's [40 Developmental Assets](#) work together. The 5 Promises are broader and the 40 Assets are more specific. The 40 Developmental Assets framework works well with America's Promise Alliance's Five Promises by expanding the promises into manageable action areas. The 5 Promises are the needs and the 40 Assets are the how to reach those needs. To make changes regarding attitudes and behaviors of youth and towards youth, you will find that the 40 Assets are more specific in defining the 5 Promises and the 40 Developmental Assets is the common language and terminology.

#### The 5 Promises

##### 1. Caring Adults

- SUPPORT-Young people need to be surrounded by people who love, care for, appreciate, and accept them.
  1. Family Support
  2. Positive Family Communication
  3. Other Adult Relationships
  4. Caring Neighborhood
  5. Caring School Climate
  6. Parent Involvement in Schooling

##### 2. Safe Place and structured activities

- BOUNDARIES AND EXPECTATIONS-Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.
  1. Family Boundaries
  2. School Boundaries
  3. Neighborhood Boundaries
  4. Adult Role Models
  5. Positive Peer Influence
  6. High Expectations
- CONSTRUCTIVE USE OF TIME-Young people need opportunities-outside of school-to learn, and develop new skills and interests with other youth and adults.
  1. Creative Activities
  2. Youth Programs
  3. Religious Community
  4. Time at Home

##### 3. A Healthy Start for a healthy future

- POSITIVE VALUES-Young people need to develop strong guiding values or principles to help them make healthy life choices.



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1. Caring
2. Equality and Social Justice
3. Integrity
4. Honesty
5. Responsibility
6. Restraint

- POSITIVE IDENTITY-Young people need to believe in their own self-worth and to feel that they have control over the things that happen to them.

1. Personal Power
2. Self-Esteem
3. Sense of Purpose
4. Positive View of Personal Future

#### 4. Effective Education

- COMMITMENT TO LEARNING-Young people need a sense of the lasting importance of learning and a belief in their own abilities.

1. Achievement Motivation
2. School Engagement
3. Homework
4. Bonding to School
5. Reading for Pleasure

- SOCIAL COMPETENCIES-Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.

1. Planning and Decision Making
2. Interpersonal Competence
3. Cultural Competence
4. Resistance Skills
5. Peaceful Conflict Resolution

#### 5. Opportunities to Help Others

- EMPOWERMENT-Young people need to feel valued, and valuable. This happens when youth feel safe and respected.

1. Community Values Youth
2. Youth as Resources
3. Service to Others
4. Safety