

MONTHLY CHALLENGE

Be a mentor and encourage your child to mentor others.

- Discuss how failure is part of success
- Text positive messages
- Don't criticize
- Volunteer with youth organizations/clubs/teams
- Encourage them to join school teams/clubs
- If you have a skill or passion, offer to teach it
- Help out in the classroom or with trips
- Talk to your child and their friends about what interests them

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 Penny Deathe

Boosting self-esteem... Welcome back students and parents to another school year. Not surprisingly, in a survey (www.kidshealth.org) asking kids what worries them most about going back to school, schoolwork, social issues and appearance were the top 3. As parents, we tend to make light of it because, after all, it's not so different from when we were in school. But to our kids these fears are real and can be crippling. How they feel about themselves will impact their social issues and low self-esteem can feed into depression.

Our focus this year will be around building developmental relationships. The Search Institute (that gave us the 40 asset framework) has found that in order to succeed, young people need people in their lives that express care, challenge growth, provide support, share power and expand possibilities. These relationships boost self-esteem. We will look for ways to help your child connect to caring adults, friends & peers by engaging students, teachers, parents, businesses and our community partners as mentors.

We're excited this year to introduce a "Girls Respect Group" for grade 6 – 8 girls, taught by trained high school students (for info go to GirlsRespectGroups.com). The book, RESPECT by Courtney Macavinta, is available online and is a must read for all adolescent girls.

Have a great year!

Laugh



inspire

Asset #38 – Self-Esteem 35% of female students report having a high self-esteem.*

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

