

**MONTHLY CHALLENGE**

**Affirm you teen/child when they make a good choice.**

They need to know what they are doing right.

- Discuss difficult issues - Listen & be respectful of their point of view
- Discuss consequences and how their choices impact themselves and others
- Teach them to argue effectively for a particular point of view
- Tell them about the peer pressure you have faced
- Look for teachable moments

**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 Jaimee Deathe (15 years old)

### Pushing the limits...

As a teenager, it's almost our job to push the limits and test our parents. It's no secret that peer pressure is a huge part of growing up, but it's helping us make the right decisions where it gets a little complicated. I think it is unrealistic to tell a teenager not to go to parties, or not to associate themselves with people who do because by doing that we're going to want to experiment, and by not giving permission you create sneaky teens. You're better off to talk about it and give limitations. We're going to want to act impulsively and face consequences later. Decision making is crucial in a teen's life because decisions are made every day. It's your job as our parent to help us make the right decision, not make it for us. And if we mess up, which I promise you sometimes we will, you should be there to help us to our feet and learn from everything that we have done.

## Laugh



## inspire

**Asset # 35 Resistance skills**—Young person can resist negative peer pressure and dangerous situations.

*\*36% of WDHS students can resist negative peer pressure and dangerous situations* \*Nov. 2012 survey of Waterdown District High School students

Share this info with your teen: <http://www.parentactionondrugs.org/parentquestions.php>

