

MONTHLY CHALLENGE

- Give your child(ren) a positive message every day** (text or handwritten note)
- Remind them that they are worthwhile
 - Encourage them to pursue their dreams
 - Make sure your compliments are sincere
 - Tell them what you love about them
 - Help them learn how to be happy with themselves

External Assets

The first four asset categories focus on external structures, relationships, and activities that create a positive environment for young people.



Support



Empowerment



Boundaries & Expectations



Constructive Use of Time

Internal Assets

These assets reflect internal values, skills, and beliefs that young people also need to fully engage with and function in the world around them.



Commitment to Learning



Positive Values



Social Competencies



Positive Identity

listen Laugh inspire

listen



By Shauna Deathe (17 years old)

Looking forward to the future...

All throughout our lives, the future is a heavily weighted topic. Constantly, teens are bombarded with questions about which schools they want to attend, and where they want to work, and what they want to do with their lives. For those who don't know, this can be extremely stressful, and altogether tedious. In turn, some kids panic, and their view of the future grows dull and bleak. What kids need is encouragement about their future. Help us find what we're passionate about and build us up on it. Show us that the future is exciting, and nothing to be feared. Personally, I know that having plans, goals, and dreams for the future has a huge impact on a teen's outlook on life. With things to look forward to, and things I want to accomplish, I have motivation to work harder, and an excitement of what's to come. As adults, you've been through the process of growing up a lot longer than we have so help guide us through it. Help us look forward to tomorrow, next week, and next year.

Laugh



inspire

Asset # 40 Positive view of personal future—

Young person is optimistic about her or his personal future.

For more ideas; www.parentfurther.com/resources/newsletter/archive/positive-identity

