

Help Kids Build Positive Qualities

Take a moment and think about a significant person, be it, a mentor, coach, parent, or any significant adult from your growing up years.

Think about what this person gave you and how they impacted your life, at the time, and also in your adulthood.

- You are probably thinking of someone who had a very positive and long lasting affect on your life.
- Your relationship with them helped shape your morals and values and helped guide you in your decision making.
- This person was responsible for helping build your self esteem and your ability to make healthy, positive choices.
- Now perhaps you can be that person for a child or youth.
- This has been an example of Asset Building.
- Assets are the individual qualities and social supports that help children and youth make good decisions and grow to be healthy and successful.

The fewer assets a child/youth has the greater chance they will be involved in high-risk behavior like problem alcohol and/or drug use. The more assets they have

the more positive/healthy choices they make like staying in school.

One example of an asset that really works to protect kids from negative behaviors is getting to know an adult they admire. Every interaction a child/youth has with a positive adult role model is an opportunity to have a long lasting positive effect in their lives. Talk to the children and youth you see everyday. If children and youth feel connected and valued by their community they have greater self esteem and increased ability to avoid negative pressures/behaviors.

The really exciting part is that we can all play a part in helping children and youth build their assets. Think about every interaction you have with a child/youth on a daily basis and use every interaction as an opportunity to have a positive impact on their lives. Even something as simple as smiling at them or just saying hello can have a lasting effect by making them feel valued.

Questions or concerns?

If you would like more ideas on how to have a positive impact in the

lives of children and youth please call Barb Rix at 780 464-4044.

