

**MONTHLY CHALLENGE**

*Help each family member develop a new healthy lifestyle habit!*

- Get physically active – hike/walk/swim, play sports..
- Have a regular workout routine
- Take your child grocery shopping & discuss healthy choices.
- Cook a healthy meal together or make healthy snacks.
- Express confidence in your children’s abilities.
- Help your child understand the difference(s) between what they can and can’t control.

**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



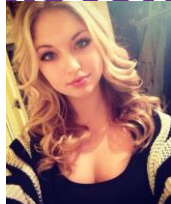
Social Competencies



Positive Identity

# listen *Laugh* inspire

## listen



By Jaime Deathe

**Building self-confidence...** The most common misconception of confidence is that some are born with it and some are not. On a daily basis I see teenagers beating themselves up for not being able to do something because they lack the confidence to do so. The definition of self-confidence is the feeling of trust in one’s abilities, qualities, and judgment. With this in mind, it is clear that no one is born without the ability to trust in themselves, but it takes practice. I can understand, as a parent, how difficult it is to watch your child throw away an opportunity because they’re afraid of failure. It may take time, but it’s extremely important to support your child in building their confidence. Self-confidence is key to progress, development, achievement and success. Personally I’ve been lucky to have been raised in a supportive environment. In the last couple of months I have gotten a job, played a brand new sport, and joined a new school club. I doubt I would have been so successful in each of these aspects if I had not had my family to encourage me each step of the way.

## Laugh



## inspire

**Asset # 37 – Personal Power**

**44% of students feel he/she has control over “things that happen to me”.\***

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

