

Leisure and Youth



youth be more resilient. We can help when we organize programs that involve peer support and peer education, outdoor challenges, community service, or leadership.

- Young person reads for pleasure

This last asset can be considered a leisure activity. Leisure can be hard to define, as it means different things to different people. Leisure can be something active or something inactive. It can be something physical like sports and running, or it can be reading a book or working in the garden. It can be something you do with other people, or something you can do on your own. Leisure activities can be almost anything. If it's something that you like to do and simply makes you feel good, it's leisure. Encourage youth to think about the things they would like to try and offer to get involved with them.

We can all play a role in building the resiliency in every youth in our community. Take a moment to talk to the youth you see or offer to listen to them when they need to talk - these simple things have a huge impact on how a youth feels about themselves and the role they have in our community.

This article is one of a series by the Strathcona County Community Drug and Alcohol Strategy Committee addressing information about drug and alcohol issues. In the next article: ***Getting Ready for back to School.***

For a complete listing of resources available, pick up the *Drug/Alcohol Resource Directory* at the Strathcona County Health Centre located at 2 Brower Drive or at Strathcona County Family and Community Services located at 2755 Broadmoor Boulevard (2nd Floor) in Sherwood Park. Residents with questions about the strategy can call Strathcona County Family and Community Services at 464-4044.

A resilient youth is one who is able to respond successfully to challenges in their families, schools and communities. Resiliency is the ability to bounce back from adversity. The goal is to pay attention to reducing risk factors while enhancing protective factors. One way to help build enhance protective factors is to help youth build their assets.

The Search Institute has developed a list of 40 developmental assets that really set kids up to succeed. The more assets they have the more likely they are to make healthy choices (ex. Taking care of their health) and participate in positive behaviors (ex. succeeding in school). Having a high number of assets will help a

Examples of developmental assets include:

- Young person participates in lessons or practice in music, theatre or other arts
- Young person participates in sports, clubs or organizations at school and/or in the community
- Young person knows how to plan ahead and make choices

