

**MONTHLY
CHALLENGE**

**Keep them active and busy
this summer – plan fun
activities**

- Don't judge their friends, instead talk about what they do and why
- When their friends are over make sure there's lots of food & fun things to do
- Know where they are and who they are with
- When it comes to values, be on the same page as your spouse or partner
- Think of sex ed as an on-going conversation with your child/teen

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)

Learning right from wrong...

A lot of focus nowadays is on saying no to peer pressure but an important thing that is often overlooked is saying no to things that you want to do, because you know that it's wrong. We tend to focus on what's fun and what feels good, and don't actually think about what our actions will mean later. Teens need to know a few things. There are ways to enjoy ourselves that don't involve indulging in alcohol or drugs, and that if we choose to live without restraint there will be consequences to our actions. We need to learn to set up morals and standards for ourselves, and to stick to them, even if it may not be the most fun thing to do. Teens need to be taught self-restraint and the best way to lead is by example. Almost always, behaviour is learnt. If we see our parents always drinking, or drinking at parties to have fun, we ourselves are more likely to drink. Right and wrong is a taught concept.

Laugh



inspire

Asset # 31 Restraint—23% of WDHS students believe it is important not to be sexually active or to use alcohol or other drugs.

Go to <http://www.parentactionondrugs.org/parentquestions.php> for great questions & answers you can discuss.

For ideas on how to discuss sex with your teen go to www.sexualityandu.ca


www.focusonthe40.ca