

<p><b>JANUARY</b> Asset #7</p> <p><b>COMMUNITY VALUES YOUTH</b> Young person perceives that adults in the community value youth.</p> <ul style="list-style-type: none"> <li>• Help youth in your community feel valued by building relationship with them through volunteering, tutoring, baby-sitting and just being friendly.</li> <li>• Encourage your youth to get involved in community service activities and programs.</li> <li>• Attend a family community event together, such as: an outdoor concert, library events &amp; programs, attend to the FREE Morgan Hill Values Youth One Day Conference on Saturday, January 27 at the CCC from 10am -2:30pm.</li> <li>• Show that you value people who work with youth, and thank them for the work they do.</li> </ul>	<p><b>FEBRUARY</b> Asset #1</p> <p><b>FAMILY SUPPORT</b> Family life provides high levels of love and support.</p> <ul style="list-style-type: none"> <li>• Spend time with your youth doing an activity together such as: listen to music together, take a walk or just hang out and get to know your youth.</li> <li>• Give your youth meaningful roles in the home or ask them for their advice about an important matter at home.</li> <li>• Know your youth's friends and their parents.</li> <li>• Ask how their day was or maybe follow up with a past conversation to see how they are doing.</li> </ul>	<p><b>MARCH</b> Asset #14</p> <p><b>ADULT ROLE MODELS</b> Parent(s) and other adults model positive, responsible behavior.</p> <ul style="list-style-type: none"> <li>• Treat your youth with love and respect.</li> <li>• Model appropriate behaviors. When you make mistakes, admit them. Apologize for failures.</li> <li>• Spend time together often. Be involved in your youth's life on a daily basis.</li> <li>• Ask your youth who are her/his role model at school, afterschool program and/or sport teams, and why?</li> </ul>	<p><b>APRIL</b> Asset #9</p> <p><b>SERVICE TO OTHERS</b> Young person serves in the community one hour or more per week.</p> <ul style="list-style-type: none"> <li>• Together help a neighbor. Maybe an elderly neighbor would appreciate you mowing the lawn.</li> <li>• Help your youth put together a weekly schedule of activities that includes some kind of service to others.</li> <li>• Together, think of 10 ways your family can serve others. Choose one idea. Pick a date to do the activity. Afterward, talk about your experience.</li> </ul>
<p><b>MAY</b> Asset #18</p> <p><b>YOUTH PROGRAMS</b> Young person spends 3+ hours per week in sports, clubs, or organizations at school and/or in the community.</p> <ul style="list-style-type: none"> <li>• Ask your school or community centers for a list of after-school activities. Discuss options with your youth and get them involved.</li> <li>• Model having an "extracurricular activity" yourself. If they have time, parents should also have hobbies or activities that they do outside of a job and/or home.</li> <li>• Provide Creative Activities (asset #17) such as: set aside an arts area in your home, show your youth art that you've done and show her/him your interests. Doing so may inspire your youth.</li> </ul>	<p><b>JUNE</b> Asset #15</p> <p><b>POSITIVE PEER INFLUENCE</b> Young person's best friends model responsible behavior.</p> <ul style="list-style-type: none"> <li>• Model responsible behavior around your youth.</li> <li>• Ask your youth to share about their friends and how they influence on them. Do they build you up or drag you down?</li> <li>• Find out what are the different youth clubs in school or community programs available for your youth that provide positive influence.</li> <li>• Youth - ask your parents what they think of your friends. Parents can be good sources of advice on friendship.</li> </ul>	<p><b>JULY</b> Asset #27</p> <p><b>EQUALITY AND SOCIAL JUSTICE</b> Young person places high value on promoting equality and reducing hunger and poverty</p> <ul style="list-style-type: none"> <li>• Discuss with your youth and give your opinion about different equality and social justice topics, such as: Racial, gender, disability, sexual orientation, class and age discrimination, poverty, hunger, or human rights.</li> <li>• Promote tolerance and acceptance.</li> <li>• Advocate for people with disability.</li> <li>• Support candidates who takes a stand on equality and social justice.</li> </ul>	<p><b>AUGUST</b> Asset #4</p> <p><b>CARING NEIGHBORHOOD</b> Young person experiences caring neighbors.</p> <ul style="list-style-type: none"> <li>• Be honest about your hopes and fears about your neighborhood. Discuss these with your family and some neighbors you trust.</li> <li>• Meet with a neighbor group or slowly start a small group if one doesn't exist. Do activities together, such as creating a community garden.</li> <li>• Spend time outdoors in your neighborhood where other neighbors are. Take walks or hang out on your front step. Create a neighborhood welcome wagon of youth and adults.</li> </ul>
<p><b>SEPTEMBER</b> Asset #21</p> <p><b>ACHIEVEMENT MOTIVATION</b> Young person is motivated to do well in school.</p> <ul style="list-style-type: none"> <li>• Ask your youth for their report cards and follow up with their teachers on those classes with low grades and ask for tips in how you can support them.</li> <li>• Get involve in their school parent meetings and events and volunteer to be a tutor, coach, or mentor.</li> <li>• Offer a reasonable reward to increase or maintain their grades, such as: Cook his favorite food, or take them to the movies, or favorite place.</li> </ul>	<p><b>OCTOBER</b> Asset #31</p> <p><b>HEALTHY LIFESTYLE</b> Parents tell the youth it is important to have good health habits and an understanding of healthy sexuality.</p> <ul style="list-style-type: none"> <li>• Limit TV, video games and computer time. Get active each day.</li> <li>• Choose water as a drink, and eat more fruits and Veggies.</li> <li>• Inform and guide your youth about their changes in their bodies according to their age. Search or consult with a professional in how to talk to them about healthy sexuality.</li> <li>• Make dinnertime a family time.</li> </ul>	<p><b>NOVEMBER</b> Asset #41</p> <p><b>POSITIVE CULTURAL IDENTITY</b> Young person feels proud of her/his cultural background.</p> <ul style="list-style-type: none"> <li>• Share stories about your youth's cultural background to provide understanding and appreciation of their heritage.</li> <li>• Teach them their native language or a traditional game or dance.</li> <li>• Allow your youth to meet and conserve friends from different nationalities and let them learn about their culture.</li> </ul>	<p><b>DECEMBER</b> Asset #39</p> <p><b>SENSE OF PURPOSE</b> Young person reports that "my life has a purpose."</p> <ul style="list-style-type: none"> <li>• Ask your youth are matter to them, what get them excited about each new day? what are their dreams, interest and passions?</li> <li>• Give them the opportunity to explore different type of sports, art and music classes, community services, trips to different schools and colleges, etc.</li> <li>• Talk about the family values, and purpose of each family member in home.</li> </ul>

Developmental assets are the positive values, relationships, skills and experiences that help youth and teens thrive. Young people with high asset levels are most likely to make healthy choices, while those with lower asset levels are more likely to get involved with negative or risky behaviors like violence, trouble in school, drug and alcohol use and more. The Search Institute of Minneapolis created the developmental assets framework. For more information, visit [www.search-institute.org](http://www.search-institute.org).