

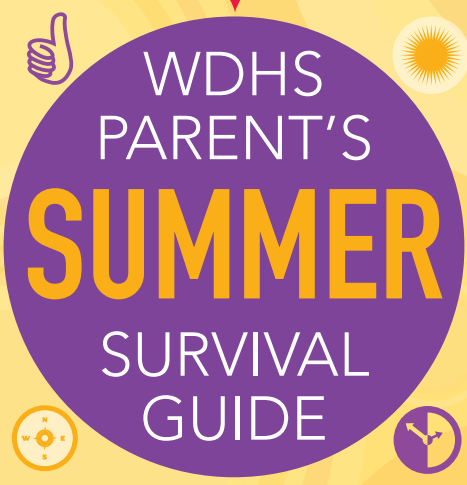
SUPPORT

empowerment

Tips to increase the number of Developmental Assets in our teens

positive identity

constructive use of time



positive values

Assets help our teens make positive choices and avoid high-risk behaviour

BOUNDARIES & EXPECTATIONS
social competencies

39%

of WDHS students experience caring neighbours.*

Plan a street party.

Invite neighbours over for a BBQ.

Get to know other parents and teens on your street.

Plan a neighbourhood project and get them to help.

At sporting events, talk to someone you don't know.

HEAL4Life | Form an activity group to keep your family active this summer.
Tip!



28%

of WDHS students report they communicate positively with their parents and are willing to seek their advice and counsel.*

Talk about everyday stuff every day.

Use the tools they use: text, Facebook messaging, etc.

Engage them in an activity and begin talking... teens talk more when they're not face to face.

Don't freak out; try to keep calm over tough conversations.

Listen more than you talk.

16%

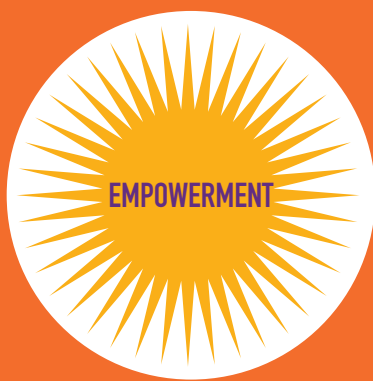
of WDHS students perceive that adults in the community value them.*

"Give me a voice - I care about a lot of things that affect me in our community."

Encourage them to write to the newspaper or Councillor about issues.

Smile and greet teens when you are out in the community.

"Introduce me to other adults who have similar interests."



49%

of WDHS students serve in the community 1+ hours per week.*

Help them explore other volunteer opportunities (YMCA, service clubs, churches, nursing homes, camps, local charities).

Check out the Flamborough Review for opportunities to serve together (local festivals & fairs).

"Volunteering has taught me so much and motivated me to be a better person."

24%

of WDHS students feel their parent(s) and other adults model positive, responsible behaviour.*

Lead by example. "My Dad never admits when he is wrong or makes a mistake."

When you notice one of your own bad habits in your teen it can be an opportunity to change it together.

Do chores together.

Help connect your kids to other responsible adults and peers.



36%

of WDHS students feel their family has clear rules and consequences, and monitors their whereabouts.*

"When my parents check up on me I feel they care."

Talk about rules & consequences with their friends.

Be willing to negotiate with your teen.

Help them understand the impact their choices have on them, you and others.

When they make a good choice, tell them.

18%

of WDHS students spend 3+ hours per week in lessons or practice in music, theatre, or other arts.*

"Give me a guitar and teach me how to play it."

Attend a live theatre performance.

Visit an art festival or show.

Check out local talent or live performances.

Get them to create or purchase a piece of art for their room.



60%

of WDHS students spend 3+ hours per week in sports, clubs, or organizations.*

Attend a sporting event together.

"Challenge me to try something different this summer."

Help your teen identify and develop what they are good at.

74% of WDHS students are motivated to do well in school.*

Continue to provide learning experiences through the summer.

Stretch their minds with stories, games and activities that deepen their thinking.

Watch and learn about what interests them. Use this to talk to them about their hopes and dreams for the future.

Your beliefs about your teen's competence affect their confidence and ability to learn.



26% of WDHS students read for pleasure 3+ hours per week.*

If your kids see you reading they are more likely to do so themselves.

Magazines, e-readers, blogs, etc. are great ways to get them to read.

Take them to the library or bookstore.

"I like when my Mom reads a book I've read and we discuss it."

23% of WDHS students believe it is important not to be sexually active or use alcohol or other drugs.*

Don't judge their friends, instead talk about what they do and why.

When their friends are over, make sure there's lots of food and fun things to do.

Ensure your teen knows that it is ok to call home for a ride under any circumstance.

Know where they are and who they are with.

When it comes to values, be on the same page as your spouse or partner.



68% of WDHS students tell the truth even when it's not easy.*

"Be truthful with me and others, even when it's not easy."

Have open, frequent, and honest communication. When you do, teens feel comfortable talking about tough issues.

Give them opportunities to be honest or caring. Celebrate those moments.

Know the facts on how sexual activity, drugs & drinking can harm them.

www.parentactionondrugs.org/parentquestions.php

34% of WDHS students know how to plan ahead and make choices.*

"Let me plan a summer trip."

Let your teen plan and prepare a family meal at least once a month.

Discuss how not making a choice gives someone else the power to make the choice for them.

Include them in family discussions and decisions. Be sure to solicit their opinions if they are reluctant to share them.



36% of WDHS students can resist negative peer pressure and dangerous situations.*

Get to know their friends and make your home welcoming.

Check out their social sites.

Take them places they can let loose and have fun (conservation areas, amusement parks, beaches, etc.).

49% of WDHS students report having high self-esteem.*

Model confidence in your own personal future and express confidence in theirs.

Have your teen tell you one thing they are grateful for.

Start random acts of kindness at home or in the community.

Look for ways to genuinely compliment your teen every day.



44% of WDHS students feel they have control over things that happen to them.*

Talk with your kids about their hopes and dreams for the future and how to make them come true.

Watch movies that show people overcoming struggles and tough situations.

HEAL4Life Tip! Watch a funny TV show or YouTube video. Laughing is good for you!

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

Being a teenager is hard, sometimes parents only remember the good times.

Often the reason we don't go to a parent with a problem is that we don't want to disappoint them.

Let us discover our own dreams and don't criticize them.

Regularly remind us that you love us.

If we smile it doesn't mean everything is OK. We try to protect our parents just as much as they try to protect us.

Spend quality time with us but also give us our space.

Don't let your fears stop us from taking chances.



HC-HY Flamborough is a community-led initiative to support positive youth development.

www.focusonthe40.ca



listen

laugh

inspire