

**MONTHLY CHALLENGE**

**Get to know a child/teen in your neighbourhood!**

- Get to know what interests them and be encouraging.
- Share your experiences but remember to listen more than you talk.
- Help other parents in your neighbourhood by sharing rides.
- Reinforce their parent’s rules but help them understand the reasons.
- Use humour to diffuse situations if possible.
- Be genuine!

**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

# listenLaughinspire

## listen

By Penny Deathe

***It takes a village to raise a child...*** When we launched Healthy Community-Healthy Youth almost 5 years ago, it was with this quote in mind. As a parent who has been involved in our schools and with youth for over a decade, I realized that we needed to involve the whole community in raising healthy kids. Developmental assets gave us the framework. Assets are 40 values, experiences and qualities that help young people make positive choices in life and avoid engaging in high-risk behaviours (for more info on assets go to [www.focusonthe40.ca](http://www.focusonthe40.ca)). The best part about them is the fact that we can all work together to build them. This month we are focusing on the importance of neighbours and how they can impact a child or teen. A neighbour isn’t just someone who lives close, but also means someone who shows kindness or helpfulness to another ([dictionary.com](http://dictionary.com)). With this in mind, and the nice weather finally here, take the time to get to know the kids/teens in our community...it makes a difference.

***“80% of 15 years olds don’t feel they have enough positive & meaningful relationships with adults”.***

## Laugh



## inspire

**Asset # 13 – Neighbourhood Boundaries**

**38% of students feel their neighbours take responsibility for monitoring their behaviour.\***

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

