

MONTHLY CHALLENGE

Turn off the phones and head outside!

- Turn out all the lights and tell stories
- Pitch a tent and let them have a sleepover
- Go to the drive-in
- Check out the stars
- Have a deck dance party
- Let them plan a family bbq, invite family you don't see often
- Set up a game outside (badminton, volleyball, croquet, lawn bowling, etc.)
- Visit a childhood friend or favourite place with the kids
- Go for a midnight walk

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



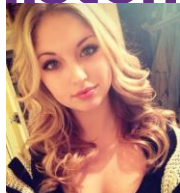
Social Competencies



Positive Identity

listen Laugh inspire

listen



By Jaime Deathe

What to do when the sun goes down... If you talk to any teen about their favourite summer memories, it is most likely they happened after dark. Personally, I always love camping with both my family and my friends. There is something about late nights full of ghost stories, camp fires, and of course smores that always make for good stories and laughs later on. The simple things like taking your teen to the drive in or on walks is a great way to remember your summer together. Summer presents itself with opportunities that are not given throughout the rest of the year. Even in the warmer weather of the spring teenagers attending school always have to worry about getting enough sleep. These months go by fast but if you make an effort to get outside with your teens (even when you should be sleeping) you will be sure to have memories for the rest of your lives. After all, no one remembers the nights they lay in bed doing nothing.

Laugh



inspire

Asset # 20 – Time at Home 53% of WDHS students are out with friends “with nothing special to do” two or fewer nights per week.*

*Results from Nov. 2012 survey of Grade 9 – 12 students at Waterdown District High School

